

NDB No. 11001
Alfalfa seeds, sprouted, raw

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	0.059		0		1		0.019	0.002	
17:0.....g									
18:0.....g	0.008		0		1		0.003	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.056		0		1		0.018	0.002	
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	0.056		0		1		0.018	0.002	
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	0.409		0		1		0.135	0.012	
18:2 undifferentiated.....g	0.234		0		1		0.077	0.007	
18:3 undifferentiated.....g	0.175		0		1		0.058	0.005	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.134		1		1		0.044	0.004	
Isoleucine.....g	0.143		1		1		0.047	0.004	
Leucine.....g	0.267		1		1		0.088	0.008	
Lysine.....g	0.214		1		1		0.071	0.006	
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g	0.145		1		1		0.048	0.004	
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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	87		0	O	4		28.769	2.615	
Carotene, alpha.....mcg	6		0	BFSN	4		1.919	0.174	
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		1.919	0.174	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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NDB No. 11001

Alfalfa seeds, sprouted, raw

Common Measures:

Measure 1 = 33g: 1 cup

Measure 2 = 3.0g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11700

Amaranth leaves, cooked, boiled, drained, 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	0.041		0		1		0.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.041		0		1		0.054		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.106		
18:2 undifferentiated.....g	0.079		0		1		0.104		
18:3 undifferentiated.....g	0.001		0		1		0.001		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.027		0		1		0.036		
Threonine.....g	0.085		0		1		0.112		
Isoleucine.....g	0.102		0		1		0.135		
Leucine.....g	0.167		0		1		0.220		
Lysine.....g	0.109		0		1		0.144		
Methionine.....g	0.031		0		1		0.041		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.114		0		1		0.150		
Tyrosine.....g	0.068		0		1		0.090		
Valine.....g	0.118		0		1		0.156		
Arginine.....g	0.104		0		1		0.137		
Histidine.....g	0.044		0		1		0.058		
Alanine.....g	0.119		0		1		0.157		
Aspartic acid.....g	0.196		0		1		0.259		
Glutamic acid.....g	0.250		0		1		0.330		
Glycine.....g	0.113		0		1		0.149		
Proline.....g	0.104		0		1		0.137		
Serine.....g	0.095		0		1		0.125		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 132g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11004

Amaranth leaves, cooked, boiled, drained, 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	0.041		0		1		0.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.041		0		1		0.054		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.106		
18:2 undifferentiated.....g	0.079		0		1		0.104		
18:3 undifferentiated.....g	0.001		0		1		0.001		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.027		0		1		0.036		
Threonine.....g	0.085		0		1		0.112		
Isoleucine.....g	0.102		0		1		0.135		
Leucine.....g	0.167		0		1		0.220		
Lysine.....g	0.109		0		1		0.144		
Methionine.....g	0.031		0		1		0.041		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.114		0		1		0.150		
Tyrosine.....g	0.068		0		1		0.090		
Valine.....g	0.118		0		1		0.156		
Arginine.....g	0.104		0		1		0.137		
Histidine.....g	0.044		0		1		0.058		
Alanine.....g	0.119		0		1		0.157		
Aspartic acid.....g	0.196		0		1		0.259		
Glutamic acid.....g	0.250		0		1		0.330		
Glycine.....g	0.113		0		1		0.149		
Proline.....g	0.104		0		1		0.137		
Serine.....g	0.095		0		1		0.125		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 132g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11003
Amaranth leaves, raw

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	0.076		0		1		0.021	0.011	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.076		6		1		0.021	0.011	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.147		0		1		0.041	0.021	
18:2 undifferentiated.....g	0.145		6		1		0.041	0.020	
18:3 undifferentiated.....g	0.002		6		1		0.001	0.000	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.031		14		1		0.009	0.004	
Threonine.....g	0.099		12		1		0.028	0.014	
Isoleucine.....g	0.119		12		1		0.033	0.017	
Leucine.....g	0.195		12		1		0.055	0.027	
Lysine.....g	0.127		16		1		0.036	0.018	
Methionine.....g	0.036		16		1		0.010	0.005	
Cystine.....g	0.029		13		1		0.008	0.004	
Phenylalanine.....g	0.133		11		1		0.037	0.019	
Tyrosine.....g	0.080		10		1		0.022	0.011	
Valine.....g	0.137		12		1		0.038	0.019	
Arginine.....g	0.121		11		1		0.034	0.017	
Histidine.....g	0.052		11		1		0.015	0.007	
Alanine.....g	0.139		6		1		0.039	0.019	
Aspartic acid.....g	0.229		6		1		0.064	0.032	
Glutamic acid.....g	0.292		6		1		0.082	0.041	
Glycine.....g	0.132		6		1		0.037	0.018	
Proline.....g	0.121		6		1		0.034	0.017	
Serine.....g	0.111		6		1		0.031	0.016	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28g: 1 cup

Measure 2 = 14.0g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11701

Arrowhead, cooked, boiled, drained, 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	77.08		1		1		9.25		
Energy.....kcal	78		0	NC	4		9		
Energy.....kj	326				4		39		
Protein (N x 6.25).....g	4.49		1		1		0.54		
Total lipid (fat).....g	0.10		1		1		0.01		
Ash.....g	2.19		1		1		0.26		
Carbohydrate, by difference.....g	16.14		0	NC	4		1.94		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		1		1		1		
Iron, Fe.....mg	1.21		1		1		0.15		
Magnesium, Mg.....mg	49		1		1		6		
Phosphorus, P.....mg	197		1		1		24		
Potassium, K.....mg	881		1		1		106		
Sodium, Na.....mg	254		0		4		30		
Zinc, Zn.....mg	0.22		0		4		0.03		
Copper, Cu.....mg	0.135		0		4		0.016		
Manganese, Mn.....mg	0.285		0		4		0.034		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1		1		0.0		
Thiamin.....mg	0.144		1		1		0.017		
Riboflavin.....mg	0.060		1		1		0.007		
Niacin.....mg	1.160		1		1		0.139		
Pantothenic acid.....mg	0.449		0		4		0.054		
Vitamin B-6.....mg	0.206		0		4		0.025		
Folate, total.....mcg	9		0		4		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		1		
Folate, DFE.....mcg_DFE	9		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0		1		0		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 12.0g: 1 corm, medium

NDB No. 11701

Arrowhead, cooked, boiled, drained, with salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11006

Arrowhead, cooked, boiled, drained, without 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	77.08		1		1		9.25		
Energy.....kcal	78		0	NC	4		9		
Energy.....kj	326				4		39		
Protein (N x 6.25).....g	4.49		1		1		0.54		
Total lipid (fat).....g	0.10		1		1		0.01		
Ash.....g	2.19		1		1		0.26		
Carbohydrate, by difference.....g	16.14		0	NC	4		1.94		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7		1		1		1		
Iron, Fe.....mg	1.21		1		1		0.15		
Magnesium, Mg.....mg	49		1		1		6		
Phosphorus, P.....mg	197		1		1		24		
Potassium, K.....mg	881		1		1		106		
Sodium, Na.....mg	18		1		1		2		
Zinc, Zn.....mg	0.22		0		4		0.03		
Copper, Cu.....mg	0.135		0		4		0.016		
Manganese, Mn.....mg	0.285		0		4		0.034		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1		1		0.0		
Thiamin.....mg	0.144		1		1		0.017		
Riboflavin.....mg	0.060		1		1		0.007		
Niacin.....mg	1.160		1		1		0.139		
Pantothenic acid.....mg	0.449		0		4		0.054		
Vitamin B-6.....mg	0.206		0		4		0.025		
Folate, total.....mcg	9		0		4		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		1		
Folate, DFE.....mcg_DFE	9		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0		1		0		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 12.0g: 1 medium

NDB No. 11006

Arrowhead, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11005

Arrowhead, raw

Sagittaria latifolia

Refuse: 25% Skin and sprout

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	72.48		1		1		18.12	8.70	
Energy.....kcal	99		0	NC	4		25	12	
Energy.....kj	414				4		104	50	
Protein (N x 6.25).....g	5.33		0		1		1.33	0.64	
Total lipid (fat).....g	0.29		0		1		0.07	0.03	
Ash.....g	1.67		0		1		0.42	0.20	
Carbohydrate, by difference.....g	20.23		0	NC	4		5.06	2.43	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0		1		3	1	
Iron, Fe.....mg	2.57		0		1		0.64	0.31	
Magnesium, Mg.....mg	51		1		1		13	6	
Phosphorus, P.....mg	174		0		1		44	21	
Potassium, K.....mg	922		1		1		231	111	
Sodium, Na.....mg	22		1		1		6	3	
Zinc, Zn.....mg	0.28		0		4		0.07	0.03	
Copper, Cu.....mg	0.171		0		4		0.043	0.021	
Manganese, Mn.....mg	0.360		0		4		0.090	0.043	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		1		1		0.3	0.1	
Thiamin.....mg	0.170		1		1		0.043	0.020	
Riboflavin.....mg	0.073		1		1		0.018	0.009	
Niacin.....mg	1.650		1		1		0.413	0.198	
Pantothenic acid.....mg	0.599		0		4		0.150	0.072	
Vitamin B-6.....mg	0.260		0		4		0.065	0.031	
Folate, total.....mcg	14		0		4		4	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	14		0		4		4	2	
Folate, DFE.....mcg_DFE	14		0	NC	4		4	2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 25g: 1 large

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Arrowhead, raw

Measure 2 = 12.0g: 1 medium

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11697
Arrowroot, raw

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	0.004		0	BFFN	4		0.005	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0	BFFN	4		0.005	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0	BFFN	4		0.110	0.030	
18:2 undifferentiated.....g	0.074		0	BFFN	4		0.089	0.024	
18:3 undifferentiated.....g	0.018		0	BFFN	4		0.022	0.006	
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	Z	7		0	0	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	11		2	A	1		13.680	3.762	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 120g: 1 cup, sliced

Measure 2 = 33g: 1 root

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11702

Artichokes, (globe or french), cooked, boiled, drained, 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	0.005		0		1		0.006	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.004	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.082	0.057	
18:2 undifferentiated.....g	0.049		0		1		0.059	0.041	
18:3 undifferentiated.....g	0.018		0		1		0.022	0.015	
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	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	106		0	O	4		127.440	89.208	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	464		1	A	1		556.800	389.760	

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 = 120g: 1 artichoke, medium

Measure 2 = 84g: .5 cup hearts

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11008

Artichokes, (globe or french), cooked, boiled, drained, 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	0.005		0		1		0.006	0.004	
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	0.005		0		1		0.006	0.004	
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	0.068		0		1		0.082	0.057	
18:2 undifferentiated.....g	0.049		0		1		0.059	0.041	
18:3 undifferentiated.....g	0.018		0		1		0.022	0.015	
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	Z	7		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	106		0	O	4		127.440	89.208	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	464		1	A	1		556.800	389.760	

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 = 120g: 1 artichoke, medium

Measure 2 = 84g: .5 cup hearts

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11703

Artichokes, (globe or french), frozen, cooked, boiled, drained, 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	0.015		0		1		0.025	0.036	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.025	0.036	0.012
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.212		0		1		0.356	0.509	0.170
18:2 undifferentiated.....g	0.154		0		1		0.259	0.370	0.123
18:3 undifferentiated.....g	0.058		0		1		0.097	0.139	0.046
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	Z	7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	98		0	O	4		165.312	236.160	78.720
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	391		0	BFSN	4		656.489	937.842	312.614

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 = 168g: 1 cup

Measure 2 = 240g: 1 package (9 oz), yields

Measure 3 = 80g: .333 package (9 oz) yields

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11010

Artichokes, (globe or french), frozen, cooked, boiled, drained, 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	0.015		0		1		0.025	0.036	0.012
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	0.015		0		1		0.025	0.036	0.012
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	0.212		0		1		0.356	0.509	0.170
18:2 undifferentiated.....g	0.154		0		1		0.259	0.370	0.123
18:3 undifferentiated.....g	0.058		0		1		0.097	0.139	0.046
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	Z	7		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	98		0	NR	4		165.312	236.160	78.720
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	391		0	BFSN	4		656.489	937.842	312.614

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 = 168g: 1 cup

Measure 2 = 240g: 1 package (9 oz), yields

Measure 3 = 80g: .333 package (9 oz) yields

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11009

Artichokes, (globe or french), frozen, unprepared

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	0.012		0		1		0.031		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.031		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.179		0		1		0.456		
18:2 undifferentiated.....g	0.130		0		1		0.332		
18:3 undifferentiated.....g	0.049		0		1		0.125		
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	z	7		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 = 255g: 1 package (9 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11007

Artichokes, (globe or french), raw

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	0.005		0		1		0.006	0.008	
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	0.005		1		1		0.006	0.008	
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	0.063		0		1		0.081	0.102	
18:2 undifferentiated.....g	0.046		1		1		0.059	0.075	
18:3 undifferentiated.....g	0.017		1		1		0.022	0.028	
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	z	7		0	0	
Phytosterols.....mg									
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 = 128g: 1 artichoke, medium

Measure 2 = 162g: 1 artichoke, large

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11959
Arugula, raw

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	0.049		0		4		0.001	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.046		0		4		0.001	0.005	
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	0.319		0		4		0.006	0.032	
18:2 undifferentiated.....g	0.130		0		4		0.003	0.013	
18:3 undifferentiated.....g	0.170		0		4		0.003	0.017	
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	0.002		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	Z	7		0	0	
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	1424		0	BNA	4		28.476	142.380	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	3555		0	BFSN	4		71.091	355.454	

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 = 2.0g: 1 leaf

Measure 2 = 10.0g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11015

Asparagus, canned, drained solids

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	0.021		0		1		0.051	0.004	0.052
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.010	0.001	0.010
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.041	0.003	0.042
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	0.284		0		1		0.687	0.051	0.704
18:2 undifferentiated.....g	0.269		0		1		0.651	0.048	0.667
18:3 undifferentiated.....g	0.015		0		1		0.036	0.003	0.037
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.021		0		1		0.051	0.004	0.052
Threonine.....g	0.060		0		1		0.145	0.011	0.149
Isoleucine.....g	0.079		0		1		0.191	0.014	0.196
Leucine.....g	0.093		0		1		0.225	0.017	0.231
Lysine.....g	0.101		0		1		0.244	0.018	0.250
Methionine.....g	0.021		0		1		0.051	0.004	0.052
Cystine.....g	0.025		0		1		0.061	0.005	0.062
Phenylalanine.....g	0.051		0		1		0.123	0.009	0.126
Tyrosine.....g	0.034		0		1		0.082	0.006	0.084
Valine.....g	0.082		0		1		0.198	0.015	0.203
Arginine.....g	0.100		0		1		0.242	0.018	0.248
Histidine.....g	0.033		0		1		0.080	0.006	0.082
Alanine.....g	0.101		0		1		0.244	0.018	0.250
Aspartic acid.....g	0.248		0		1		0.600	0.045	0.615
Glutamic acid.....g	0.350		0		1		0.847	0.063	0.868
Glycine.....g	0.069		0		1		0.167	0.012	0.171
Proline.....g	0.114		0		1		0.276	0.021	0.283
Serine.....g	0.081		0		1		0.196	0.015	0.201
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	493		0	BFSN	4		1193.758	88.792	1223.355
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	24		0	BFSN	4		58.699	4.366	60.154
Lutein + zeaxanthin.....mcg	630		0	BFSN	4		1525.083	113.436	1562.895

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 = 242g: 1 cup

Measure 2 = 18g: 1 spear (about 5" long)

Measure 3 = 248g: 1 can (300 x 407)

NDB No. 11015

Asparagus, canned, drained solids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11707

Asparagus, canned, no salt added, solids and liquids

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	0.006		0		1		0.007	0.025	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.021	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.085		0		1		0.104	0.349	
18:2 undifferentiated.....g	0.080		0		1		0.098	0.329	
18:3 undifferentiated.....g	0.004		0		1		0.005	0.016	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.018		0		1		0.022	0.074	
Threonine.....g	0.050		0		1		0.061	0.206	
Isoleucine.....g	0.066		0		1		0.081	0.271	
Leucine.....g	0.078		0		1		0.095	0.321	
Lysine.....g	0.085		0		1		0.104	0.349	
Methionine.....g	0.017		0		1		0.021	0.070	
Cystine.....g	0.021		0		1		0.026	0.086	
Phenylalanine.....g	0.043		0		1		0.052	0.177	
Tyrosine.....g	0.029		0		1		0.035	0.119	
Valine.....g	0.069		0		1		0.084	0.284	
Arginine.....g	0.084		0		1		0.102	0.345	
Histidine.....g	0.028		0		1		0.034	0.115	
Alanine.....g	0.085		0		1		0.104	0.349	
Aspartic acid.....g	0.209		0		1		0.255	0.859	
Glutamic acid.....g	0.295		0		1		0.360	1.212	
Glycine.....g	0.058		0		1		0.071	0.238	
Proline.....g	0.096		0		1		0.117	0.395	
Serine.....g	0.069		0		1		0.084	0.284	
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 = 122g: .5 cup

Measure 2 = 411g: 1 can (300 x 407)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11013

Asparagus, canned, regular pack, solids and liquids

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	0.006		0		1		0.007	0.025	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.021	
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	0.085		0		1		0.104	0.349	
18:2 undifferentiated.....g	0.080		0		1		0.098	0.329	
18:3 undifferentiated.....g	0.004		0		1		0.005	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	0		0	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.018		0		1		0.022	0.074	
Threonine.....g	0.050		0		1		0.061	0.206	
Isoleucine.....g	0.066		0		1		0.081	0.271	
Leucine.....g	0.078		0		1		0.095	0.321	
Lysine.....g	0.085		0		1		0.104	0.349	
Methionine.....g	0.017		0		1		0.021	0.070	
Cystine.....g	0.021		0		1		0.026	0.086	
Phenylalanine.....g	0.043		0		1		0.052	0.177	
Tyrosine.....g	0.029		0		1		0.035	0.119	
Valine.....g	0.069		0		1		0.084	0.284	
Arginine.....g	0.084		0		1		0.102	0.345	
Histidine.....g	0.028		0		1		0.034	0.115	
Alanine.....g	0.085		0		1		0.104	0.349	
Aspartic acid.....g	0.209		0		1		0.255	0.859	
Glutamic acid.....g	0.295		0		1		0.360	1.212	
Glycine.....g	0.058		0		1		0.071	0.238	
Proline.....g	0.096		0		1		0.117	0.395	
Serine.....g	0.069		0		1		0.084	0.284	
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 = 122g: .5 cup

Measure 2 = 411g: 1 can (300 x 407)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11012

Asparagus, cooked, boiled, drained

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	92.63	0.140	4	A	1		83.37	55.58	
Energy.....kcal	22		0	NC	4		20	13	
Energy.....kj	94		0	NC	4		84	56	
Protein (N x 6.25).....g	2.40	0.124	4	A	1		2.16	1.44	
Total lipid (fat).....g	0.22	0.033	4	A	1		0.20	0.13	
Ash.....g	0.63	0.020	4	A	1		0.57	0.38	
Carbohydrate, by difference.....g	4.11		0	NC	4		3.70	2.47	
Fiber, total dietary.....g	2.0	0.085	4	A	1		1.8	1.2	
Sugars, total.....g	1.30		0	AS	1		1.17	0.78	
Sucrose.....g	0.08	0.052	4	A	1		0.08	0.05	
Glucose (dextrose).....g	0.42	0.066	4	A	1		0.38	0.25	
Fructose.....g	0.79	0.087	4	A	1		0.71	0.48	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	23	0.866	4	A	1		21	14	
Iron, Fe.....mg	0.91	0.113	4	A	1		0.81	0.54	
Magnesium, Mg.....mg	14	0.430	4	A	1		13	8	
Phosphorus, P.....mg	54	2.689	4	A	1		49	33	
Potassium, K.....mg	224	7.632	4	A	1		201	134	
Sodium, Na.....mg	14	1.138	4	A	1		13	8	
Zinc, Zn.....mg	0.60	0.033	4	A	1		0.54	0.36	
Copper, Cu.....mg	0.165	0.028	4	A	1		0.148	0.099	
Manganese, Mn.....mg	0.154	0.010	4	A	1		0.139	0.093	
Selenium, Se.....mcg	6.1		2	A	1		5.5	3.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.7	0.771	4	A	1		6.9	4.6	
Thiamin.....mg	0.162	0.012	4	A	1		0.146	0.097	
Riboflavin.....mg	0.139	0.007	4	A	1		0.125	0.083	
Niacin.....mg	1.084	0.047	4	A	1		0.975	0.650	
Pantothenic acid.....mg	0.225	0.020	4	A	1		0.203	0.135	
Vitamin B-6.....mg	0.079	0.011	4	A	1		0.071	0.048	
Folate, total.....mcg	149	8.230	4	A	1		134	90	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	149	8.230	4	A	1		134	90	
Folate, DFE.....mcg_DFE	149		0	NC	4		134	90	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1006		0	AS	1		905	603	
Vitamin A, RAE.....mcg_RAE	50		0	AS	1		45	30	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.38		0	O	4		0.34	0.23	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	50.6	4.354	4	A	1		45.5	30.3	
Lipids:									
Fatty acids, total saturated.....g	0.071		0		1		0.064	0.043	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	

Asparagus, cooked, boiled, drained

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	0.050		1	A	1		0.045	0.030	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.000		1	A	1		0.000	0.000	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.010		0			1	0.009	0.006	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.136		0			1	0.122	0.082	
18:2 undifferentiated.....g	0.080		1	A	1		0.072	0.048	
18:3 undifferentiated.....g	0.030		1	A	1		0.027	0.018	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
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		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	24		1		1		22	14	
Amino Acids:									
Tryptophan.....g	0.025		0	DA	1		0.023	0.015	
Threonine.....g	0.072		0	DA	1		0.065	0.043	
Isoleucine.....g	0.095		0	DA	1		0.086	0.057	
Leucine.....g	0.114		0	DA	1		0.102	0.068	
Lysine.....g	0.124		0	DA	1		0.111	0.074	
Methionine.....g	0.025		0	DA	1		0.023	0.015	
Cystine.....g	0.031		0	DA	1		0.028	0.019	
Phenylalanine.....g	0.061		0	DA	1		0.055	0.037	
Tyrosine.....g	0.041		0	DA	1		0.037	0.025	
Valine.....g	0.100		0	DA	1		0.090	0.060	
Arginine.....g	0.122		0	DA	1		0.109	0.073	
Histidine.....g	0.040		0	DA	1		0.036	0.024	
Alanine.....g	0.123		0	DA	1		0.110	0.074	
Aspartic acid.....g	0.302		0	DA	1		0.272	0.181	
Glutamic acid.....g	0.427		0	DA	1		0.384	0.256	
Glycine.....g	0.084		0	DA	1		0.076	0.051	
Proline.....g	0.139		0	DA	1		0.125	0.083	
Serine.....g	0.099		0	DA	1		0.090	0.060	
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	604	60.732	4	A	1		543.150	362.100	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	30	2.204	4	A	1		26.707	17.805	
Lutein + zeaxanthin.....mcg	771		0	A	1		693.900	462.600	

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.

NDB No. 11012

Asparagus, cooked, boiled, drained

Common Measures:

Measure 1 = 90g: .5 cup

Measure 2 = 60g: 4 spears (1/2" base)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11705

Asparagus, cooked, boiled, drained, 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	92.63	0.140	4	A	1		83.37	55.58	
Energy.....kcal	22		0	NC	4		20	13	
Energy.....kj	94		0	NC	4		84	56	
Protein (N x 6.25).....g	2.40	0.124	4	A	1		2.16	1.44	
Total lipid (fat).....g	0.22	0.033	4	A	1		0.20	0.13	
Ash.....g	0.63	0.020	4	A	1		0.57	0.38	
Carbohydrate, by difference.....g	4.11		0	NC	4		3.70	2.47	
Fiber, total dietary.....g	2.0	0.085	4	A	1		1.8	1.2	
Sugars, total.....g	1.30		0	AS	1		1.17	0.78	
Sucrose.....g	0.08	0.052	4	A	1		0.08	0.05	
Glucose (dextrose).....g	0.42	0.066	4	A	1		0.38	0.25	
Fructose.....g	0.79	0.087	4	A	1		0.71	0.48	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.00		1	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	23	0.866	4	A	1		21	14	
Iron, Fe.....mg	0.91	0.113	4	A	1		0.81	0.54	
Magnesium, Mg.....mg	14	0.430	4	A	1		13	8	
Phosphorus, P.....mg	54	2.689	4	A	1		49	33	
Potassium, K.....mg	224	7.632	4	A	1		201	134	
Sodium, Na.....mg	240		0		4		216	144	
Zinc, Zn.....mg	0.60	0.033	4	A	1		0.54	0.36	
Copper, Cu.....mg	0.165	0.028	4	A	1		0.148	0.099	
Manganese, Mn.....mg	0.154	0.010	4	A	1		0.139	0.093	
Selenium, Se.....mcg	6.1		2	A	1		5.5	3.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.7	0.771	4	A	1		6.9	4.6	
Thiamin.....mg	0.162	0.012	4	A	1		0.146	0.097	
Riboflavin.....mg	0.139	0.007	4	A	1		0.125	0.083	
Niacin.....mg	1.084	0.047	4	A	1		0.975	0.650	
Pantothenic acid.....mg	0.225	0.020	4	A	1		0.203	0.135	
Vitamin B-6.....mg	0.079	0.011	4	A	1		0.071	0.048	
Folate, total.....mcg	149	8.230	4	A	1		134	90	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	149	8.230	4	A	1		134	90	
Folate, DFE.....mcg_DFE	149		0	NC	4		134	90	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1006		0	AS	1		905	603	
Vitamin A, RAE.....mcg_RAE	50		0	AS	1		45	30	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	50.6	4.354	4	A	1		45.5	30.3	
Lipids:									
Fatty acids, total saturated.....g	0.071		0		1		0.064	0.043	
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	
15:0.....g	0.000		1	A	1		0.000	0.000	

NDB No. 11705

Asparagus, cooked, boiled, drained, 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
16:0.....g	0.050		1	A	1		0.045	0.030	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.000		1	A	1		0.000	0.000	
20:0.....g	0.000		1	A	1		0.000	0.000	
22:0.....g	0.000		1	A	1		0.000	0.000	
24:0.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.010		0		1		0.009	0.006	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g	0.000		1	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
17:1.....g	0.000		1	A	1		0.000	0.000	
18:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.136		0		1		0.122	0.082	
18:2 undifferentiated.....g	0.080		1	A	1		0.072	0.048	
18:3 undifferentiated.....g	0.030		1	A	1		0.027	0.018	
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	
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		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	24		1		1		22	14	
Amino Acids:									
Tryptophan.....g	0.025		0	DA	1		0.023	0.015	
Threonine.....g	0.073		0	DA	1		0.065	0.044	
Isoleucine.....g	0.096		0	DA	1		0.086	0.058	
Leucine.....g	0.114		0	DA	1		0.103	0.068	
Lysine.....g	0.124		0	DA	1		0.112	0.074	
Methionine.....g	0.025		0	DA	1		0.023	0.015	
Cystine.....g	0.031		0	DA	1		0.028	0.019	
Phenylalanine.....g	0.062		0	DA	1		0.055	0.037	
Tyrosine.....g	0.041		0	DA	1		0.037	0.025	
Valine.....g	0.101		0	DA	1		0.091	0.061	
Arginine.....g	0.122		0	DA	1		0.110	0.073	
Histidine.....g	0.040		0	DA	1		0.036	0.024	
Alanine.....g	0.123		0	DA	1		0.111	0.074	
Aspartic acid.....g	0.304		0	DA	1		0.273	0.182	
Glutamic acid.....g	0.429		0	DA	1		0.386	0.257	
Glycine.....g	0.085		0	DA	1		0.076	0.051	
Proline.....g	0.139		0	DA	1		0.125	0.084	
Serine.....g	0.100		0	DA	1		0.090	0.060	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	604	60.732	4	A	1		543.150	362.100	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	30	2.204	4	A	1		26.707	17.805	
Lutein + zeaxanthin.....mcg									

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 = 90g: .5 cup

NDB No. 11705

Asparagus, cooked, boiled, drained, with salt

Measure 2 = 60g: 4 spears (1/2" base)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11709

Asparagus, frozen, cooked, boiled, drained, 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	0.013		0		1		0.023	0.038	0.008
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.006	0.001
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.020	0.032	0.007
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.184		0		1		0.331	0.539	0.110
18:2 undifferentiated.....g	0.174		0		1		0.313	0.510	0.104
18:3 undifferentiated.....g	0.010		0		1		0.018	0.029	0.006
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.052	0.085	0.017
Threonine.....g	0.082		0		1		0.148	0.240	0.049
Isoleucine.....g	0.109		0		1		0.196	0.319	0.065
Leucine.....g	0.128		0		1		0.230	0.375	0.077
Lysine.....g	0.140		0		1		0.252	0.410	0.084
Methionine.....g	0.028		0		1		0.050	0.082	0.017
Cystine.....g	0.035		0		1		0.063	0.103	0.021
Phenylalanine.....g	0.070		0		1		0.126	0.205	0.042
Tyrosine.....g	0.047		0		1		0.085	0.138	0.028
Valine.....g	0.114		0		1		0.205	0.334	0.068
Arginine.....g	0.138		0		1		0.248	0.404	0.083
Histidine.....g	0.046		0		1		0.083	0.135	0.028
Alanine.....g	0.139		0		1		0.250	0.407	0.083
Aspartic acid.....g	0.342		0		1		0.616	1.002	0.205
Glutamic acid.....g	0.483		0		1		0.869	1.415	0.290
Glycine.....g	0.096		0		1		0.173	0.281	0.058
Proline.....g	0.157		0		1		0.283	0.460	0.094
Serine.....g	0.112		0		1		0.202	0.328	0.067
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	483		0	BFSN	4		870.220	1416.525	290.073
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	24		0	BFSN	4		42.790	69.653	14.263
Lutein + zeaxanthin.....mcg	618		0	BFSN	4		1111.747	1809.678	370.582

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 = 180g: 1 cup

Measure 2 = 293g: 1 package (10 oz) yields

Measure 3 = 60g: 4 spears

NDB No. 11709

Asparagus, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11019

Asparagus, frozen, cooked, boiled, drained, 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	0.013		0		1		0.023	0.038	0.008
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.006	0.001
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.020	0.032	0.007
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	0.184		0		1		0.331	0.539	0.110
18:2 undifferentiated.....g	0.174		0		1		0.313	0.510	0.104
18:3 undifferentiated.....g	0.010		0		1		0.018	0.029	0.006
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.052	0.085	0.017
Threonine.....g	0.082		0		1		0.148	0.240	0.049
Isoleucine.....g	0.109		0		1		0.196	0.319	0.065
Leucine.....g	0.128		0		1		0.230	0.375	0.077
Lysine.....g	0.140		0		1		0.252	0.410	0.084
Methionine.....g	0.028		0		1		0.050	0.082	0.017
Cystine.....g	0.035		0		1		0.063	0.103	0.021
Phenylalanine.....g	0.070		0		1		0.126	0.205	0.042
Tyrosine.....g	0.047		0		1		0.085	0.138	0.028
Valine.....g	0.114		0		1		0.205	0.334	0.068
Arginine.....g	0.138		0		1		0.248	0.404	0.083
Histidine.....g	0.046		0		1		0.083	0.135	0.028
Alanine.....g	0.139		0		1		0.250	0.407	0.083
Aspartic acid.....g	0.342		0		1		0.616	1.002	0.205
Glutamic acid.....g	0.483		0		1		0.869	1.415	0.290
Glycine.....g	0.096		0		1		0.173	0.281	0.058
Proline.....g	0.157		0		1		0.283	0.460	0.094
Serine.....g	0.112		0		1		0.202	0.328	0.067
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	483		0	BFSN	4		870.220	1416.525	290.073
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	24		0	BFSN	4		42.790	69.653	14.263
Lutein + zeaxanthin.....mcg	618		0	BFSN	4		1111.747	1809.678	370.582

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 = 180g: 1 cup

Measure 2 = 293g: 1 package (10 oz) yields

Measure 3 = 60g: 4 spears

NDB No. 11019

Asparagus, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11018
Asparagus, frozen, unprepared

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	0.007		0		1		0.020	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.017	0.003	
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	0.101		0		1		0.287	0.059	
18:2 undifferentiated.....g	0.096		0		1		0.273	0.056	
18:3 undifferentiated.....g	0.005		0		1		0.014	0.003	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.088	0.018	
Threonine.....g	0.090		0		1		0.256	0.052	
Isoleucine.....g	0.119		0		1		0.338	0.069	
Leucine.....g	0.140		0		1		0.398	0.081	
Lysine.....g	0.153		0		1		0.435	0.089	
Methionine.....g	0.031		0		1		0.088	0.018	
Cystine.....g	0.038		0		1		0.108	0.022	
Phenylalanine.....g	0.076		0		1		0.216	0.044	
Tyrosine.....g	0.051		0		1		0.145	0.030	
Valine.....g	0.124		0		1		0.352	0.072	
Arginine.....g	0.151		0		1		0.429	0.088	
Histidine.....g	0.050		0		1		0.142	0.029	
Alanine.....g	0.152		0		1		0.432	0.088	
Aspartic acid.....g	0.374		0		1		1.062	0.217	
Glutamic acid.....g	0.528		0		1		1.500	0.306	
Glycine.....g	0.105		0		1		0.298	0.061	
Proline.....g	0.171		0		1		0.486	0.099	
Serine.....g	0.123		0		1		0.349	0.071	
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 = 284g: 1 package (10 oz)

Measure 2 = 58g: 4 spears

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11011
Asparagus, raw
Asparagus officinalis

Refuse: 47% Butt ends

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	93.22		1	JO	11		124.91	11.19	14.91
Energy.....kcal	20		0	NC	4		27	2	3
Energy.....kj	85		0	NC	4		113	10	14
Protein (N x 6.25).....g	2.20	0.023	4	A	1		2.95	0.26	0.35
Total lipid (fat).....g	0.12	0.014	6	JO	11		0.16	0.01	0.02
Ash.....g	0.58	0.009	4	A	1		0.78	0.07	0.09
Carbohydrate, by difference.....g	3.88		0	NC	4		5.20	0.47	0.62
Fiber, total dietary.....g	2.1		4		1		2.8	0.2	0.3
Sugars, total.....g	1.88		0	NC	4		2.53	0.23	0.30
Sucrose.....g	0.23	0.193	5	JA	6		0.30	0.03	0.04
Glucose (dextrose).....g	0.65	0.105	6	JA	6		0.88	0.08	0.10
Fructose.....g	1.00	0.102	6	JA	6		1.35	0.12	0.16
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24	1.276	4	A	1		33	3	4
Iron, Fe.....mg	2.14	1.353	4	A	1		2.87	0.26	0.34
Magnesium, Mg.....mg	14	0.388	4	A	1		19	2	2
Phosphorus, P.....mg	52	0.492	4	A	1		69	6	8
Potassium, K.....mg	202	8.357	4	A	1		271	24	32
Sodium, Na.....mg	2	0.257	17		1		3	0	0
Zinc, Zn.....mg	0.54	0.021	4	A	1		0.73	0.07	0.09
Copper, Cu.....mg	0.189	0.028	4	A	1		0.254	0.023	0.030
Manganese, Mn.....mg	0.158	0.015	4	A	1		0.212	0.019	0.025
Selenium, Se.....mcg	2.3		2	A	1		3.1	0.3	0.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.6	0.210	4	A	1		7.6	0.7	0.9
Thiamin.....mg	0.143	0.016	4	A	1		0.191	0.017	0.023
Riboflavin.....mg	0.141	0.007	4	A	1		0.189	0.017	0.023
Niacin.....mg	0.978	0.034	4	A	1		1.311	0.117	0.157
Pantothenic acid.....mg	0.274	0.020	4	A	1		0.367	0.033	0.044
Vitamin B-6.....mg	0.091	0.009	4	A	1		0.122	0.011	0.015
Folate, total.....mcg	52	6.390	4	A	1		70	6	8
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	52	6.390	4	A	1		70	6	8
Folate, DFE.....mcg_DFE	52		0	NC	4		70	6	8
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	756		0	AS	1		1013	91	121
Vitamin A, RAE.....mcg_RAE	38		0	AS	1		51	5	6
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.13		2		1		1.51	0.14	0.18
Tocopherol, beta.....mg	0.00		2		1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.09		2		1		0.12	0.01	0.01
Tocopherol, delta.....mg	0.00		2		1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	41.6	2.704	4	A	1		55.8	5.0	6.7
Lipids:									
Fatty acids, total saturated.....g	0.046		0		1		0.062	0.006	0.007
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		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 11011
Asparagus, raw

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	0.040		1	A	1		0.054	0.005	0.006
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.000		1	A	1		0.000	0.000	0.000
20:0.....g	0.000		1	A	1		0.000	0.000	0.000
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.006		0		1		0.008	0.001	0.001
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.118	0.011	0.014
18:2 undifferentiated.....g	0.040		1	A	1		0.054	0.005	0.006
18:3 undifferentiated.....g	0.010		1	A	1		0.013	0.001	0.002
18:4.....g	0.000		1	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	24		1		1		32	3	4
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.029	0.003	0.004
Threonine.....g	0.064		0		1		0.086	0.008	0.010
Isoleucine.....g	0.084		0		1		0.113	0.010	0.013
Leucine.....g	0.099		0		1		0.133	0.012	0.016
Lysine.....g	0.108		0		1		0.145	0.013	0.017
Methionine.....g	0.022		0		1		0.029	0.003	0.004
Cystine.....g	0.027		0		1		0.036	0.003	0.004
Phenylalanine.....g	0.054		0		1		0.072	0.006	0.009
Tyrosine.....g	0.036		0		1		0.048	0.004	0.006
Valine.....g	0.088		0		1		0.118	0.011	0.014
Arginine.....g	0.107		0		1		0.143	0.013	0.017
Histidine.....g	0.035		0		1		0.047	0.004	0.006
Alanine.....g	0.107		0		1		0.143	0.013	0.017
Aspartic acid.....g	0.265		0		1		0.355	0.032	0.042
Glutamic acid.....g	0.374		0		1		0.501	0.045	0.060
Glycine.....g	0.074		0		1		0.099	0.009	0.012
Proline.....g	0.121		0		1		0.162	0.015	0.019
Serine.....g	0.087		0		1		0.117	0.010	0.014
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	449	76.317	6	A	1		601.908	53.902	71.870
Carotene, alpha.....mcg	9	5.026	6	A	1		11.665	1.045	1.393
Cryptoxanthin, beta.....mcg	0		27	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	710		0	BFSN	4		951.253	85.187	113.582

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.

NDB No. 11011

Asparagus, raw

Common Measures:

Measure 1 = 134g: 1 cup

Measure 2 = 12.0g: 1 spear, small (5" long or less)

Measure 3 = 16g: 1 spear, medium (5-1/4" to 7" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11710

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, 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	88.69		1		1		51.44		
Energy.....kcal	35		0	NC	4		20		
Energy.....kj	145		0	NC	4		84		
Protein (N x 6.25).....g	3.60		1		1		2.09		
Total lipid (fat).....g	0.20		1		1		0.12		
Ash.....g	0.73		1		1		0.42		
Carbohydrate, by difference.....g	6.78		0	NC	4		3.93		
Fiber, total dietary.....g	1.9		0	BFZN	4		1.1		
Sugars, total.....g	1.04		0	BFSN	4		0.60		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		0		1		24		
Iron, Fe.....mg	1.02		0		1		0.59		
Magnesium, Mg.....mg	94		1		1		55		
Phosphorus, P.....mg	77		1		1		45		
Potassium, K.....mg	602		1		1		349		
Sodium, Na.....mg	249		0		4		144		
Zinc, Zn.....mg	0.30		0		4		0.17		
Copper, Cu.....mg	0.201		0		4		0.117		
Manganese, Mn.....mg	0.536		0		4		0.311		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	55.6		0		1		32.2		
Thiamin.....mg	0.147		0		1		0.085		
Riboflavin.....mg	0.282		0		1		0.164		
Niacin.....mg	0.995		0		1		0.577		
Pantothenic acid.....mg	0.060		0		4		0.035		
Vitamin B-6.....mg	0.760		0		1		0.441		
Folate, total.....mcg	88		0		1		51		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	88		0		1		51		
Folate, DFE.....mcg_DFE	88		0	NC	4		51		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	2416		0	NC	4		1401		
Vitamin A, RAE.....mcg_RAE	121		0	NC	4		70		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.45		0	BFSN	4		0.84		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	163.1		0	BFSN	4		94.6		
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1450		0	BFSN	4		840.775		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		

NDB No. 11710

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt

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	Measure 3
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	2638		0	BFSN	4		1530.036		

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 = 58g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11023

Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, 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	0.005		0		4		0.003		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		4		0.001		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0		4		0.048		
18:2 undifferentiated.....g	0.012		0		4		0.007		
18:3 undifferentiated.....g	0.065		0		4		0.038		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1450		0	BFSN	4		840.775		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	2638		0	BFSN	4		1530.036		

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 = 58g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11022

Balsam-pear (bitter gourd), leafy tips, raw

Momordica charantia

Refuse: 62% Tough stems and leaves

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	89.25		1		1		3.57	21.42	
Energy.....kcal	30		0	NC	4		1	7	
Energy.....kj	126				4		5	30	
Protein (N x 6.25).....g	5.30		0		1		0.21	1.27	
Total lipid (fat).....g	0.69		0		1		0.03	0.17	
Ash.....g	1.47		0		1		0.06	0.35	
Carbohydrate, by difference.....g	3.29		0	NC	4		0.13	0.79	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	84		0		1		3	20	
Iron, Fe.....mg	2.04		0		1		0.08	0.49	
Magnesium, Mg.....mg	85		1		1		3	20	
Phosphorus, P.....mg	99		0		1		4	24	
Potassium, K.....mg	608		1		1		24	146	
Sodium, Na.....mg	11		1		1		0	3	
Zinc, Zn.....mg	0.30		0		4		0.01	0.07	
Copper, Cu.....mg	0.201		0		4		0.008	0.048	
Manganese, Mn.....mg	0.536		0		4		0.021	0.129	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	88.0		0		1		3.5	21.1	
Thiamin.....mg	0.181		0		1		0.007	0.043	
Riboflavin.....mg	0.362		0		1		0.014	0.087	
Niacin.....mg	1.110		0		1		0.044	0.266	
Pantothenic acid.....mg	0.063		0		4		0.003	0.015	
Vitamin B-6.....mg	0.803		0		4		0.032	0.193	
Folate, total.....mcg	128		0		4		5	31	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	128		0		4		5	31	
Folate, DFE.....mcg_DFE	128		0	NC	4		5	31	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1734		0		1		69	416	
Vitamin A, RAE.....mcg_RAE	87		0		1		3	21	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 4.0g: 1 leaf

NDB No. 11022

Balsam-pear (bitter gourd), leafy tips, raw

Measure 2 = 24g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11711

Balsam-pear (bitter gourd), pods, cooked, boiled, drained, 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	93.95		1		1		116.50		
Energy.....kcal	19		0	NC	4		24		
Energy.....kj	79		0	NC	4		98		
Protein (N x 6.25).....g	0.84		1		1		1.04		
Total lipid (fat).....g	0.18		1		1		0.22		
Ash.....g	0.71		1		1		0.88		
Carbohydrate, by difference.....g	4.32		0	NC	4		5.36		
Fiber, total dietary.....g	2.0		0	BFZN	4		2.5		
Sugars, total.....g	1.95		0	BFSN	4		2.42		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		1		1		11		
Iron, Fe.....mg	0.38		1		1		0.47		
Magnesium, Mg.....mg	16		1		1		20		
Phosphorus, P.....mg	36		1		1		45		
Potassium, K.....mg	319		1		1		396		
Sodium, Na.....mg	242		0		4		300		
Zinc, Zn.....mg	0.77		0		4		0.95		
Copper, Cu.....mg	0.033		0		4		0.041		
Manganese, Mn.....mg	0.086		0		4		0.107		
Selenium, Se.....mcg	0.2		0	CAZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	33.0		0		1		40.9		
Thiamin.....mg	0.051		0		1		0.063		
Riboflavin.....mg	0.053		0		1		0.066		
Niacin.....mg	0.280		0		1		0.347		
Pantothenic acid.....mg	0.193		0		4		0.239		
Vitamin B-6.....mg	0.041		0		4		0.051		
Folate, total.....mcg	51		0		4		63		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	51		0		4		63		
Folate, DFE.....mcg_DFE	51		0	NC	4		63		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	113		0	NC	4		140		
Vitamin A, RAE.....mcg_RAE	6		0	NC	4		7		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.14		0	BFSN	4		0.17		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.8		0	BFSN	4		6.0		
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	68		0	O	4		84.072		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		

NDB No. 11711

Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt

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	Measure 3
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	1323		0	BFSN	4		1640.171		

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 = 124g: 1 cup (1/2" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11025

Balsam-pear (bitter gourd), pods, cooked, boiled, drained, 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	0.033		0		4		0.041	0.020	
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	0.033		0		4		0.041	0.020	
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	0.078		0		4		0.097	0.048	
18:2 undifferentiated.....g	0.078		0		4		0.097	0.048	
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	Z	7		0	0	
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	68		0	O	4		84.072	42.036	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1323		0	BFSN	4		1640.171	820.086	

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 = 124g: 1 cup (1/2" pieces)

Measure 2 = 62g: .5 cup (1/2" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11024

Balsam-pear (bitter gourd), pods, raw

Momordica charantia

Refuse: 17% Tough stems and leaves

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	94.03		2		1		87.45	116.60	
Energy.....kcal	17		0	NC	4		16	21	
Energy.....kj	71		0	NC	4		66	89	
Protein (N x 6.25).....g	1.00		2		1		0.93	1.24	
Total lipid (fat).....g	0.17		2		1		0.16	0.21	
Ash.....g	1.10		0		1		1.02	1.36	
Carbohydrate, by difference.....g	3.70		0	NC	4		3.44	4.59	
Fiber, total dietary.....g	2.8		0		4		2.6	3.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1		1		18	24	
Iron, Fe.....mg	0.43		2		1		0.40	0.53	
Magnesium, Mg.....mg	17		1		1		16	21	
Phosphorus, P.....mg	31		2		1		29	38	
Potassium, K.....mg	296		1		1		275	367	
Sodium, Na.....mg	5		1		1		5	6	
Zinc, Zn.....mg	0.80		0		1		0.74	0.99	
Copper, Cu.....mg	0.034		0		4		0.032	0.042	
Manganese, Mn.....mg	0.089		0		4		0.083	0.110	
Selenium, Se.....mcg	0.2		0	CAZN	4		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	84.0		1		1		78.1	104.2	
Thiamin.....mg	0.040		1		1		0.037	0.050	
Riboflavin.....mg	0.040		1		1		0.037	0.050	
Niacin.....mg	0.400		1		1		0.372	0.496	
Pantothenic acid.....mg	0.212		0		4		0.197	0.263	
Vitamin B-6.....mg	0.043		0		4		0.040	0.053	
Folate, total.....mcg	72		0		1		67	89	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	72		0		1		67	89	
Folate, DFE.....mcg_DFE	72		0	NC	4		67	89	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	471		0	AS	1		438	584	
Vitamin A, RAE.....mcg_RAE	24		0	AS	1		22	29	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	190		10	A	1		176.700	235.600	
Carotene, alpha.....mcg	185		10	A	1		172.050	229.400	
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg	170		10	A	1		158.100	210.800	

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.

NDB No. 11024

Balsam-pear (bitter gourd), pods, raw

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

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 = 93g: 1 cup (1/2" pieces)

Measure 2 = 124g: 1 balsam-pear

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11028

Bamboo shoots, canned, drained solids

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	0.009		0		1		0.012	0.024	
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	0.009		0		1		0.012	0.024	
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	0.178		0		1		0.233	0.466	
18:2 undifferentiated.....g	0.151		0		1		0.198	0.396	
18:3 undifferentiated.....g	0.027		0		1		0.035	0.071	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.018		0		1		0.024	0.047	
Threonine.....g	0.057		0		1		0.075	0.149	
Isoleucine.....g	0.058		0		1		0.076	0.152	
Leucine.....g	0.093		0		1		0.122	0.244	
Lysine.....g	0.089		0		1		0.117	0.233	
Methionine.....g	0.020		0		1		0.026	0.052	
Cystine.....g	0.014		0		1		0.018	0.037	
Phenylalanine.....g	0.060		0		1		0.079	0.157	
Tyrosine.....g									
Valine.....g	0.071		0		1		0.093	0.186	
Arginine.....g	0.064		0		1		0.084	0.168	
Histidine.....g	0.028		0		1		0.037	0.073	
Alanine.....g	0.082		0		1		0.107	0.215	
Aspartic acid.....g	0.282		0		1		0.369	0.739	
Glutamic acid.....g	0.164		0		1		0.215	0.430	
Glycine.....g	0.057		0		1		0.075	0.149	
Proline.....g	0.145		0		1		0.190	0.380	
Serine.....g	0.084		0		1		0.110	0.220	
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	8		0	BFSN	4		9.921	19.842	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 131g: 1 cup (1/8" slices)

Measure 2 = 262g: 1 can (303 x 406)

NDB No. 11028

Bamboo shoots, canned, drained solids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11712

Bamboo shoots, cooked, boiled, drained, 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	0.005		0		1		0.006	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0		1		0.118	0.141	
18:2 undifferentiated.....g	0.083		0		1		0.100	0.120	
18:3 undifferentiated.....g	0.015		0		1		0.018	0.022	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.019	0.023	
Threonine.....g	0.050		0		1		0.060	0.072	
Isoleucine.....g	0.051		0		1		0.061	0.073	
Leucine.....g	0.082		0		1		0.098	0.118	
Lysine.....g	0.079		0		1		0.095	0.114	
Methionine.....g	0.017		0		1		0.020	0.024	
Cystine.....g	0.013		0		1		0.016	0.019	
Phenylalanine.....g	0.053		0		1		0.064	0.076	
Tyrosine.....g									
Valine.....g	0.062		0		1		0.074	0.089	
Arginine.....g	0.057		0		1		0.068	0.082	
Histidine.....g	0.025		0		1		0.030	0.036	
Alanine.....g	0.072		0		1		0.086	0.104	
Aspartic acid.....g	0.249		0		1		0.299	0.359	
Glutamic acid.....g	0.145		0		1		0.174	0.209	
Glycine.....g	0.051		0		1		0.061	0.073	
Proline.....g	0.129		0		1		0.155	0.186	
Serine.....g	0.075		0		1		0.090	0.108	
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 = 120g: 1 cup (1/2" slices)

Measure 2 = 144g: 1 shoot

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11027

Bamboo shoots, cooked, boiled, drained, 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	0.005		0		1		0.006	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0		1		0.118	0.141	
18:2 undifferentiated.....g	0.083		0		1		0.100	0.120	
18:3 undifferentiated.....g	0.015		0		1		0.018	0.022	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.019	0.023	
Threonine.....g	0.050		0		1		0.060	0.072	
Isoleucine.....g	0.051		0		1		0.061	0.073	
Leucine.....g	0.082		0		1		0.098	0.118	
Lysine.....g	0.079		0		1		0.095	0.114	
Methionine.....g	0.017		0		1		0.020	0.024	
Cystine.....g	0.013		0		1		0.016	0.019	
Phenylalanine.....g	0.053		0		1		0.064	0.076	
Tyrosine.....g									
Valine.....g	0.062		0		1		0.074	0.089	
Arginine.....g	0.057		0		1		0.068	0.082	
Histidine.....g	0.025		0		1		0.030	0.036	
Alanine.....g	0.072		0		1		0.086	0.104	
Aspartic acid.....g	0.249		0		1		0.299	0.359	
Glutamic acid.....g	0.145		0		1		0.174	0.209	
Glycine.....g	0.051		0		1		0.061	0.073	
Proline.....g	0.129		0		1		0.155	0.186	
Serine.....g	0.075		0		1		0.090	0.108	
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 = 120g: 1 cup (1/2" slices)

Measure 2 = 144g: 1 shoot

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11026
Bamboo shoots, raw

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	0.007		0		1		0.011	0.005	
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	0.007		0		1		0.011	0.005	
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	0.134		0		1		0.202	0.102	
18:2 undifferentiated.....g	0.114		0		1		0.172	0.087	
18:3 undifferentiated.....g	0.020		0		1		0.030	0.015	
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	Z	7		0	0	
Phytosterols.....mg	19		0		1		29	14	
<u>Amino Acids:</u>									
Tryptophan.....g	0.027		1		1		0.041	0.021	
Threonine.....g	0.086		1		1		0.130	0.065	
Isoleucine.....g	0.088		1		1		0.133	0.067	
Leucine.....g	0.140		1		1		0.211	0.106	
Lysine.....g	0.134		1		1		0.202	0.102	
Methionine.....g	0.030		1		1		0.045	0.023	
Cystine.....g	0.022		1		1		0.033	0.017	
Phenylalanine.....g	0.090		1		1		0.136	0.068	
Tyrosine.....g									
Valine.....g	0.106		1		1		0.160	0.081	
Arginine.....g	0.097		1		1		0.146	0.074	
Histidine.....g	0.042		1		1		0.063	0.032	
Alanine.....g	0.124		1		1		0.187	0.094	
Aspartic acid.....g	0.425		1		1		0.642	0.323	
Glutamic acid.....g	0.248		1		1		0.374	0.188	
Glycine.....g	0.087		1		1		0.131	0.066	
Proline.....g	0.219		1		1		0.331	0.166	
Serine.....g	0.127		1		1		0.192	0.097	
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	12		0	O	4		18.120	9.120	
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 = 151g: 1 cup (1/2" slices)
- Measure 2 = 76g: .5 cup (1/2" pieces)

NDB No. 11026
Bamboo shoots, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11973
Beans, fava, in pod, raw
Vicia faba

Refuse: 3% Ends

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	72.60		2	A	1		91.48	4.43	
Energy.....kcal	88		0	NC	4		111	5	
Energy.....kj	370		0	NC	4		466	23	
Protein (N x 6.25).....g	7.92		2	A	1		9.98	0.48	
Total lipid (fat).....g	0.73		2	A	1		0.92	0.04	
Ash.....g	1.12		2	A	1		1.41	0.07	
Carbohydrate, by difference.....g	17.63		0	NC	4		22.21	1.08	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37		2	A	1		47	2	
Iron, Fe.....mg	1.55		2	A	1		1.95	0.09	
Magnesium, Mg.....mg	33		2	A	1		42	2	
Phosphorus, P.....mg	129		2	A	1		163	8	
Potassium, K.....mg	332		2	A	1		418	20	
Sodium, Na.....mg	25		2	A	1		32	2	
Zinc, Zn.....mg	1.00		2	A	1		1.26	0.06	
Copper, Cu.....mg	0.402		2	A	1		0.507	0.025	
Manganese, Mn.....mg	0.661		2	A	1		0.833	0.040	
Selenium, Se.....mcg	0.8		0	CAZN	4		1.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.7		2	A	1		4.7	0.2	
Thiamin.....mg	0.133		2	A	1		0.168	0.008	
Riboflavin.....mg	0.290		2	A	1		0.365	0.018	
Niacin.....mg	2.249		2	A	1		2.834	0.137	
Pantothenic acid.....mg	0.225		2	A	1		0.284	0.014	
Vitamin B-6.....mg	0.104		2	A	1		0.131	0.006	
Folate, total.....mcg	148		2	A	1		186	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	148		2	A	1		186	9	
Folate, DFE.....mcg_DFE	148		0	NC	4		186	9	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	333		0	AS	1		420	20	
Vitamin A, RAE.....mcg_RAE	17		0	AS	1		21	1	
Retinol.....mcg	0		0	Z	7		0	0	
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	0.118		1	A	1		0.149	0.007	
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.001		1	A	1		0.001	0.000	
13:0.....g									
14:0.....g	0.002		1	A	1		0.003	0.000	
15:0.....g	0.002		1	A	1		0.003	0.000	
16:0.....g	0.065		1	A	1		0.082	0.004	
17:0.....g	0.002		1	A	1		0.003	0.000	
18:0.....g	0.028		1	A	1		0.035	0.002	
20:0.....g	0.010		1	A	1		0.013	0.001	
22:0.....g	0.005		1	A	1		0.006	0.000	
24:0.....g	0.003		1	A	1		0.004	0.000	

NDB No. 11973
Beans, fava, in pod, raw

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	0.104		1	A	1		0.131	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		1	A	1		0.005	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.097		1	A	1		0.122	0.006	
20:1.....g	0.003		1	A	1		0.004	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.342		1	A	1		0.431	0.021	
18:2 undifferentiated.....g	0.312		1	A	1		0.393	0.019	
18:3 undifferentiated.....g	0.030		1	A	1		0.038	0.002	
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	Z	7		0	0	
Phytosterols.....mg	22		1	A	1		28	1	
Stigmasterol.....mg	1		1	A	1		1	0	
Campesterol.....mg	3		1	A	1		4	0	
Beta-sitosterol.....mg	18		1	A	1		22	1	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	196		2	A	1		246.456	11.932	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	9		2	A	1		10.962	0.531	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 126g: 1 cup

Measure 2 = 6.1g: 1 pod

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11713

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, 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	0.045		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.045		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318		0		1				
18:2 undifferentiated.....g	0.123		0		1				
18:3 undifferentiated.....g	0.194		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.050		0		1				
Threonine.....g	0.203		0		1				
Isoleucine.....g	0.214		0		1				
Leucine.....g	0.347		0		1				
Lysine.....g	0.275		0		1				
Methionine.....g	0.050		0		1				
Cystine.....g	0.055		0		1				
Phenylalanine.....g	0.243		0		1				
Tyrosine.....g	0.166		0		1				
Valine.....g	0.248		0		1				
Arginine.....g	0.263		0		1				
Histidine.....g	0.135		0		1				
Alanine.....g	0.200		0		1				
Aspartic acid.....g	0.628		0		1				
Glutamic acid.....g	0.589		0		1				
Glycine.....g	0.166		0		1				
Proline.....g	0.195		0		1				
Serine.....g	0.258		0		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11030

Beans, kidney, mature seeds, sprouted, cooked, boiled, drained, 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	0.045		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.045		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318		0			1			
18:2 undifferentiated.....g	0.123		0			1			
18:3 undifferentiated.....g	0.194		0			1			
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	z		7			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.050		0			1			
Threonine.....g	0.203		0			1			
Isoleucine.....g	0.214		0			1			
Leucine.....g	0.347		0			1			
Lysine.....g	0.275		0			1			
Methionine.....g	0.050		0			1			
Cystine.....g	0.055		0			1			
Phenylalanine.....g	0.243		0			1			
Tyrosine.....g	0.166		0			1			
Valine.....g	0.248		0			1			
Arginine.....g	0.263		0			1			
Histidine.....g	0.135		0			1			
Alanine.....g	0.200		0			1			
Aspartic acid.....g	0.628		0			1			
Glutamic acid.....g	0.589		0			1			
Glycine.....g	0.166		0			1			
Proline.....g	0.195		0			1			
Serine.....g	0.258		0			1			
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11029

Beans, kidney, mature seeds, sprouted, raw

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	0.039		0		1		0.072		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.039		1		1		0.072		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.508		
18:2 undifferentiated.....g	0.107		1		1		0.197		
18:3 undifferentiated.....g	0.169		1		1		0.311		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.044		2		1		0.081		
Threonine.....g	0.176		2		1		0.324		
Isoleucine.....g	0.186		2		1		0.342		
Leucine.....g	0.302		2		1		0.556		
Lysine.....g	0.239		2		1		0.440		
Methionine.....g	0.044		2		1		0.081		
Cystine.....g	0.048		2		1		0.088		
Phenylalanine.....g	0.212		2		1		0.390		
Tyrosine.....g	0.144		2		1		0.265		
Valine.....g	0.216		2		1		0.397		
Arginine.....g	0.228		2		1		0.420		
Histidine.....g	0.118		2		1		0.217		
Alanine.....g	0.174		2		1		0.320		
Aspartic acid.....g	0.546		2		1		1.005		
Glutamic acid.....g	0.512		2		1		0.942		
Glycine.....g	0.144		2		1		0.265		
Proline.....g	0.169		2		1		0.311		
Serine.....g	0.224		2		1		0.412		
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 = 184g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11033

Beans, lima, immature seeds, canned, regular pack, solids and liquids

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	0.016		0	BFFN	4		0.020	0.073	
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	0.016		0	BFFN	4		0.020	0.073	
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	0.139		0	BFFN	4		0.172	0.631	
18:2 undifferentiated.....g	0.094		0	BFFN	4		0.117	0.427	
18:3 undifferentiated.....g	0.045		0	BFFN	4		0.056	0.204	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0	BFFN	4		0.067	0.245	
Threonine.....g	0.173		0	BFFN	4		0.215	0.785	
Isoleucine.....g	0.261		0	BFFN	4		0.324	1.185	
Leucine.....g	0.319		0	BFFN	4		0.396	1.448	
Lysine.....g	0.268		0	BFFN	4		0.332	1.217	
Methionine.....g	0.040		0	BFFN	4		0.050	0.182	
Cystine.....g	0.049		0	BFFN	4		0.061	0.222	
Phenylalanine.....g	0.200		0	BFFN	4		0.248	0.908	
Tyrosine.....g	0.131		0	BFFN	4		0.162	0.595	
Valine.....g	0.254		0	BFFN	4		0.315	1.153	
Arginine.....g	0.272		0	BFFN	4		0.337	1.235	
Histidine.....g	0.138		0	BFFN	4		0.171	0.627	
Alanine.....g	0.154		0	BFFN	4		0.191	0.699	
Aspartic acid.....g	0.436		0	BFFN	4		0.541	1.979	
Glutamic acid.....g	0.523		0	BFFN	4		0.649	2.374	
Glycine.....g	0.163		0	BFFN	4		0.202	0.740	
Proline.....g	0.068		0	BFFN	4		0.084	0.309	
Serine.....g	0.254		0	BFFN	4		0.315	1.153	
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 = 124g: .5 cup

Measure 2 = 454g: 1 can (303 x 406)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11626

Beans, mung, mature seeds, sprouted, canned, drained solids

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	0.008		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.025		
18:2 undifferentiated.....g	0.015		0		1		0.019		
18:3 undifferentiated.....g	0.006		0		1		0.008		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.024		
Threonine.....g	0.040		0		1		0.050		
Isoleucine.....g	0.067		0		1		0.084		
Leucine.....g	0.089		0		1		0.111		
Lysine.....g	0.085		0		1		0.106		
Methionine.....g	0.017		0		1		0.021		
Cystine.....g	0.009		0		1		0.011		
Phenylalanine.....g	0.060		0		1		0.075		
Tyrosine.....g	0.026		0		1		0.033		
Valine.....g	0.067		0		1		0.084		
Arginine.....g	0.101		0		1		0.126		
Histidine.....g	0.036		0		1		0.045		
Alanine.....g	0.050		0		1		0.063		
Aspartic acid.....g	0.245		0		1		0.306		
Glutamic acid.....g	0.082		0		1		0.103		
Glycine.....g	0.032		0		1		0.040		
Proline.....g									
Serine.....g	0.017		0		1		0.021		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	BFSN	4		2.879		
Carotene, alpha.....mcg	2		0	BFSN	4		2.879		
Cryptoxanthin, beta.....mcg	2		0	BFSN	4		2.879		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 125g: 1 cup

NDB No. 11626

Beans, mung, mature seeds, sprouted, canned, drained solids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11719

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, 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	0.060		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.060		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.468		0		1				
18:2 undifferentiated.....g	0.169		0		1				
18:3 undifferentiated.....g	0.299		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.074		0		1				
Threonine.....g	0.297		0		1				
Isoleucine.....g	0.314		0		1				
Leucine.....g	0.508		0		1				
Lysine.....g	0.403		0		1				
Methionine.....g	0.074		0		1				
Cystine.....g	0.080		0		1				
Phenylalanine.....g	0.357		0		1				
Tyrosine.....g	0.243		0		1				
Valine.....g	0.363		0		1				
Arginine.....g	0.385		0		1				
Histidine.....g	0.198		0		1				
Alanine.....g	0.293		0		1				
Aspartic acid.....g	0.919		0		1				
Glutamic acid.....g	0.863		0		1				
Glycine.....g	0.243		0		1				
Proline.....g	0.285		0		1				
Serine.....g	0.378		0		1				
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:

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11047

Beans, navy, mature seeds, sprouted, cooked, boiled, drained, 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	0.060		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.060		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.468		0		1				
18:2 undifferentiated.....g	0.169		0		1				
18:3 undifferentiated.....g	0.299		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.074		0		1				
Threonine.....g	0.297		0		1				
Isoleucine.....g	0.314		0		1				
Leucine.....g	0.508		0		1				
Lysine.....g	0.403		0		1				
Methionine.....g	0.074		0		1				
Cystine.....g	0.080		0		1				
Phenylalanine.....g	0.357		0		1				
Tyrosine.....g	0.243		0		1				
Valine.....g	0.363		0		1				
Arginine.....g	0.385		0		1				
Histidine.....g	0.198		0		1				
Alanine.....g	0.293		0		1				
Aspartic acid.....g	0.919		0		1				
Glutamic acid.....g	0.863		0		1				
Glycine.....g	0.243		0		1				
Proline.....g	0.285		0		1				
Serine.....g	0.378		0		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11046

Beans, navy, mature seeds, sprouted, raw

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	0.052		0		1		0.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.052		0		1		0.054		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.407		0		1		0.423		
18:2 undifferentiated.....g	0.147		0		1		0.153		
18:3 undifferentiated.....g	0.260		0		1		0.270		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.064		0		1		0.067		
Threonine.....g	0.258		0		1		0.268		
Isoleucine.....g	0.273		0		1		0.284		
Leucine.....g	0.442		0		1		0.460		
Lysine.....g	0.350		0		1		0.364		
Methionine.....g	0.064		0		1		0.067		
Cystine.....g	0.070		0		1		0.073		
Phenylalanine.....g	0.310		0		1		0.322		
Tyrosine.....g	0.212		0		1		0.220		
Valine.....g	0.316		0		1		0.329		
Arginine.....g	0.335		0		1		0.348		
Histidine.....g	0.172		0		1		0.179		
Alanine.....g	0.255		0		1		0.265		
Aspartic acid.....g	0.799		0		1		0.831		
Glutamic acid.....g	0.750		0		1		0.780		
Glycine.....g	0.212		0		1		0.220		
Proline.....g	0.248		0		1		0.258		
Serine.....g	0.329		0		1		0.342		
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 = 104g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11720

Beans, pinto, immature seeds, frozen, cooked, boiled, drained, 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	0.035		0		1		0.099	0.033	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.099	0.033	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.784	0.259	
18:2 undifferentiated.....g	0.099		0		1		0.281	0.093	
18:3 undifferentiated.....g	0.177		0		1		0.503	0.166	
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	Z	7		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 = 284g: 1 package (10 oz) yields

Measure 2 = 94g: .333 package (10 oz) yields

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11049

Beans, pinto, immature seeds, frozen, cooked, boiled, drained, 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	0.035		0		1		0.099	0.033	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.099	0.033	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.784	0.259	
18:2 undifferentiated.....g	0.099		0		1		0.281	0.093	
18:3 undifferentiated.....g	0.177		0		1		0.503	0.166	
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	Z	7		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 = 284g: 1 package (10 oz) yields

Measure 2 = 94g: .333 package (10 oz) yields

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11048

Beans, pinto, immature seeds, frozen, unprepared

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	0.037		0		1		0.105	0.035	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.105	0.035	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.291		0		1		0.826	0.274	
18:2 undifferentiated.....g	0.105		0		1		0.298	0.099	
18:3 undifferentiated.....g	0.186		0		1		0.528	0.175	
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	z	7		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 = 284g: 1 package (10 oz)

Measure 2 = 94g: .333 package (10 oz)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11721

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, 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	0.024		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.185		0			1			
18:2 undifferentiated.....g	0.067		0			1			
18:3 undifferentiated.....g	0.118		0			1			
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	z		7			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.019		0			1			
Threonine.....g	0.078		0			1			
Isoleucine.....g	0.082		0			1			
Leucine.....g	0.133		0			1			
Lysine.....g	0.106		0			1			
Methionine.....g	0.019		0			1			
Cystine.....g	0.021		0			1			
Phenylalanine.....g	0.094		0			1			
Tyrosine.....g	0.064		0			1			
Valine.....g	0.095		0			1			
Arginine.....g	0.101		0			1			
Histidine.....g	0.052		0			1			
Alanine.....g	0.077		0			1			
Aspartic acid.....g	0.241		0			1			
Glutamic acid.....g	0.226		0			1			
Glycine.....g	0.064		0			1			
Proline.....g	0.075		0			1			
Serine.....g	0.099		0			1			
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11654

Beans, pinto, mature seeds, sprouted, cooked, boiled, drained, 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	0.024		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.185		0		1				
18:2 undifferentiated.....g	0.067		0		1				
18:3 undifferentiated.....g	0.118		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.019		0		1				
Threonine.....g	0.078		0		1				
Isoleucine.....g	0.082		0		1				
Leucine.....g	0.133		0		1				
Lysine.....g	0.106		0		1				
Methionine.....g	0.019		0		1				
Cystine.....g	0.021		0		1				
Phenylalanine.....g	0.094		0		1				
Tyrosine.....g	0.064		0		1				
Valine.....g	0.095		0		1				
Arginine.....g	0.101		0		1				
Histidine.....g	0.052		0		1				
Alanine.....g	0.077		0		1				
Aspartic acid.....g	0.241		0		1				
Glutamic acid.....g	0.226		0		1				
Glycine.....g	0.064		0		1				
Proline.....g	0.075		0		1				
Serine.....g	0.099		0		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11653

Beans, pinto, mature seeds, sprouted, raw

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	0.067		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.067		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.523		0		1				
18:2 undifferentiated.....g	0.189		0		1				
18:3 undifferentiated.....g	0.334		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.055		0		1				
Threonine.....g	0.220		0		1				
Isoleucine.....g	0.233		0		1				
Leucine.....g	0.377		0		1				
Lysine.....g	0.299		0		1				
Methionine.....g	0.055		0		1				
Cystine.....g	0.060		0		1				
Phenylalanine.....g	0.265		0		1				
Tyrosine.....g	0.181		0		1				
Valine.....g	0.270		0		1				
Arginine.....g	0.286		0		1				
Histidine.....g	0.147		0		1				
Alanine.....g	0.218		0		1				
Aspartic acid.....g	0.682		0		1				
Glutamic acid.....g	0.640		0		1				
Glycine.....g	0.181		0		1				
Proline.....g	0.212		0		1				
Serine.....g	0.281		0		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11050

Beans, shellie, canned, solids and liquids

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	0.014		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.034		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		1		0.270		
18:2 undifferentiated.....g	0.040		0		1		0.098		
18:3 undifferentiated.....g	0.071		0		1		0.174		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	137		0	O	4		335.160		
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	331		0	O	4		810.338		

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

Calories Factors: Protein 2.96

Fat 8.37

Carbohydrate 3.82

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11058

Beans, snap, canned, all styles, seasoned, solids and liquids

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	0.008		0		1		0.009	0.035	
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	0.007		0		1		0.008	0.031	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0		1		0.116	0.448	
18:2 undifferentiated.....g	0.039		0		1		0.044	0.171	
18:3 undifferentiated.....g	0.063		0		1		0.072	0.277	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0		1		0.010	0.040	
Threonine.....g	0.036		0		1		0.041	0.158	
Isoleucine.....g	0.030		0		1		0.034	0.132	
Leucine.....g	0.051		0		1		0.058	0.224	
Lysine.....g	0.040		0		1		0.046	0.176	
Methionine.....g	0.010		0		1		0.011	0.044	
Cystine.....g	0.008		0		1		0.009	0.035	
Phenylalanine.....g	0.030		0		1		0.034	0.132	
Tyrosine.....g	0.019		0		1		0.022	0.083	
Valine.....g	0.041		0		1		0.047	0.180	
Arginine.....g	0.034		0		1		0.039	0.149	
Histidine.....g	0.016		0		1		0.018	0.070	
Alanine.....g	0.038		0		1		0.043	0.167	
Aspartic acid.....g	0.117		0		1		0.133	0.514	
Glutamic acid.....g	0.086		0		1		0.098	0.378	
Glycine.....g	0.030		0		1		0.034	0.132	
Proline.....g	0.031		0		1		0.035	0.136	
Serine.....g	0.045		0		1		0.051	0.198	
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 = 114g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11054

Beans, snap, green variety, canned, regular pack, solids and liquids

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	0.004		0		1		0.005	0.018	
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	0.004		0		1		0.005	0.018	
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	0.052		0		1		0.062	0.228	
18:2 undifferentiated.....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated.....g	0.032		0		1		0.038	0.140	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0	BFPN	4		0.010	0.035	
Threonine.....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine.....g	0.029		0	BFPN	4		0.035	0.127	
Leucine.....g	0.049		0	BFPN	4		0.059	0.215	
Lysine.....g	0.039		0	BFPN	4		0.047	0.171	
Methionine.....g	0.009		0	BFPN	4		0.011	0.040	
Cystine.....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine.....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine.....g	0.019		0	BFPN	4		0.023	0.083	
Valine.....g	0.040		0	BFPN	4		0.048	0.176	
Arginine.....g	0.032		0	BFPN	4		0.038	0.140	
Histidine.....g	0.015		0	BFPN	4		0.018	0.066	
Alanine.....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid.....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid.....g	0.082		0	BFPN	4		0.098	0.360	
Glycine.....g	0.028		0	BFPN	4		0.034	0.123	
Proline.....g	0.029		0	BFPN	4		0.035	0.127	
Serine.....g	0.043		0	BFPN	4		0.052	0.189	
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 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11729

Beans, snap, green, canned, no salt added, drained solids

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	0.004		0		1		0.005	0.002	0.010
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	0.004		0		1		0.005	0.002	0.010
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	0.051		0		1		0.069	0.032	0.134
18:2 undifferentiated.....g	0.019		0		1		0.026	0.012	0.050
18:3 undifferentiated.....g	0.031		0		1		0.042	0.019	0.081
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.016	0.007	0.031
Threonine.....g	0.050		0		1		0.068	0.031	0.131
Isoleucine.....g	0.042		0		1		0.057	0.026	0.110
Leucine.....g	0.071		0		1		0.096	0.044	0.186
Lysine.....g	0.055		0		1		0.074	0.034	0.144
Methionine.....g	0.014		0		1		0.019	0.009	0.037
Cystine.....g	0.011		0		1		0.015	0.007	0.029
Phenylalanine.....g	0.042		0		1		0.057	0.026	0.110
Tyrosine.....g	0.027		0		1		0.036	0.017	0.071
Valine.....g	0.057		0		1		0.077	0.035	0.149
Arginine.....g	0.046		0		1		0.062	0.029	0.121
Histidine.....g	0.022		0		1		0.030	0.014	0.058
Alanine.....g	0.053		0		1		0.072	0.033	0.139
Aspartic acid.....g	0.161		0		1		0.217	0.100	0.422
Glutamic acid.....g	0.118		0		1		0.159	0.073	0.309
Glycine.....g	0.041		0		1		0.055	0.025	0.107
Proline.....g	0.043		0		1		0.058	0.027	0.113
Serine.....g	0.063		0		1		0.085	0.039	0.165
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFSN	4		0	0	0
Theobromine.....mg	0		0	BFSN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	261		0	BFSN	4		352.584	161.927	684.274
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	441		0	BFSN	4		594.943	273.233	1154.631

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 = 135g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

NDB No. 11729

Beans, snap, green, canned, no salt added, drained solids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11726

Beans, snap, green, canned, no salt added, solids and liquids

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	0.004		0		1		0.005	0.018	
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	0.004		0		1		0.005	0.018	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated.....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated.....g	0.032		0		1		0.038	0.140	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0	BFPN	4		0.010	0.035	
Threonine.....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine.....g	0.029		0	BFPN	4		0.035	0.127	
Leucine.....g	0.049		0	BFPN	4		0.059	0.215	
Lysine.....g	0.039		0	BFPN	4		0.047	0.171	
Methionine.....g	0.009		0	BFPN	4		0.011	0.040	
Cystine.....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine.....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine.....g	0.019		0	BFPN	4		0.023	0.083	
Valine.....g	0.040		0	BFPN	4		0.048	0.176	
Arginine.....g	0.032		0	BFPN	4		0.038	0.140	
Histidine.....g	0.015		0	BFPN	4		0.018	0.066	
Alanine.....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid.....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid.....g	0.082		0	BFPN	4		0.098	0.360	
Glycine.....g	0.028		0	BFPN	4		0.034	0.123	
Proline.....g	0.029		0	BFPN	4		0.035	0.127	
Serine.....g	0.043		0	BFPN	4		0.052	0.189	
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 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11056

Beans, snap, green, canned, regular pack, drained solids

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	0.004		0		1		0.005	0.002	0.010
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	0.004		0		1		0.005	0.002	0.010
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	0.051		0		1		0.069	0.032	0.134
18:2 undifferentiated.....g	0.019		0		1		0.026	0.012	0.050
18:3 undifferentiated.....g	0.031		0		1		0.042	0.019	0.081
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.016	0.007	0.031
Threonine.....g	0.050		0		1		0.068	0.031	0.131
Isoleucine.....g	0.042		0		1		0.057	0.026	0.110
Leucine.....g	0.071		0		1		0.096	0.044	0.186
Lysine.....g	0.055		0		1		0.074	0.034	0.144
Methionine.....g	0.014		0		1		0.019	0.009	0.037
Cystine.....g	0.011		0		1		0.015	0.007	0.029
Phenylalanine.....g	0.042		0		1		0.057	0.026	0.110
Tyrosine.....g	0.027		0		1		0.036	0.017	0.071
Valine.....g	0.057		0		1		0.077	0.035	0.149
Arginine.....g	0.046		0		1		0.062	0.029	0.121
Histidine.....g	0.022		0		1		0.030	0.014	0.058
Alanine.....g	0.053		0		1		0.072	0.033	0.139
Aspartic acid.....g	0.161		0		1		0.217	0.100	0.422
Glutamic acid.....g	0.118		0		1		0.159	0.073	0.309
Glycine.....g	0.041		0		1		0.055	0.025	0.107
Proline.....g	0.043		0		1		0.058	0.027	0.113
Serine.....g	0.063		0		1		0.085	0.039	0.165
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFSN	4		0	0	0
Theobromine.....mg	0		0	BFSN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	261		0	BFSN	4		352.584	161.927	684.274
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	441		0	BFSN	4		594.943	273.233	1154.631

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 = 135g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

NDB No. 11056

Beans, snap, green, canned, regular pack, drained solids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11723

Beans, snap, green, cooked, boiled, drained, 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	0.011		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.014		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0		1		0.181		
18:2 undifferentiated.....g	0.056		0		1		0.070		
18:3 undifferentiated.....g	0.089		0		1		0.111		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0		1		0.025		
Threonine.....g	0.082		0		1		0.103		
Isoleucine.....g	0.069		0		1		0.086		
Leucine.....g	0.116		0		1		0.145		
Lysine.....g	0.091		0		1		0.114		
Methionine.....g	0.023		0		1		0.029		
Cystine.....g	0.018		0		1		0.023		
Phenylalanine.....g	0.069		0		1		0.086		
Tyrosine.....g	0.044		0		1		0.055		
Valine.....g	0.093		0		1		0.116		
Arginine.....g	0.076		0		1		0.095		
Histidine.....g	0.035		0		1		0.044		
Alanine.....g	0.087		0		1		0.109		
Aspartic acid.....g	0.265		0		1		0.331		
Glutamic acid.....g	0.194		0		1		0.243		
Glycine.....g	0.068		0		1		0.085		
Proline.....g	0.070		0		1		0.088		
Serine.....g	0.103		0		1		0.129		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	420		0	BFSN	4		525.270		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	709		0	BFSN	4		886.331		

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 = 125g: 1 cup

NDB No. 11723

Beans, snap, green, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11053

Beans, snap, green, cooked, boiled, drained, 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	0.011		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.014		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0		1		0.181		
18:2 undifferentiated.....g	0.056		0		1		0.070		
18:3 undifferentiated.....g	0.089		0		1		0.111		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0		1		0.025		
Threonine.....g	0.082		0		1		0.103		
Isoleucine.....g	0.069		0		1		0.086		
Leucine.....g	0.116		0		1		0.145		
Lysine.....g	0.091		0		1		0.114		
Methionine.....g	0.023		0		1		0.029		
Cystine.....g	0.018		0		1		0.023		
Phenylalanine.....g	0.069		0		1		0.086		
Tyrosine.....g	0.044		0		1		0.055		
Valine.....g	0.093		0		1		0.116		
Arginine.....g	0.076		0		1		0.095		
Histidine.....g	0.035		0		1		0.044		
Alanine.....g	0.087		0		1		0.109		
Aspartic acid.....g	0.265		0		1		0.331		
Glutamic acid.....g	0.194		0		1		0.243		
Glycine.....g	0.068		0		1		0.085		
Proline.....g	0.070		0		1		0.088		
Serine.....g	0.103		0		1		0.129		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	420		0	BFSN	4		525.270		
Carotene, alpha.....mcg	0		0	NR	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	709		0	BFSN	4		886.331		

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 = 125g: 1 cup

NDB No. 11053

Beans, snap, green, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11060

Beans, snap, green, frozen, all styles, unprepared

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	0.008		0		1		0.010	0.023	
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	0.008		0		1		0.010	0.023	
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	0.108		0		1		0.134	0.307	
18:2 undifferentiated.....g	0.041		0		1		0.051	0.116	
18:3 undifferentiated.....g	0.066		0		1		0.082	0.187	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.024	0.054	
Threonine.....g	0.079		0		1		0.098	0.224	
Isoleucine.....g	0.066		0		1		0.082	0.187	
Leucine.....g	0.111		0		1		0.138	0.315	
Lysine.....g	0.087		0		1		0.108	0.247	
Methionine.....g	0.022		0		1		0.027	0.062	
Cystine.....g	0.018		0		1		0.022	0.051	
Phenylalanine.....g	0.066		0		1		0.082	0.187	
Tyrosine.....g	0.042		0		1		0.052	0.119	
Valine.....g	0.089		0		1		0.110	0.253	
Arginine.....g	0.073		0		1		0.091	0.207	
Histidine.....g	0.034		0		1		0.042	0.097	
Alanine.....g	0.083		0		1		0.103	0.236	
Aspartic acid.....g	0.253		0		1		0.314	0.719	
Glutamic acid.....g	0.186		0		1		0.231	0.528	
Glycine.....g	0.065		0		1		0.081	0.185	
Proline.....g	0.067		0		1		0.083	0.190	
Serine.....g	0.099		0		1		0.123	0.281	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	292		5	A	1		362.080	829.280	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 124g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

NDB No. 11060

Beans, snap, green, frozen, all styles, unprepared

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11061

Beans, snap, green, frozen, cooked, boiled, drained 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	0.008		0		1		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.009		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0		1		0.112		
18:2 undifferentiated.....g	0.036		0		1		0.049		
18:3 undifferentiated.....g	0.047		0		1		0.063		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.022		
Threonine.....g	0.065		0		1		0.088		
Isoleucine.....g	0.054		0		1		0.073		
Leucine.....g	0.091		0		1		0.123		
Lysine.....g	0.072		0		1		0.097		
Methionine.....g	0.018		0		1		0.024		
Cystine.....g	0.014		0		1		0.019		
Phenylalanine.....g	0.054		0		1		0.073		
Tyrosine.....g	0.034		0		1		0.046		
Valine.....g	0.073		0		1		0.099		
Arginine.....g	0.060		0		1		0.081		
Histidine.....g	0.028		0		1		0.038		
Alanine.....g	0.068		0		1		0.092		
Aspartic acid.....g	0.208		0		1		0.281		
Glutamic acid.....g	0.153		0		1		0.207		
Glycine.....g	0.053		0		1		0.072		
Proline.....g	0.055		0		1		0.074		
Serine.....g	0.081		0		1		0.109		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		
Carotenoids:									
Carotene, beta.....mcg	334		0	BFSN	4		451.518		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	564		0	BFSN	4		761.883		

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 = 135g: 1 cup

NDB No. 11061

Beans, snap, green, frozen, cooked, boiled, drained without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11731

Beans, snap, green, frozen, cooked, boiled, drained, 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	0.008		0		1		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0		1		0.112		
18:2 undifferentiated.....g	0.036		0		1		0.049		
18:3 undifferentiated.....g	0.047		0		1		0.063		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.022		
Threonine.....g	0.065		0		1		0.088		
Isoleucine.....g	0.054		0		1		0.073		
Leucine.....g	0.091		0		1		0.123		
Lysine.....g	0.072		0		1		0.097		
Methionine.....g	0.018		0		1		0.024		
Cystine.....g	0.014		0		1		0.019		
Phenylalanine.....g	0.054		0		1		0.073		
Tyrosine.....g	0.034		0		1		0.046		
Valine.....g	0.073		0		1		0.099		
Arginine.....g	0.060		0		1		0.081		
Histidine.....g	0.028		0		1		0.038		
Alanine.....g	0.068		0		1		0.092		
Aspartic acid.....g	0.208		0		1		0.281		
Glutamic acid.....g	0.153		0		1		0.207		
Glycine.....g	0.053		0		1		0.072		
Proline.....g	0.055		0		1		0.074		
Serine.....g	0.081		0		1		0.109		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	334		0	BFSN	4		451.518		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	564		0	BFSN	4		761.883		

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 = 135g: 1 cup

NDB No. 11731

Beans, snap, green, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11052
Beans, snap, green, raw

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	0.005		0		1		0.006	0.003	
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	0.004		2		1		0.004	0.002	
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	0.059		0		1		0.065	0.032	
18:2 undifferentiated.....g	0.023		2		1		0.025	0.013	
18:3 undifferentiated.....g	0.036		2		1		0.040	0.020	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		3		1		0.021	0.010	
Threonine.....g	0.079		94		1		0.087	0.043	
Isoleucine.....g	0.066		94		1		0.073	0.036	
Leucine.....g	0.112		94		1		0.123	0.062	
Lysine.....g	0.088		94		1		0.097	0.048	
Methionine.....g	0.022		15		1		0.024	0.012	
Cystine.....g	0.018		15		1		0.020	0.010	
Phenylalanine.....g	0.067		94		1		0.074	0.037	
Tyrosine.....g	0.042		94		1		0.046	0.023	
Valine.....g	0.090		94		1		0.099	0.050	
Arginine.....g	0.073		94		1		0.080	0.040	
Histidine.....g	0.034		94		1		0.037	0.019	
Alanine.....g	0.084		94		1		0.092	0.046	
Aspartic acid.....g	0.255		94		1		0.281	0.140	
Glutamic acid.....g	0.187		94		1		0.206	0.103	
Glycine.....g	0.065		94		1		0.072	0.036	
Proline.....g	0.068		94		1		0.075	0.037	
Serine.....g	0.099		94		1		0.109	0.054	
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	379	48.979	77	A	1		417.215	208.607	
Carotene, alpha.....mcg	69	10.133	70	A	1		76.434	38.217	
Cryptoxanthin, beta.....mcg	0	0.000	21	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	640	50.000	6	A	1		704.000	352.000	

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 = 110g: 1 cup

Measure 2 = 55g: 10 beans (4" long)

NDB No. 11052
Beans, snap, green, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11933

Beans, snap, yellow, canned, no salt added, drained solids

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	0.004		0		1		0.003	0.010	
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	0.004		0		1		0.003	0.010	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.051		0		1		0.035	0.134	
18:2 undifferentiated.....g	0.019		0		1		0.013	0.050	
18:3 undifferentiated.....g	0.031		0		1		0.021	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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.008	0.031	
Threonine.....g	0.050		0		1		0.034	0.131	
Isoleucine.....g	0.042		0		1		0.029	0.110	
Leucine.....g	0.071		0		1		0.048	0.186	
Lysine.....g	0.055		0		1		0.037	0.144	
Methionine.....g	0.014		0		1		0.010	0.037	
Cystine.....g	0.011		0		1		0.007	0.029	
Phenylalanine.....g	0.042		0		1		0.029	0.110	
Tyrosine.....g	0.027		0		1		0.018	0.071	
Valine.....g	0.057		0		1		0.039	0.149	
Arginine.....g	0.046		0		1		0.031	0.121	
Histidine.....g	0.022		0		1		0.015	0.058	
Alanine.....g	0.053		0		1		0.036	0.139	
Aspartic acid.....g	0.161		0		1		0.109	0.422	
Glutamic acid.....g	0.118		0		1		0.080	0.309	
Glycine.....g	0.041		0		1		0.028	0.107	
Proline.....g	0.043		0		1		0.029	0.113	
Serine.....g	0.063		0		1		0.043	0.165	
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 = 68g: .5 cup

Measure 2 = 262g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11728

Beans, snap, yellow, canned, no salt added, solids and liquids

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	0.004		0		1		0.005	0.018	
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	0.004		0		1		0.005	0.018	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated.....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated.....g	0.032		0		1		0.038	0.140	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0	BFPN	4		0.010	0.035	
Threonine.....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine.....g	0.029		0	BFPN	4		0.035	0.127	
Leucine.....g	0.049		0	BFPN	4		0.059	0.215	
Lysine.....g	0.039		0	BFPN	4		0.047	0.171	
Methionine.....g	0.009		0	BFPN	4		0.011	0.040	
Cystine.....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine.....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine.....g	0.019		0	BFPN	4		0.023	0.083	
Valine.....g	0.040		0	BFPN	4		0.048	0.176	
Arginine.....g	0.032		0	BFPN	4		0.038	0.140	
Histidine.....g	0.015		0	BFPN	4		0.018	0.066	
Alanine.....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid.....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid.....g	0.082		0	BFPN	4		0.098	0.360	
Glycine.....g	0.028		0	BFPN	4		0.034	0.123	
Proline.....g	0.029		0	BFPN	4		0.035	0.127	
Serine.....g	0.043		0	BFPN	4		0.052	0.189	
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 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11932

Beans, snap, yellow, canned, regular pack, drained solids

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	0.004		0		1		0.005	0.002	0.010
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	0.004		0		1		0.005	0.002	0.010
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	0.051		0		1		0.069	0.032	0.134
18:2 undifferentiated.....g	0.019		0		1		0.026	0.012	0.050
18:3 undifferentiated.....g	0.031		0		1		0.042	0.019	0.081
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.016	0.007	0.031
Threonine.....g	0.050		0		1		0.068	0.031	0.131
Isoleucine.....g	0.042		0		1		0.057	0.026	0.110
Leucine.....g	0.071		0		1		0.096	0.044	0.186
Lysine.....g	0.055		0		1		0.074	0.034	0.144
Methionine.....g	0.014		0		1		0.019	0.009	0.037
Cystine.....g	0.011		0		1		0.015	0.007	0.029
Phenylalanine.....g	0.042		0		1		0.057	0.026	0.110
Tyrosine.....g	0.027		0		1		0.036	0.017	0.071
Valine.....g	0.057		0		1		0.077	0.035	0.149
Arginine.....g	0.046		0		1		0.062	0.029	0.121
Histidine.....g	0.022		0		1		0.030	0.014	0.058
Alanine.....g	0.053		0		1		0.072	0.033	0.139
Aspartic acid.....g	0.161		0		1		0.217	0.100	0.422
Glutamic acid.....g	0.118		0		1		0.159	0.073	0.309
Glycine.....g	0.041		0		1		0.055	0.025	0.107
Proline.....g	0.043		0		1		0.058	0.027	0.113
Serine.....g	0.063		0		1		0.085	0.039	0.165
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	63		0	BNA	4		85.050	39.060	165.060
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	441		0	BFSN	4		594.943	273.233	1154.631

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 = 135g: 1 cup

Measure 2 = 62g: 10 beans

Measure 3 = 262g: 1 can (303 x 406)

NDB No. 11932

Beans, snap, yellow, canned, regular pack, drained solids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11727

Beans, snap, yellow, canned, regular pack, solids and liquids

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	0.004		0		1		0.005	0.018	
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	0.004		0		1		0.005	0.018	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.052		0		1		0.062	0.228	
18:2 undifferentiated.....g	0.020		0		1		0.024	0.088	
18:3 undifferentiated.....g	0.032		0		1		0.038	0.140	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0	BFPN	4		0.010	0.035	
Threonine.....g	0.035		0	BFPN	4		0.042	0.154	
Isoleucine.....g	0.029		0	BFPN	4		0.035	0.127	
Leucine.....g	0.049		0	BFPN	4		0.059	0.215	
Lysine.....g	0.039		0	BFPN	4		0.047	0.171	
Methionine.....g	0.009		0	BFPN	4		0.011	0.040	
Cystine.....g	0.008		0	BFPN	4		0.010	0.035	
Phenylalanine.....g	0.029		0	BFPN	4		0.035	0.127	
Tyrosine.....g	0.019		0	BFPN	4		0.023	0.083	
Valine.....g	0.040		0	BFPN	4		0.048	0.176	
Arginine.....g	0.032		0	BFPN	4		0.038	0.140	
Histidine.....g	0.015		0	BFPN	4		0.018	0.066	
Alanine.....g	0.037		0	BFPN	4		0.044	0.162	
Aspartic acid.....g	0.111		0	BFPN	4		0.133	0.487	
Glutamic acid.....g	0.082		0	BFPN	4		0.098	0.360	
Glycine.....g	0.028		0	BFPN	4		0.034	0.123	
Proline.....g	0.029		0	BFPN	4		0.035	0.127	
Serine.....g	0.043		0	BFPN	4		0.052	0.189	
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 = 120g: .5 cup

Measure 2 = 439g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11725

Beans, snap, yellow, cooked, boiled, drained, 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	0.011		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.014		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0		1		0.181		
18:2 undifferentiated.....g	0.056		0		1		0.070		
18:3 undifferentiated.....g	0.089		0		1		0.111		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.025		
Threonine.....g	0.082		0		1		0.103		
Isoleucine.....g	0.069		0		1		0.086		
Leucine.....g	0.116		0		1		0.145		
Lysine.....g	0.091		0		1		0.114		
Methionine.....g	0.023		0		1		0.029		
Cystine.....g	0.018		0		1		0.023		
Phenylalanine.....g	0.069		0		1		0.086		
Tyrosine.....g	0.044		0		1		0.055		
Valine.....g	0.093		0		1		0.116		
Arginine.....g	0.076		0		1		0.095		
Histidine.....g	0.035		0		1		0.044		
Alanine.....g	0.087		0		1		0.109		
Aspartic acid.....g	0.265		0		1		0.331		
Glutamic acid.....g	0.194		0		1		0.243		
Glycine.....g	0.068		0		1		0.085		
Proline.....g	0.070		0		1		0.088		
Serine.....g	0.103		0		1		0.129		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	49		0	BNA	4		60.750		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	709		0	BFSN	4		886.331		

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 = 125g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11724

Beans, snap, yellow, cooked, boiled, drained, 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	0.011		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.014		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0		1		0.181		
18:2 undifferentiated.....g	0.056		0		1		0.070		
18:3 undifferentiated.....g	0.089		0		1		0.111		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.025		
Threonine.....g	0.082		0		1		0.103		
Isoleucine.....g	0.069		0		1		0.086		
Leucine.....g	0.116		0		1		0.145		
Lysine.....g	0.091		0		1		0.114		
Methionine.....g	0.023		0		1		0.029		
Cystine.....g	0.018		0		1		0.023		
Phenylalanine.....g	0.069		0		1		0.086		
Tyrosine.....g	0.044		0		1		0.055		
Valine.....g	0.093		0		1		0.116		
Arginine.....g	0.076		0		1		0.095		
Histidine.....g	0.035		0		1		0.044		
Alanine.....g	0.087		0		1		0.109		
Aspartic acid.....g	0.265		0		1		0.331		
Glutamic acid.....g	0.194		0		1		0.243		
Glycine.....g	0.068		0		1		0.085		
Proline.....g	0.070		0		1		0.088		
Serine.....g	0.103		0		1		0.129		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	49		0	BNA	4		60.750		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	709		0	BFSN	4		886.331		

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 = 125g: 1 cup

NDB No. 11724

Beans, snap, yellow, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11730

Beans, snap, yellow, frozen, all styles, unprepared

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	0.008		0		1		0.010	0.023	
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	0.008		0		1		0.010	0.023	
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	0.108		0		1		0.134	0.307	
18:2 undifferentiated.....g	0.041		0		1		0.051	0.116	
18:3 undifferentiated.....g	0.066		0		1		0.082	0.187	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.024	0.054	
Threonine.....g	0.079		0		1		0.098	0.224	
Isoleucine.....g	0.066		0		1		0.082	0.187	
Leucine.....g	0.111		0		1		0.138	0.315	
Lysine.....g	0.087		0		1		0.108	0.247	
Methionine.....g	0.022		0		1		0.027	0.062	
Cystine.....g	0.018		0		1		0.022	0.051	
Phenylalanine.....g	0.066		0		1		0.082	0.187	
Tyrosine.....g	0.042		0		1		0.052	0.119	
Valine.....g	0.089		0		1		0.110	0.253	
Arginine.....g	0.073		0		1		0.091	0.207	
Histidine.....g	0.034		0		1		0.042	0.097	
Alanine.....g	0.083		0		1		0.103	0.236	
Aspartic acid.....g	0.253		0		1		0.314	0.719	
Glutamic acid.....g	0.186		0		1		0.231	0.528	
Glycine.....g	0.065		0		1		0.081	0.185	
Proline.....g	0.067		0		1		0.083	0.190	
Serine.....g	0.099		0		1		0.123	0.281	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		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 = 124g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11733

Beans, snap, yellow, frozen, cooked, boiled, drained, 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	0.008		0		1		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0		1		0.112		
18:2 undifferentiated.....g	0.036		0		1		0.049		
18:3 undifferentiated.....g	0.047		0		1		0.063		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.022		
Threonine.....g	0.065		0		1		0.088		
Isoleucine.....g	0.054		0		1		0.073		
Leucine.....g	0.091		0		1		0.123		
Lysine.....g	0.072		0		1		0.097		
Methionine.....g	0.018		0		1		0.024		
Cystine.....g	0.014		0		1		0.019		
Phenylalanine.....g	0.054		0		1		0.073		
Tyrosine.....g	0.034		0		1		0.046		
Valine.....g	0.073		0		1		0.099		
Arginine.....g	0.060		0		1		0.081		
Histidine.....g	0.028		0		1		0.038		
Alanine.....g	0.068		0		1		0.092		
Aspartic acid.....g	0.208		0		1		0.281		
Glutamic acid.....g	0.153		0		1		0.207		
Glycine.....g	0.053		0		1		0.072		
Proline.....g	0.055		0		1		0.074		
Serine.....g	0.081		0		1		0.109		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	67		0	BNA	4		90.720		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	564		0	BFSN	4		761.883		

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 = 135g: 1 cup

NDB No. 11733

Beans, snap, yellow, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11732

Beans, snap, yellow, frozen, cooked, boiled, drained, 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	0.008		0		1		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.009		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0		1		0.112		
18:2 undifferentiated.....g	0.036		0		1		0.049		
18:3 undifferentiated.....g	0.047		0		1		0.063		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.022		
Threonine.....g	0.065		0		1		0.088		
Isoleucine.....g	0.054		0		1		0.073		
Leucine.....g	0.091		0		1		0.123		
Lysine.....g	0.072		0		1		0.097		
Methionine.....g	0.018		0		1		0.024		
Cystine.....g	0.014		0		1		0.019		
Phenylalanine.....g	0.054		0		1		0.073		
Tyrosine.....g	0.034		0		1		0.046		
Valine.....g	0.073		0		1		0.099		
Arginine.....g	0.060		0		1		0.081		
Histidine.....g	0.028		0		1		0.038		
Alanine.....g	0.068		0		1		0.092		
Aspartic acid.....g	0.208		0		1		0.281		
Glutamic acid.....g	0.153		0		1		0.207		
Glycine.....g	0.053		0		1		0.072		
Proline.....g	0.055		0		1		0.074		
Serine.....g	0.081		0		1		0.109		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	67		0	BNA	4		90.720		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	564		0	BFSN	4		761.883		

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 = 135g: 1 cup

NDB No. 11732

Beans, snap, yellow, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11722
Beans, snap, yellow, raw

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	0.005		0		1		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.004		2		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.065		
18:2 undifferentiated.....g	0.023		2		1		0.025		
18:3 undifferentiated.....g	0.036		2		1		0.040		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.019		3		1		0.021		
Threonine.....g	0.079		94		1		0.087		
Isoleucine.....g	0.066		94		1		0.073		
Leucine.....g	0.112		94		1		0.123		
Lysine.....g	0.088		94		1		0.097		
Methionine.....g	0.022		15		1		0.024		
Cystine.....g	0.018		15		1		0.020		
Phenylalanine.....g	0.067		94		1		0.074		
Tyrosine.....g	0.042		94		1		0.046		
Valine.....g	0.090		94		1		0.099		
Arginine.....g	0.073		94		1		0.080		
Histidine.....g	0.034		94		1		0.037		
Alanine.....g	0.084		94		1		0.092		
Aspartic acid.....g	0.255		94		1		0.281		
Glutamic acid.....g	0.187		94		1		0.206		
Glycine.....g	0.065		94		1		0.072		
Proline.....g	0.068		94		1		0.075		
Serine.....g	0.099		94		1		0.109		
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 = 110g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11736

Beet greens, cooked, boiled, drained, 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	0.038		0		1		0.055		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.055		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.101		
18:2 undifferentiated.....g	0.065		0		1		0.094		
18:3 undifferentiated.....g	0.006		0		1		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	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0		1		0.058		
Threonine.....g	0.076		0		1		0.109		
Isoleucine.....g	0.053		0		1		0.076		
Leucine.....g	0.115		0		1		0.166		
Lysine.....g	0.075		0		1		0.108		
Methionine.....g	0.021		0		1		0.030		
Cystine.....g	0.024		0		1		0.035		
Phenylalanine.....g	0.068		0		1		0.098		
Tyrosine.....g	0.061		0		1		0.088		
Valine.....g	0.076		0		1		0.109		
Arginine.....g	0.073		0		1		0.105		
Histidine.....g	0.039		0		1		0.056		
Alanine.....g	0.095		0		1		0.137		
Aspartic acid.....g	0.152		0		1		0.219		
Glutamic acid.....g	0.312		0		1		0.449		
Glycine.....g	0.094		0		1		0.135		
Proline.....g	0.061		0		1		0.088		
Serine.....g	0.082		0		1		0.118		
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 = 144g: 1 cup (1" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11087

Beet greens, cooked, boiled, drained, 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	0.038		0		1		0.055	0.027	
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	0.038		0		1		0.055	0.027	
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	0.070		0		1		0.101	0.050	
18:2 undifferentiated.....g	0.065		0		1		0.094	0.047	
18:3 undifferentiated.....g	0.006		0		1		0.009	0.004	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0		1		0.058	0.029	
Threonine.....g	0.076		0		1		0.109	0.055	
Isoleucine.....g	0.053		0		1		0.076	0.038	
Leucine.....g	0.115		0		1		0.166	0.083	
Lysine.....g	0.075		0		1		0.108	0.054	
Methionine.....g	0.021		0		1		0.030	0.015	
Cystine.....g	0.024		0		1		0.035	0.017	
Phenylalanine.....g	0.068		0		1		0.098	0.049	
Tyrosine.....g	0.061		0		1		0.088	0.044	
Valine.....g	0.076		0		1		0.109	0.055	
Arginine.....g	0.073		0		1		0.105	0.053	
Histidine.....g	0.039		0		1		0.056	0.028	
Alanine.....g	0.095		0		1		0.137	0.068	
Aspartic acid.....g	0.152		0		1		0.219	0.109	
Glutamic acid.....g	0.312		0		1		0.449	0.225	
Glycine.....g	0.094		0		1		0.135	0.068	
Proline.....g	0.061		0		1		0.088	0.044	
Serine.....g	0.082		0		1		0.118	0.059	
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	4590		0	BFSN	4		6610.173	3305.086	
Carotene, alpha.....mcg	4		0	BFSN	4		6.046	3.023	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1819		0	BFSN	4		2618.746	1309.373	

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Common Measures:

Measure 1 = 144g: 1 cup (1" pieces)

Measure 2 = 72g: .5 cup (1" pieces)

NDB No. 11087

Beet greens, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11086
Beet greens, raw

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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	0.026		0	NC	4		0.010	0.008	0.005
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	0.026		0		1		0.010	0.008	0.005
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	0.046		0	NC	4		0.017	0.015	0.009
18:2 undifferentiated.....g	0.041		0		1		0.016	0.013	0.008
18:3 undifferentiated.....g	0.004		0		1		0.002	0.001	0.001
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	Z	7		0	0	0
Phytosterols.....mg	21		0		1		8	7	4
<u>Amino Acids:</u>									
Tryptophan.....g	0.035		0	DA	1		0.013	0.011	0.007
Threonine.....g	0.065		0	DA	1		0.025	0.021	0.012
Isoleucine.....g	0.046		0	DA	1		0.017	0.015	0.009
Leucine.....g	0.098		0	DA	1		0.037	0.031	0.019
Lysine.....g	0.064		0	DA	1		0.024	0.020	0.012
Methionine.....g	0.018		0	DA	1		0.007	0.006	0.003
Cystine.....g	0.021		0	DA	1		0.008	0.007	0.004
Phenylalanine.....g	0.058		0	DA	1		0.022	0.019	0.011
Tyrosine.....g	0.052		0	DA	1		0.020	0.017	0.010
Valine.....g	0.065		0	DA	1		0.025	0.021	0.012
Arginine.....g	0.063		0	DA	1		0.024	0.020	0.012
Histidine.....g	0.034		0	DA	1		0.013	0.011	0.006
Alanine.....g	0.081		0	DA	1		0.031	0.026	0.015
Aspartic acid.....g	0.129		0	DA	1		0.049	0.041	0.025
Glutamic acid.....g	0.267		0	DA	1		0.101	0.085	0.051
Glycine.....g	0.081		0	DA	1		0.031	0.026	0.015
Proline.....g	0.052		0	DA	1		0.020	0.017	0.010
Serine.....g	0.070		0	DA	1		0.027	0.022	0.013
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	3794	1233.835	3	A	1		1441.657	1214.027	720.829
Carotene, alpha.....mcg	3		36	A	1		1.319	1.110	0.659
Cryptoxanthin, beta.....mcg	0		36	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1503		0	T	4		571.140	480.960	285.570

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Common Measures:

Measure 1 = 38g: 1 cup

Measure 2 = 32g: 1 leaf

Measure 3 = 19g: .5 cup (1" pieces)

NDB No. 11086
Beet greens, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11084
Beets, canned, drained solids

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	0.028		0		1		0.044	0.055	0.048
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	0.028		0		1		0.044	0.055	0.048
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	0.051		0		1		0.080	0.099	0.087
18:2 undifferentiated.....g	0.046		0		1		0.072	0.090	0.078
18:3 undifferentiated.....g	0.004		0		1		0.006	0.008	0.007
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.017	0.021	0.019
Threonine.....g	0.027		0		1		0.042	0.053	0.046
Isoleucine.....g	0.027		0		1		0.042	0.053	0.046
Leucine.....g	0.039		0		1		0.061	0.076	0.066
Lysine.....g	0.033		0		1		0.052	0.064	0.056
Methionine.....g	0.010		0		1		0.016	0.020	0.017
Cystine.....g	0.011		0		1		0.017	0.021	0.019
Phenylalanine.....g	0.026		0		1		0.041	0.051	0.044
Tyrosine.....g	0.022		0		1		0.035	0.043	0.037
Valine.....g	0.032		0		1		0.050	0.062	0.054
Arginine.....g	0.024		0		1		0.038	0.047	0.041
Histidine.....g	0.012		0		1		0.019	0.023	0.020
Alanine.....g	0.034		0		1		0.053	0.066	0.058
Aspartic acid.....g	0.066		0		1		0.104	0.129	0.112
Glutamic acid.....g	0.242		0		1		0.380	0.472	0.411
Glycine.....g	0.018		0		1		0.028	0.035	0.031
Proline.....g	0.024		0		1		0.038	0.047	0.041
Serine.....g	0.033		0		1		0.052	0.064	0.056
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	15		0	BFSN	4		22.839	28.367	24.730
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 157g: 1 cup, diced

Measure 2 = 195g: 1 cup, shredded

Measure 3 = 170g: 1 cup slices

NDB No. 11084

Beets, canned, drained solids

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11735

Beets, canned, no salt added, solids and liquids

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	0.013		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.032		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025		0		1		0.062		
18:2 undifferentiated.....g	0.023		0		1		0.057		
18:3 undifferentiated.....g	0.002		0		1		0.005		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	BFPN	4		0.025		
Threonine.....g	0.023		0	BFPN	4		0.057		
Isoleucine.....g	0.024		0	BFPN	4		0.059		
Leucine.....g	0.034		0	BFPN	4		0.084		
Lysine.....g	0.029		0	BFPN	4		0.071		
Methionine.....g	0.009		0	BFPN	4		0.022		
Cystine.....g	0.010		0	BFPN	4		0.025		
Phenylalanine.....g	0.023		0	BFPN	4		0.057		
Tyrosine.....g	0.019		0	BFPN	4		0.047		
Valine.....g	0.028		0	BFPN	4		0.069		
Arginine.....g	0.021		0	BFPN	4		0.052		
Histidine.....g	0.011		0	BFPN	4		0.027		
Alanine.....g	0.030		0	BFPN	4		0.074		
Aspartic acid.....g	0.058		0	BFPN	4		0.143		
Glutamic acid.....g	0.213		0	BFPN	4		0.524		
Glycine.....g	0.015		0	BFPN	4		0.037		
Proline.....g	0.020		0	BFPN	4		0.049		
Serine.....g	0.029		0	BFPN	4		0.071		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	13		0	BFSN	4		33.173		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 246g: 1 cup

NDB No. 11735

Beets, canned, no salt added, solids and liquids

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11082

Beets, canned, regular pack, solids and liquids

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	0.011		0		1		0.027		
17:0.....g									
18:0.....g	0.000		0		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.032		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025		0		1		0.062		
18:2 undifferentiated.....g	0.023		0		1		0.057		
18:3 undifferentiated.....g	0.002		0		1		0.005		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	BFPN	4		0.025		
Threonine.....g	0.023		0	BFPN	4		0.057		
Isoleucine.....g	0.024		0	BFPN	4		0.059		
Leucine.....g	0.034		0	BFPN	4		0.084		
Lysine.....g	0.029		0	BFPN	4		0.071		
Methionine.....g	0.009		0	BFPN	4		0.022		
Cystine.....g	0.010		0	BFPN	4		0.025		
Phenylalanine.....g	0.023		0	BFPN	4		0.057		
Tyrosine.....g	0.019		0	BFPN	4		0.047		
Valine.....g	0.028		0	BFPN	4		0.069		
Arginine.....g	0.021		0	BFPN	4		0.052		
Histidine.....g	0.011		0	BFPN	4		0.027		
Alanine.....g	0.030		0	BFPN	4		0.074		
Aspartic acid.....g	0.058		0	BFPN	4		0.143		
Glutamic acid.....g	0.213		0	BFPN	4		0.524		
Glycine.....g	0.015		0	BFPN	4		0.037		
Proline.....g	0.020		0	BFPN	4		0.049		
Serine.....g	0.029		0	BFPN	4		0.071		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	14		0	T	4		34.440		
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.

NDB No. 11082

Beets, canned, regular pack, solids and liquids

Common Measures:

Measure 1 = 246g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11081
Beets, cooked, boiled, drained

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	0.035		0		1		0.030	0.035	
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	0.035		0		1		0.030	0.035	
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	0.064		0		1		0.054	0.064	
18:2 undifferentiated.....g	0.058		0		1		0.049	0.058	
18:3 undifferentiated.....g	0.005		0		1		0.004	0.005	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0		1		0.017	0.020	
Threonine.....g	0.049		0		1		0.042	0.049	
Isoleucine.....g	0.050		0		1		0.043	0.050	
Leucine.....g	0.071		0		1		0.060	0.071	
Lysine.....g	0.060		0		1		0.051	0.060	
Methionine.....g	0.019		0		1		0.016	0.019	
Cystine.....g	0.020		0		1		0.017	0.020	
Phenylalanine.....g	0.048		0		1		0.041	0.048	
Tyrosine.....g	0.040		0		1		0.034	0.040	
Valine.....g	0.059		0		1		0.050	0.059	
Arginine.....g	0.044		0		1		0.037	0.044	
Histidine.....g	0.022		0		1		0.019	0.022	
Alanine.....g	0.063		0		1		0.054	0.063	
Aspartic acid.....g	0.121		0		1		0.103	0.121	
Glutamic acid.....g	0.446		0		1		0.379	0.446	
Glycine.....g	0.033		0		1		0.028	0.033	
Proline.....g	0.043		0		1		0.037	0.043	
Serine.....g	0.062		0		1		0.053	0.062	
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	21		0	BFSN	4		17.700	20.823	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: .5 cup slices

Measure 2 = 100g: 2 beets (2" dia, sphere)

NDB No. 11081

Beets, cooked, boiled, drained

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11734

Beets, cooked, boiled, drained, 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	0.035		0		1		0.030	0.035	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.030	0.035	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0		1		0.054	0.064	
18:2 undifferentiated.....g	0.058		0		1		0.049	0.058	
18:3 undifferentiated.....g	0.005		0		1		0.004	0.005	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0		1		0.017	0.020	
Threonine.....g	0.049		0		1		0.042	0.049	
Isoleucine.....g	0.050		0		1		0.043	0.050	
Leucine.....g	0.071		0		1		0.060	0.071	
Lysine.....g	0.060		0		1		0.051	0.060	
Methionine.....g	0.019		0		1		0.016	0.019	
Cystine.....g	0.020		0		1		0.017	0.020	
Phenylalanine.....g	0.048		0		1		0.041	0.048	
Tyrosine.....g	0.040		0		1		0.034	0.040	
Valine.....g	0.059		0		1		0.050	0.059	
Arginine.....g	0.044		0		1		0.037	0.044	
Histidine.....g	0.022		0		1		0.019	0.022	
Alanine.....g	0.063		0		1		0.054	0.063	
Aspartic acid.....g	0.121		0		1		0.103	0.121	
Glutamic acid.....g	0.446		0		1		0.379	0.446	
Glycine.....g	0.033		0		1		0.028	0.033	
Proline.....g	0.043		0		1		0.037	0.043	
Serine.....g	0.062		0		1		0.053	0.062	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	5465		0	BFSN	4		4644.874	5464.558	
Carotene, alpha.....mcg	5		0	BFSN	4		4.248	4.998	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2165		0	BFSN	4		1840.156	2164.889	

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Common Measures:

Measure 1 = 85g: .5 cup slices

Measure 2 = 100g: 2 beets (2" dia, sphere)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

NDB No. 11734

Beets, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11605

Beets, harvard, canned, solids and liquids

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	0.011		0		1		0.027		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.027		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.019		0		1		0.047		
18:2 undifferentiated.....g	0.018		0		1		0.044		
18:3 undifferentiated.....g	0.002		0		1		0.005		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.025		
Threonine.....g	0.025		0		1		0.062		
Isoleucine.....g	0.025		0		1		0.062		
Leucine.....g	0.035		0		1		0.086		
Lysine.....g	0.030		0		1		0.074		
Methionine.....g	0.010		0		1		0.025		
Cystine.....g	0.010		0		1		0.025		
Phenylalanine.....g	0.024		0		1		0.059		
Tyrosine.....g	0.020		0		1		0.049		
Valine.....g	0.029		0		1		0.071		
Arginine.....g	0.022		0		1		0.054		
Histidine.....g	0.011		0		1		0.027		
Alanine.....g	0.031		0		1		0.076		
Aspartic acid.....g	0.060		0		1		0.148		
Glutamic acid.....g	0.222		0		1		0.546		
Glycine.....g	0.016		0		1		0.039		
Proline.....g	0.022		0		1		0.054		
Serine.....g	0.031		0		1		0.076		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 246g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11609

Beets, pickled, canned, solids and liquids

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	0.016		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.066		
18:2 undifferentiated.....g	0.027		0		1		0.061		
18:3 undifferentiated.....g	0.002		0		1		0.005		
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	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.020		
Threonine.....g	0.024		0		1		0.054		
Isoleucine.....g	0.024		0		1		0.054		
Leucine.....g	0.034		0		1		0.077		
Lysine.....g	0.029		0		1		0.066		
Methionine.....g	0.009		0		1		0.020		
Cystine.....g	0.010		0		1		0.023		
Phenylalanine.....g	0.023		0		1		0.052		
Tyrosine.....g	0.019		0		1		0.043		
Valine.....g	0.028		0		1		0.064		
Arginine.....g	0.021		0		1		0.048		
Histidine.....g	0.011		0		1		0.025		
Alanine.....g	0.030		0		1		0.068		
Aspartic acid.....g	0.057		0		1		0.129		
Glutamic acid.....g	0.212		0		1		0.481		
Glycine.....g	0.015		0		1		0.034		
Proline.....g	0.021		0		1		0.048		
Serine.....g	0.029		0		1		0.066		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11080

Beets, raw

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	0.033		0		1		0.045	0.027	
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	0.033		0		1		0.045	0.027	
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	0.061		0		1		0.083	0.050	
18:2 undifferentiated.....g	0.056		0		1		0.076	0.046	
18:3 undifferentiated.....g	0.005		0		1		0.007	0.004	
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	Z	7		0	0	
Phytosterols.....mg	25		1		1		34	21	
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.026	0.016	
Threonine.....g	0.047		0		1		0.064	0.039	
Isoleucine.....g	0.048		0		1		0.065	0.039	
Leucine.....g	0.068		0		1		0.092	0.056	
Lysine.....g	0.058		0		1		0.079	0.048	
Methionine.....g	0.018		0		1		0.024	0.015	
Cystine.....g	0.019		0		1		0.026	0.016	
Phenylalanine.....g	0.046		0		1		0.063	0.038	
Tyrosine.....g	0.038		0		1		0.052	0.031	
Valine.....g	0.056		0		1		0.076	0.046	
Arginine.....g	0.042		0		1		0.057	0.034	
Histidine.....g	0.021		0		1		0.029	0.017	
Alanine.....g	0.060		0		1		0.082	0.049	
Aspartic acid.....g	0.116		0		1		0.158	0.095	
Glutamic acid.....g	0.428		0		1		0.582	0.351	
Glycine.....g	0.031		0		1		0.042	0.025	
Proline.....g	0.042		0		1		0.057	0.034	
Serine.....g	0.059		0		1		0.080	0.048	
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	20		0	BFSN	4		27.181	16.389	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 136g: 1 cup

Measure 2 = 82g: 1 beet (2" dia)

NDB No. 11080
Beets, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11737

Borage, cooked, boiled, drained, 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	0.245		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.222		0		1				
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g	0.023		0		1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1				
18:2 undifferentiated.....g	0.127		0		1				
18:3 undifferentiated.....g									
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	z	7				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11614

Borage, cooked, boiled, drained, 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	0.245		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.222		0		1				
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g	0.023		0		1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1				
18:2 undifferentiated.....g	0.127		0		1				
18:3 undifferentiated.....g									
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	z	7				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11613

Borage, raw

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	0.211		0		1		0.188		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.191		0		1		0.170		
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g	0.020		0		1		0.018		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.109		0		1		0.097		
18:2 undifferentiated.....g	0.109		0		1		0.097		
18:3 undifferentiated.....g									
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	z	7		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 = 89g: 1 cup (1" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11738

Broadbeans, immature seeds, cooked, boiled, drained, 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	0.020		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1				
18:2 undifferentiated.....g	0.121		0		1				
18:3 undifferentiated.....g	0.182		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.048		0		1				
Threonine.....g	0.178		0		1				
Isoleucine.....g	0.215		0		1				
Leucine.....g	0.370		0		1				
Lysine.....g	0.313		0		1				
Methionine.....g	0.037		0		1				
Cystine.....g	0.066		0		1				
Phenylalanine.....g	0.195		0		1				
Tyrosine.....g	0.168		0		1				
Valine.....g	0.235		0		1				
Arginine.....g	0.397		0		1				
Histidine.....g	0.115		0		1				
Alanine.....g	0.195		0		1				
Aspartic acid.....g	0.541		0		1				
Glutamic acid.....g	0.733		0		1				
Glycine.....g	0.197		0		1				
Proline.....g	0.216		0		1				
Serine.....g	0.210		0		1				
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:

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11089

Broadbeans, immature seeds, cooked, boiled, drained, 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	0.020		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.303		0		1				
18:2 undifferentiated.....g	0.121		0		1				
18:3 undifferentiated.....g	0.182		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.048		0		1				
Threonine.....g	0.178		0		1				
Isoleucine.....g	0.215		0		1				
Leucine.....g	0.370		0		1				
Lysine.....g	0.313		0		1				
Methionine.....g	0.037		0		1				
Cystine.....g	0.066		0		1				
Phenylalanine.....g	0.195		0		1				
Tyrosine.....g	0.168		0		1				
Valine.....g	0.235		0		1				
Arginine.....g	0.397		0		1				
Histidine.....g	0.115		0		1				
Alanine.....g	0.195		0		1				
Aspartic acid.....g	0.541		0		1				
Glutamic acid.....g	0.733		0		1				
Glycine.....g	0.197		0		1				
Proline.....g	0.216		0		1				
Serine.....g	0.210		0		1				
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:

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11088

Broadbeans, immature seeds, raw

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	0.017		0		1		0.019	0.001	
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	0.017		0		1		0.019	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.310		0		1		0.338	0.025	
18:2 undifferentiated.....g	0.120		0		1		0.131	0.010	
18:3 undifferentiated.....g	0.189		0		1		0.206	0.015	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.056		2		1		0.061	0.004	
Threonine.....g	0.208		3		1		0.227	0.017	
Isoleucine.....g	0.251		3		1		0.274	0.020	
Leucine.....g	0.432		3		1		0.471	0.035	
Lysine.....g	0.366		3		1		0.399	0.029	
Methionine.....g	0.043		3		1		0.047	0.003	
Cystine.....g	0.077		3		1		0.084	0.006	
Phenylalanine.....g	0.228		3		1		0.249	0.018	
Tyrosine.....g	0.196		3		1		0.214	0.016	
Valine.....g	0.274		3		1		0.299	0.022	
Arginine.....g	0.463		3		1		0.505	0.037	
Histidine.....g	0.134		3		1		0.146	0.011	
Alanine.....g	0.228		3		1		0.249	0.018	
Aspartic acid.....g	0.631		3		1		0.688	0.050	
Glutamic acid.....g	0.855		3		1		0.932	0.068	
Glycine.....g	0.230		3		1		0.251	0.018	
Proline.....g	0.252		3		1		0.275	0.020	
Serine.....g	0.246		3		1		0.268	0.020	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 109g: 1 cup

Measure 2 = 8.0g: 1 broadbean

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11097
Broccoli raab, cooked

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	91.41		2	A	1		399.48		
Energy.....kcal	33		0	NC	4		142		
Energy.....kj	136		0	NC	4		595		
Protein.....g	3.83		2	A	1		16.74		
Total lipid (fat).....g	0.52		2	A	1		2.29		
Ash.....g	1.11		2	A	1		4.85		
Carbohydrate, by difference.....g	3.12		0	NC	4		13.63		
Fiber, total dietary.....g	2.8		2	A	1		12.2		
Sugars, total.....g	0.62		0	AS	1		2.73		
Sucrose.....g	0.15		2	A	1		0.65		
Glucose (dextrose).....g	0.23		2	A	1		1.00		
Fructose.....g	0.24		2	A	1		1.07		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		0	Z	7		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	118		2	A	1		513		
Iron, Fe.....mg	1.27		2	A	1		5.53		
Magnesium, Mg.....mg	27		2	A	1		116		
Phosphorus, P.....mg	82		2	A	1		357		
Potassium, K.....mg	343		2	A	1		1499		
Sodium, Na.....mg	56		2	A	1		246		
Zinc, Zn.....mg	0.54		2	A	1		2.35		
Copper, Cu.....mg	0.075		2	A	1		0.326		
Manganese, Mn.....mg	0.380		2	A	1		1.663		
Selenium, Se.....mcg	1.3		1	A	1		5.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	37.0		2	A	1		161.7		
Thiamin.....mg	0.169		2	A	1		0.736		
Riboflavin.....mg	0.140		2	A	1		0.614		
Niacin.....mg	2.015		2	A	1		8.806		
Pantothenic acid.....mg	0.448		2	A	1		1.958		
Vitamin B-6.....mg	0.220		2	A	1		0.961		
Folate, total.....mcg	71		2	A	1		309		
Folic acid.....mcg									
Folate, food.....mcg	71		2	A	1		309		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	4533		2	AS	1		19811		
Vitamin A, RAE.....mcg_RAE	227		2	AS	1		991		
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	2.53		2	A	1		11.06		
Tocopherol, beta.....mg	0.01		2	A	1		0.07		
Tocopherol, gamma.....mg	0.32		2	A	1		1.38		
Tocopherol, delta.....mg	0.00		2	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	256.0		2	A	1		1118.7		
Amino Acids:									
Tryptophan.....g	0.052		0	A	1		0.227		
Threonine.....g	0.128		0	A	1		0.560		
Isoleucine.....g	0.125		0	A	1		0.548		
Leucine.....g	0.206		0	A	1		0.899		
Lysine.....g	0.239		0	A	1		1.042		
Methionine.....g	0.058		0	A	1		0.254		
Cystine.....g	0.047		0	A	1		0.205		
Phenylalanine.....g	0.154		0	A	1		0.672		
Tyrosine.....g	0.090		0	A	1		0.395		

NDB No. 11097
Broccoli raab, 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
Valine.....g	0.184		0	A	1		0.805		
Arginine.....g	0.207		0	A	1		0.905		
Histidine.....g	0.080		0	A	1		0.350		
Alanine.....g	0.149		0	A	1		0.652		
Aspartic acid.....g	0.434		0	A	1		1.896		
Glutamic acid.....g	0.662		0	A	1		2.893		
Glycine.....g	0.148		0	A	1		0.648		
Proline.....g	0.158		0	A	1		0.689		
Serine.....g	0.120		0	A	1		0.524		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	2720		2	A	1		11886.400		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg	0		2	A	1		0.000		
Lutein + zeaxanthin.....mcg	1683		2	A	1		7354.710		

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Common Measures:

Measure 1 = 437g: 1 bunch cooked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11096
Broccoli raab, raw
Brassica ruvo

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	92.55	0.672	4	A	1				
Energy.....kcal	22		0	NC	4				
Energy.....kj	92		0	NC	4				
Protein.....g	3.17	0.325	4	A	1				
Total lipid (fat).....g	0.49	0.049	4	A	1				
Ash.....g	0.93	0.124	4	A	1				
Carbohydrate, by difference.....g	2.85		0	NC	4				
Fiber, total dietary.....g	2.7	0.178	4	A	1				
Sugars, total.....g	0.34	0.047	3	A	1				
Sucrose.....g	0.11	0.036	4	A	1				
Glucose (dextrose).....g	0.10	0.063	4	A	1				
Fructose.....g	0.17	0.061	4	A	1				
Lactose.....g	0.00	0.000	4	A	1				
Maltose.....g	0.00	0.000	4	A	1				
Galactose.....g	0.00	0.000	3	A	1				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	108	10.878	4	A	1				
Iron, Fe.....mg	2.14	0.361	4	A	1				
Magnesium, Mg.....mg	22	3.368	4	A	1				
Phosphorus, P.....mg	73	9.073	4	A	1				
Potassium, K.....mg	196	30.650	4	A	1				
Sodium, Na.....mg	33	4.514	4	A	1				
Zinc, Zn.....mg	0.77	0.211	4	A	1				
Copper, Cu.....mg	0.042	0.012	4	A	1				
Manganese, Mn.....mg	0.395	0.093	4	A	1				
Selenium, Se.....mcg	1.0		2	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	20.2	5.300	4	A	1				
Thiamin.....mg	0.162	0.040	4	A	1				
Riboflavin.....mg	0.129	0.014	4	A	1				
Niacin.....mg	1.221	0.174	4	A	1				
Pantothenic acid.....mg	0.322	0.083	4	A	1				
Vitamin B-6.....mg	0.171	0.036	4	A	1				
Folate, total.....mcg	83	7.514	4	A	1				
Folic acid.....mcg									
Folate, food.....mcg	83	7.514	4	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2622		3	AS	1				
Vitamin A, RAE.....mcg_RAE	131		3	AS	1				
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	1.62	0.516	4	A	1				
Tocopherol, beta.....mg	0.01	0.000	4	A	1				
Tocopherol, gamma.....mg	0.16	0.033	4	A	1				
Tocopherol, delta.....mg	0.00	0.004	4	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	224.0	23.561	4	A	1				
Lipids:									
Fatty acids, total saturated.....g	0.050		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.000		0	BFSN	4				
10:0.....g	0.000		0	BFSN	4				
12:0.....g	0.000		0	BFSN	4				
13:0.....g									
14:0.....g	0.000		0	BFSN	4				
15:0.....g	0.000		0	BFSN	4				

NDB No. 11096
Broccoli raab, raw

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	0.043		0	BFSN	4				
17:0.....g	0.000		0	BFSN	4				
18:0.....g	0.006		0	BFSN	4				
20:0.....g	0.000		0	BFSN	4				
22:0.....g	0.000		0	BFSN	4				
24:0.....g	0.000		0	BFSN	4				
Fatty acids, total monounsaturated.....g	0.026		0	NC	4				
14:1.....g	0.000		0	BFSN	4				
15:1.....g	0.000		0	BFSN	4				
16:1 undifferentiated.....g	0.000		0	BFSN	4				
17:1.....g	0.017		0	BFSN	4				
18:1 undifferentiated.....g	0.009		0	BFSN	4				
20:1.....g	0.000		0	BFSN	4				
22:1 undifferentiated.....g	0.000		0	BFSN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.130		0	NC	4				
18:2 undifferentiated.....g	0.017		0	BFSN	4				
18:3 undifferentiated.....g	0.113		0	BFSN	4				
18:4.....g	0.000		0	BFSN	4				
20:2 n-6 c,c.....g	0.000		0	BFSN	4				
20:3 undifferentiated.....g	0.000		0	BFSN	4				
20:4 undifferentiated.....g	0.000		0	BFSN	4				
20:5 n-3.....g	0.000		0	BFSN	4				
22:5 n-3.....g	0.000		0	BFSN	4				
22:6 n-3.....g	0.000		0	BFSN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0	A	1				
Threonine.....g	0.106		0	A	1				
Isoleucine.....g	0.104		0	A	1				
Leucine.....g	0.170		0	A	1				
Lysine.....g	0.198		0	A	1				
Methionine.....g	0.048		0	A	1				
Cystine.....g	0.039		0	A	1				
Phenylalanine.....g	0.128		0	A	1				
Tyrosine.....g	0.075		0	A	1				
Valine.....g	0.153		0	A	1				
Arginine.....g	0.172		0	A	1				
Histidine.....g	0.066		0	A	1				
Alanine.....g	0.124		0	A	1				
Aspartic acid.....g	0.360		0	A	1				
Glutamic acid.....g	0.549		0	A	1				
Glycine.....g	0.123		0	A	1				
Proline.....g	0.131		0	A	1				
Serine.....g	0.099		0	A	1				
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	1573	33.333	3	A	1				
Carotene, alpha.....mcg	0	0.000	3	A	1				
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1				
Lycopene.....mcg	0	0.000	3	A	1				
Lutein + zeaxanthin.....mcg	1121	9.000	3	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:

NDB No. 11096
Broccoli raab, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11969
Broccoli, chinese, 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	0.050		0		4		0.044		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.048		0		4		0.042		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.330		0		4		0.290		
18:2 undifferentiated.....g	0.076		0		4		0.067		
18:3 undifferentiated.....g	0.258		0		4		0.227		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	983		0	BNA	4		864.864		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	912		0	BFSN	4		802.453		

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 = 88g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11742

Broccoli, cooked, boiled, drained, 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	90.69		0		1		253.93	163.24	126.97
Energy.....kcal	28		0	NC	4		78	50	39
Energy.....kj	117				4		328	211	164
Protein (N x 6.25).....g	2.98		0		1		8.34	5.36	4.17
Total lipid (fat).....g	0.35		0		1		0.98	0.63	0.49
Ash.....g	0.92		0		1		2.58	1.66	1.29
Carbohydrate, by difference.....g	5.06		0	NC	4		14.17	9.11	7.08
Fiber, total dietary.....g	3.3	0.501	4	JA	6		9.3	6.0	4.7
Sugars, total.....g	1.39	0.270	3	JA	6		3.90	2.51	1.95
Sucrose.....g	0.08	0.057	5	JA	6		0.23	0.15	0.12
Glucose (dextrose).....g	0.49	0.137	5	JA	6		1.37	0.88	0.69
Fructose.....g	0.74	0.046	5	JA	6		2.08	1.34	1.04
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	40	3.918	4	A	1		111	71	56
Iron, Fe.....mg	0.67	0.036	4	A	1		1.88	1.21	0.94
Magnesium, Mg.....mg	21	1.796	4	A	1		59	38	29
Phosphorus, P.....mg	67	1.847	4	A	1		187	120	94
Potassium, K.....mg	293	11.927	4	A	1		819	527	410
Sodium, Na.....mg	262		0		1		734	472	367
Zinc, Zn.....mg	0.45	0.029	4	A	1		1.26	0.81	0.63
Copper, Cu.....mg	0.061	0.008	4	A	1		0.172	0.110	0.086
Manganese, Mn.....mg	0.194	0.009	4	A	1		0.544	0.350	0.272
Selenium, Se.....mcg	1.6	0.107	4	A	1		4.5	2.9	2.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	42.0	15.039	4	A	1		117.6	75.6	58.8
Thiamin.....mg	0.063	0.013	4	A	1		0.175	0.113	0.088
Riboflavin.....mg	0.123	0.004	4	A	1		0.344	0.221	0.172
Niacin.....mg	0.553	0.046	4	A	1		1.550	0.996	0.775
Pantothenic acid.....mg	0.616	0.119	4	A	1		1.726	1.110	0.863
Vitamin B-6.....mg	0.200	0.013	4	A	1		0.561	0.361	0.281
Folate, total.....mcg	108	30.577	4	A	1		301	194	151
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	108	30.577	4	A	1		301	194	151
Folate, DFE.....mcg_DFE	108		0	NC	4		301	194	151
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	1967		0	AS	1		5508	3541	2754
Vitamin A, RAE.....mcg_RAE	98		0	AS	1		275	177	138
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.45	0.103	3	A	1		4.06	2.61	2.03
Tocopherol, beta.....mg	0.01	0.005	3	A	1		0.03	0.02	0.01
Tocopherol, gamma.....mg	0.25	0.023	3	A	1		0.69	0.44	0.35
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	141.1	15.830	4	A	1		395.1	254.0	197.5
Lipids:									
Fatty acids, total saturated.....g	0.054		0		1		0.151	0.097	0.076
4:0.....g									
6:0.....g									
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.001		1	A	1		0.003	0.002	0.001
13:0.....g									
14:0.....g	0.000		1	A	1		0.000	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 11742

Broccoli, cooked, boiled, drained, 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
16:0.....g	0.031		1	A	1		0.087	0.056	0.043
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.007		1	A	1		0.020	0.013	0.010
20:0.....g	0.002		1	A	1		0.006	0.004	0.003
22:0.....g	0.003		1	A	1		0.008	0.005	0.004
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.067	0.043	0.034
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.005		1	A	1		0.014	0.009	0.007
17:1.....g	0.001		1	A	1		0.003	0.002	0.001
18:1 undifferentiated.....g	0.016		1	A	1		0.045	0.029	0.022
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.468	0.301	0.234
18:2 undifferentiated.....g	0.028		1	A	1		0.078	0.050	0.039
18:3 undifferentiated.....g	0.066		1	A	1		0.185	0.119	0.092
18:3 n-6 c,c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g									
20:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....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	Z	7		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.031		0		1		0.087	0.056	0.043
Threonine.....g	0.097		0		1		0.272	0.175	0.136
Isoleucine.....g	0.116		0		1		0.325	0.209	0.162
Leucine.....g	0.139		0		1		0.389	0.250	0.195
Lysine.....g	0.150		0		1		0.420	0.270	0.210
Methionine.....g	0.036		0		1		0.101	0.065	0.050
Cystine.....g	0.021		0		1		0.059	0.038	0.029
Phenylalanine.....g	0.090		0		1		0.252	0.162	0.126
Tyrosine.....g	0.067		0		1		0.188	0.121	0.094
Valine.....g	0.136		0		1		0.381	0.245	0.190
Arginine.....g	0.155		0		1		0.434	0.279	0.217
Histidine.....g	0.053		0		1		0.148	0.095	0.074
Alanine.....g	0.125		0		1		0.350	0.225	0.175
Aspartic acid.....g	0.227		0		1		0.636	0.409	0.318
Glutamic acid.....g	0.401		0		1		1.123	0.722	0.561
Glycine.....g	0.101		0		1		0.283	0.182	0.141
Proline.....g	0.122		0		1		0.342	0.220	0.171
Serine.....g	0.106		0		1		0.297	0.191	0.148
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1180	36.266	20	A	1		3304.524	2124.337	1652.262
Carotene, alpha.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1517	78.489	15	A	1		4247.693	2730.660	2123.847

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.

NDB No. 11742

Broccoli, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 280g: 1 stalk, large (11"-12" long)

Measure 2 = 180g: 1 stalk, medium (7-1/2" - 8" long)

Measure 3 = 140g: 1 stalk, small (5" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11091

Broccoli, cooked, boiled, drained, without 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	89.25	0.803	7	JA	6		249.91	160.66	124.95
Energy.....kcal	35		0	NC	4		98	63	49
Energy.....kj	146		0	NC	4		409	263	204
Protein (N x 6.25).....g	2.38	0.417	4	A	1		6.67	4.29	3.33
Total lipid (fat).....g	0.41	0.033	4	A	1		1.15	0.74	0.58
Ash.....g	0.77	0.037	4	A	1		2.16	1.39	1.08
Carbohydrate, by difference.....g	7.18		0	NC	4		20.11	12.93	10.05
Fiber, total dietary.....g	3.3	0.501	4	JA	6		9.3	6.0	4.7
Sugars, total.....g	1.39	0.270	3	JA	6		3.90	2.51	1.95
Sucrose.....g	0.08	0.057	5	JA	6		0.23	0.15	0.12
Glucose (dextrose).....g	0.49	0.137	5	JA	6		1.37	0.88	0.69
Fructose.....g	0.74	0.046	5	JA	6		2.08	1.34	1.04
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	40	3.918	4	A	1		111	71	56
Iron, Fe.....mg	0.67	0.036	4	A	1		1.88	1.21	0.94
Magnesium, Mg.....mg	21	1.796	4	A	1		59	38	29
Phosphorus, P.....mg	67	1.847	4	A	1		187	120	94
Potassium, K.....mg	293	11.927	4	A	1		819	527	410
Sodium, Na.....mg	41	7.091	4	A	1		116	75	58
Zinc, Zn.....mg	0.45	0.029	4	A	1		1.26	0.81	0.63
Copper, Cu.....mg	0.061	0.008	4	A	1		0.172	0.110	0.086
Manganese, Mn.....mg	0.194	0.009	4	A	1		0.544	0.350	0.272
Selenium, Se.....mcg	1.6	0.107	4	A	1		4.5	2.9	2.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	64.9		2	A	1		181.7	116.8	90.9
Thiamin.....mg	0.063	0.013	4	A	1		0.175	0.113	0.088
Riboflavin.....mg	0.123	0.004	4	A	1		0.344	0.221	0.172
Niacin.....mg	0.553	0.046	4	A	1		1.550	0.996	0.775
Pantothenic acid.....mg	0.616	0.119	4	A	1		1.726	1.110	0.863
Vitamin B-6.....mg	0.200	0.013	4	A	1		0.561	0.361	0.281
Folate, total.....mcg	108	30.577	4	A	1		301	194	151
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	108	30.577	4	A	1		301	194	151
Folate, DFE.....mcg_DFE	108		0	NC	4		301	194	151
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	1967		0	AS	1		5508	3541	2754
Vitamin A, RAE.....mcg_RAE	98		0	AS	1		275	177	138
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.45	0.103	3	A	1		4.06	2.61	2.03
Tocopherol, beta.....mg	0.01	0.005	3	A	1		0.03	0.02	0.01
Tocopherol, gamma.....mg	0.25	0.023	3	A	1		0.69	0.44	0.35
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	141.1	15.830	4	A	1		395.1	254.0	197.5
Lipids:									
Fatty acids, total saturated.....g	0.079		0	NC	4		0.223	0.143	0.111
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		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.002		1	A	1		0.005	0.003	0.003
13:0.....g									
14:0.....g	0.000		1	A	1		0.001	0.000	0.000
15:0.....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 11091

Broccoli, cooked, boiled, drained, 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	0.056		1	A	1		0.156	0.100	0.078
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.013		1	A	1		0.035	0.023	0.018
20:0.....g	0.004		1	A	1		0.010	0.007	0.005
22:0.....g	0.005		1	A	1		0.015	0.010	0.008
24:0.....g									
Fatty acids, total monounsaturated.....g	0.040		0	NC	4		0.111	0.071	0.055
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.009		1	A	1		0.025	0.016	0.012
17:1.....g	0.002		1	A	1		0.005	0.003	0.003
18:1 undifferentiated.....g	0.029		1	A	1		0.081	0.052	0.040
20:1.....g	0.000		1	A	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	0.170		0	NC	4		0.475	0.305	0.237
18:2 undifferentiated.....g	0.051		1	A	1		0.142	0.091	0.071
18:3 undifferentiated.....g	0.119		1	A	1		0.333	0.214	0.167
18:3 n-6 c,c,c.....g	0.000		1	A	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	0.000		1	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.087	0.056	0.043
Threonine.....g	0.097		0		1		0.272	0.175	0.136
Isoleucine.....g	0.116		0		1		0.325	0.209	0.162
Leucine.....g	0.139		0		1		0.389	0.250	0.195
Lysine.....g	0.150		0		1		0.420	0.270	0.210
Methionine.....g	0.036		0		1		0.101	0.065	0.050
Cystine.....g	0.021		0		1		0.059	0.038	0.029
Phenylalanine.....g	0.090		0		1		0.252	0.162	0.126
Tyrosine.....g	0.067		0		1		0.188	0.121	0.094
Valine.....g	0.136		0		1		0.381	0.245	0.190
Arginine.....g	0.155		0		1		0.434	0.279	0.217
Histidine.....g	0.053		0		1		0.148	0.095	0.074
Alanine.....g	0.125		0		1		0.350	0.225	0.175
Aspartic acid.....g	0.227		0		1		0.636	0.409	0.318
Glutamic acid.....g	0.401		0		1		1.123	0.722	0.561
Glycine.....g	0.101		0		1		0.283	0.182	0.141
Proline.....g	0.122		0		1		0.342	0.220	0.171
Serine.....g	0.106		0		1		0.297	0.191	0.148
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	1180	36.266	20	A	1		3304.524	2124.337	1652.262
Carotene, alpha.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1517	78.489	15	A	1		4247.693	2730.660	2123.847

NDB No. 11091

Broccoli, cooked, boiled, drained, without salt

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

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 = 280g: 1 stalk, large (11"-12" long)

Measure 2 = 180g: 1 stalk, medium (7-1/2" - 8" long)

Measure 3 = 140g: 1 stalk, small (5" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11740
Broccoli, flower clusters, raw

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	0.024		0		1		0.017	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.017	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.119	0.018	
18:2 undifferentiated.....g	0.038		0		1		0.027	0.004	
18:3 undifferentiated.....g	0.129		0		1		0.092	0.014	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.029		26		1		0.021	0.003	
Threonine.....g	0.091		26		1		0.065	0.010	
Isoleucine.....g	0.109		26		1		0.077	0.012	
Leucine.....g	0.131		26		1		0.093	0.014	
Lysine.....g	0.141		26		1		0.100	0.016	
Methionine.....g	0.034		26		1		0.024	0.004	
Cystine.....g	0.020		4		1		0.014	0.002	
Phenylalanine.....g	0.084		26		1		0.060	0.009	
Tyrosine.....g	0.063		4		1		0.045	0.007	
Valine.....g	0.128		26		1		0.091	0.014	
Arginine.....g	0.145		26		1		0.103	0.016	
Histidine.....g	0.050		24		1		0.036	0.006	
Alanine.....g	0.118		4		1		0.084	0.013	
Aspartic acid.....g	0.213		4		1		0.151	0.023	
Glutamic acid.....g	0.375		4		1		0.266	0.041	
Glycine.....g	0.095		4		1		0.067	0.010	
Proline.....g	0.114		4		1		0.081	0.013	
Serine.....g	0.100		4		1		0.071	0.011	
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 = 71g: 1 cup flowerets
 Measure 2 = 11.0g: 1 floweret

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11743

Broccoli, frozen, chopped, cooked, boiled, drained, 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	0.008		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.101		
18:2 undifferentiated.....g	0.013		0		1		0.024		
18:3 undifferentiated.....g	0.042		0		1		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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.032		0		1		0.059		
Threonine.....g	0.101		0		1		0.186		
Isoleucine.....g	0.121		0		1		0.223		
Leucine.....g	0.145		0		1		0.267		
Lysine.....g	0.156		0		1		0.287		
Methionine.....g	0.037		0		1		0.068		
Cystine.....g	0.022		0		1		0.040		
Phenylalanine.....g	0.094		0		1		0.173		
Tyrosine.....g	0.070		0		1		0.129		
Valine.....g	0.142		0		1		0.261		
Arginine.....g	0.161		0		1		0.296		
Histidine.....g	0.055		0		1		0.101		
Alanine.....g	0.130		0		1		0.239		
Aspartic acid.....g	0.236		0		1		0.434		
Glutamic acid.....g	0.417		0		1		0.767		
Glycine.....g	0.105		0		1		0.193		
Proline.....g	0.127		0		1		0.234		
Serine.....g	0.111		0		1		0.204		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	663		0	BFSN	4		1219.657		
Carotene, alpha.....mcg	15		0	BFSN	4		27.568		
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		1.381		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	1498		0	BFSN	4		2755.914		

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 = 184g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11093

Broccoli, frozen, chopped, cooked, boiled, drained, 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	0.008		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.015		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.101		
18:2 undifferentiated.....g	0.013		0		1		0.024		
18:3 undifferentiated.....g	0.042		0		1		0.077		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0		1		0.059		
Threonine.....g	0.101		0		1		0.186		
Isoleucine.....g	0.121		0		1		0.223		
Leucine.....g	0.145		0		1		0.267		
Lysine.....g	0.156		0		1		0.287		
Methionine.....g	0.037		0		1		0.068		
Cystine.....g	0.022		0		1		0.040		
Phenylalanine.....g	0.094		0		1		0.173		
Tyrosine.....g	0.070		0		1		0.129		
Valine.....g	0.142		0		1		0.261		
Arginine.....g	0.161		0		1		0.296		
Histidine.....g	0.055		0		1		0.101		
Alanine.....g	0.130		0		1		0.239		
Aspartic acid.....g	0.236		0		1		0.434		
Glutamic acid.....g	0.417		0		1		0.767		
Glycine.....g	0.105		0		1		0.193		
Proline.....g	0.127		0		1		0.234		
Serine.....g	0.111		0		1		0.204		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	663		0	BFSN	4		1219.657		
Carotene, alpha.....mcg	15		0	BFSN	4		27.568		
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		1.381		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	1498		0	BFSN	4		2755.914		

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 = 184g: 1 cup

NDB No. 11093

Broccoli, frozen, chopped, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11092

Broccoli, frozen, chopped, unprepared

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	0.039		0		1		0.061	0.111	
17:0.....g									
18:0.....g	0.005		0		1		0.008	0.014	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.031	0.057	
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	0.020		0		1		0.031	0.057	
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	0.136		0		1		0.212	0.386	
18:2 undifferentiated.....g	0.031		0		1		0.048	0.088	
18:3 undifferentiated.....g	0.105		0		1		0.164	0.298	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.045	0.082	
Threonine.....g	0.091		0		1		0.142	0.258	
Isoleucine.....g	0.109		0		1		0.170	0.310	
Leucine.....g	0.131		0		1		0.204	0.372	
Lysine.....g	0.141		0		1		0.220	0.400	
Methionine.....g	0.034		0		1		0.053	0.097	
Cystine.....g	0.020		0		1		0.031	0.057	
Phenylalanine.....g	0.085		0		1		0.133	0.241	
Tyrosine.....g	0.063		0		1		0.098	0.179	
Valine.....g	0.128		0		1		0.200	0.364	
Arginine.....g	0.146		0		1		0.228	0.415	
Histidine.....g	0.050		0		1		0.078	0.142	
Alanine.....g	0.118		0		1		0.184	0.335	
Aspartic acid.....g	0.214		0		1		0.334	0.608	
Glutamic acid.....g	0.377		0		1		0.588	1.071	
Glycine.....g	0.095		0		1		0.148	0.270	
Proline.....g	0.115		0		1		0.179	0.327	
Serine.....g	0.100		0		1		0.156	0.284	
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		1	A	1		951.600	1732.400	
Carotene, alpha.....mcg	14		0	BFSN	4		21.509	39.158	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		1.078	1.962	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1378		0	BFSN	4		2150.217	3914.498	

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.

NDB No. 11092

Broccoli, frozen, chopped, unprepared

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11744

Broccoli, frozen, spears, cooked, boiled, drained, 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	0.008		0		1		0.020	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.008		1		1		0.020	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.138	0.051	
18:2 undifferentiated.....g	0.013		1		1		0.033	0.012	
18:3 undifferentiated.....g	0.042		1		1		0.105	0.039	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0		1		0.080	0.029	
Threonine.....g	0.101		0		1		0.253	0.093	
Isoleucine.....g	0.121		0		1		0.303	0.111	
Leucine.....g	0.145		0		1		0.363	0.133	
Lysine.....g	0.156		0		1		0.390	0.144	
Methionine.....g	0.037		0		1		0.093	0.034	
Cystine.....g	0.022		0		1		0.055	0.020	
Phenylalanine.....g	0.094		0		1		0.235	0.086	
Tyrosine.....g	0.070		0		1		0.175	0.064	
Valine.....g	0.142		0		1		0.355	0.131	
Arginine.....g	0.161		0		1		0.403	0.148	
Histidine.....g	0.055		0		1		0.138	0.051	
Alanine.....g	0.131		0		1		0.328	0.121	
Aspartic acid.....g	0.236		0		1		0.590	0.217	
Glutamic acid.....g	0.417		0		1		1.043	0.384	
Glycine.....g	0.105		0		1		0.263	0.097	
Proline.....g	0.127		0		1		0.318	0.117	
Serine.....g	0.111		0		1		0.278	0.102	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	663		0	BFSN	4		1657.143	609.829	
Carotene, alpha.....mcg	15		0	BFSN	4		37.457	13.784	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		1.877	0.691	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1498		0	BFSN	4		3744.449	1377.957	

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 package (10 oz) yields

Measure 2 = 92g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11744

Broccoli, frozen, spears, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11095

Broccoli, frozen, spears, cooked, boiled, drained, 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	0.008		0		1		0.020	0.007	
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	0.008		1		1		0.020	0.007	
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	0.055		0		1		0.138	0.051	
18:2 undifferentiated.....g	0.013		1		1		0.033	0.012	
18:3 undifferentiated.....g	0.042		1		1		0.105	0.039	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0		1		0.080	0.029	
Threonine.....g	0.101		0		1		0.253	0.093	
Isoleucine.....g	0.121		0		1		0.303	0.111	
Leucine.....g	0.145		0		1		0.363	0.133	
Lysine.....g	0.156		0		1		0.390	0.144	
Methionine.....g	0.037		0		1		0.093	0.034	
Cystine.....g	0.022		0		1		0.055	0.020	
Phenylalanine.....g	0.094		0		1		0.235	0.086	
Tyrosine.....g	0.070		0		1		0.175	0.064	
Valine.....g	0.142		0		1		0.355	0.131	
Arginine.....g	0.161		0		1		0.403	0.148	
Histidine.....g	0.055		0		1		0.138	0.051	
Alanine.....g	0.131		0		1		0.328	0.121	
Aspartic acid.....g	0.236		0		1		0.590	0.217	
Glutamic acid.....g	0.417		0		1		1.043	0.384	
Glycine.....g	0.105		0		1		0.263	0.097	
Proline.....g	0.127		0		1		0.318	0.117	
Serine.....g	0.111		0		1		0.278	0.102	
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	663		0	BFSN	4		1657.143	609.829	
Carotene, alpha.....mcg	15		0	BFSN	4		37.457	13.784	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		1.877	0.691	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1498		0	BFSN	4		3744.449	1377.957	

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 package (10 oz) yields
- Measure 2 = 92g: .5 cup

NDB No. 11095

Broccoli, frozen, spears, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11094

Broccoli, frozen, spears, unprepared

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	0.024		0		1		0.068	0.218	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.068	0.218	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.162		0		1		0.460	1.469	
18:2 undifferentiated.....g	0.037		0		1		0.105	0.336	
18:3 undifferentiated.....g	0.125		0		1		0.355	1.134	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.032		0		1		0.091	0.290	
Threonine.....g	0.099		0		1		0.281	0.898	
Isoleucine.....g	0.119		0		1		0.338	1.079	
Leucine.....g	0.143		0		1		0.406	1.297	
Lysine.....g	0.154		0		1		0.437	1.397	
Methionine.....g	0.037		0		1		0.105	0.336	
Cystine.....g	0.022		0		1		0.062	0.200	
Phenylalanine.....g	0.092		0		1		0.261	0.834	
Tyrosine.....g	0.069		0		1		0.196	0.626	
Valine.....g	0.140		0		1		0.398	1.270	
Arginine.....g	0.159		0		1		0.452	1.442	
Histidine.....g	0.054		0		1		0.153	0.490	
Alanine.....g	0.129		0		1		0.366	1.170	
Aspartic acid.....g	0.233		0		1		0.662	2.113	
Glutamic acid.....g	0.411		0		1		1.167	3.728	
Glycine.....g	0.104		0		1		0.295	0.943	
Proline.....g	0.125		0		1		0.355	1.134	
Serine.....g	0.109		0		1		0.310	0.989	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	675		0	BFSN	4		1917.000	6122.250	
Carotene, alpha.....mcg	15		0	BFSN	4		43.330	138.383	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		2.171	6.933	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1525		0	BFSN	4		4331.617	13833.720	

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 = 284g: 1 package (10 oz)

Measure 2 = 907g: 1 package (2 lb)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11094

Broccoli, frozen, spears, unprepared

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11739
Broccoli, leaves, raw

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	0.024		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1				
18:2 undifferentiated.....g	0.038		0		1				
18:3 undifferentiated.....g	0.129		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.029		26		1				
Threonine.....g	0.091		26		1				
Isoleucine.....g	0.109		26		1				
Leucine.....g	0.131		26		1				
Lysine.....g	0.141		26		1				
Methionine.....g	0.034		26		1				
Cystine.....g	0.020		4		1				
Phenylalanine.....g	0.084		26		1				
Tyrosine.....g	0.063		4		1				
Valine.....g	0.128		26		1				
Arginine.....g	0.145		26		1				
Histidine.....g	0.050		24		1				
Alanine.....g	0.118		4		1				
Aspartic acid.....g	0.213		4		1				
Glutamic acid.....g	0.375		4		1				
Glycine.....g	0.095		4		1				
Proline.....g	0.114		4		1				
Serine.....g	0.100		4		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11090
Broccoli, raw

Refuse: 39% Leaves and tough stalks with trimmings

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	89.30	1.036	49	JO	11		78.59	542.96	27.68
Energy.....kcal	34		0	NC	4		30	205	10
Energy.....kj	141		0	NC	4		124	856	44
Protein.....g	2.82	0.437	23	JO	11		2.48	17.14	0.87
Total lipid (fat).....g	0.37	0.004	29	JO	11		0.32	2.23	0.11
Ash.....g	0.87	0.033	23	JA	6		0.77	5.29	0.27
Carbohydrate, by difference.....g	6.64		0	NC	4		5.84	40.38	2.06
Fiber, total dietary.....g	2.6	0.257	13	JA	6		2.3	15.8	0.8
Sugars, total.....g	1.70		0	NC	4		1.49	10.31	0.53
Sucrose.....g	0.10	0.050	16	JA	6		0.09	0.62	0.03
Glucose (dextrose).....g	0.49	0.071	18	JA	6		0.43	2.97	0.15
Fructose.....g	0.68	0.059	17	JA	6		0.60	4.14	0.21
Lactose.....g	0.21	0.000	9	JA	6		0.18	1.28	0.07
Maltose.....g	0.21	0.000	9	JA	6		0.18	1.28	0.07
Galactose.....g	0.00	0.000	5	JA	6		0.00	0.02	0.00
Starch.....g	0.00		1	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	47	5.130	33	JA	6		41	284	14
Iron, Fe.....mg	0.73	0.095	33	JA	6		0.64	4.41	0.23
Magnesium, Mg.....mg	21	2.104	33	JA	6		19	128	7
Phosphorus, P.....mg	66	3.008	33	JA	6		58	399	20
Potassium, K.....mg	316	7.217	37	JO	11		278	1920	98
Sodium, Na.....mg	33	5.248	42	JO	11		29	198	10
Zinc, Zn.....mg	0.41	0.011	33	JA	6		0.36	2.48	0.13
Copper, Cu.....mg	0.049	0.012	33	JA	6		0.043	0.296	0.015
Manganese, Mn.....mg	0.210	0.007	23	JA	6		0.185	1.275	0.065
Selenium, Se.....mcg	2.5	0.106	8	JA	6		2.2	15.3	0.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	89.2	3.977	19	JO	11		78.5	542.2	27.6
Thiamin.....mg	0.071	0.010	23	JA	6		0.062	0.431	0.022
Riboflavin.....mg	0.117	0.020	23	JA	6		0.103	0.708	0.036
Niacin.....mg	0.639	0.064	23	JA	6		0.562	3.883	0.198
Pantothenic acid.....mg	0.573	0.046	23	JA	6		0.504	3.482	0.178
Vitamin B-6.....mg	0.175	0.031	23	JA	6		0.154	1.064	0.054
Folate, total.....mcg	63	12.748	27	JO	11		55	383	20
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	63	12.748	27	JO	11		55	383	20
Folate, DFE.....mcg_DFE	63		0	NC	4		55	383	20
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	660		0	NC	4		580	4011	204
Vitamin A, RAE.....mcg_RAE	33		0	NC	4		29	201	10
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.78	0.099	12	JO	11		0.68	4.72	0.24
Tocopherol, beta.....mg	0.01	0.005	12	JO	11		0.00	0.03	0.00
Tocopherol, gamma.....mg	0.17	0.044	12	JO	11		0.15	1.04	0.05
Tocopherol, delta.....mg	0.00	0.000	12	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.6	3.897	8	A	1		89.4	617.7	31.5
Lipids:									
Fatty acids, total saturated.....g	0.039		0	NC	4		0.034	0.238	0.012
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		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	0.001	0.000
13:0.....g									
14:0.....g	0.001		2	A	1		0.000	0.003	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 11090
Broccoli, raw

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	0.029		2	A	1		0.025	0.176	0.009
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.006		2	A	1		0.005	0.036	0.002
20:0.....g	0.002		2	A	1		0.002	0.012	0.001
22:0.....g	0.002		2	A	1		0.001	0.009	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	0.011		0	NC	4		0.009	0.064	0.003
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.001		2	A	1		0.000	0.003	0.000
18:1 undifferentiated.....g	0.010		2	A	1		0.009	0.061	0.003
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0	NC	4		0.034	0.233	0.012
18:2 undifferentiated.....g	0.017		2	A	1		0.015	0.103	0.005
18:3 undifferentiated.....g	0.021		2	A	1		0.019	0.130	0.007
18:3 n-6 c,c,c.....g	0.000		2	A	1		0.000	0.000	0.000
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		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									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.033	0.003	4	A	1		0.029	0.202	0.010
Threonine.....g	0.088	0.002	4	A	1		0.078	0.538	0.027
Isoleucine.....g	0.079	0.002	4	A	1		0.070	0.482	0.025
Leucine.....g	0.129	0.005	4	A	1		0.113	0.784	0.040
Lysine.....g	0.135	0.003	4	A	1		0.119	0.822	0.042
Methionine.....g	0.038	0.001	4	A	1		0.034	0.234	0.012
Cystine.....g	0.028	0.000	4	A	1		0.024	0.169	0.009
Phenylalanine.....g	0.117	0.000	4	A	1		0.103	0.713	0.036
Tyrosine.....g	0.050	0.002	4	A	1		0.044	0.305	0.016
Valine.....g	0.125	0.003	4	A	1		0.110	0.760	0.039
Arginine.....g	0.191	0.006	4	A	1		0.168	1.161	0.059
Histidine.....g	0.059	0.000	4	A	1		0.052	0.360	0.018
Alanine.....g	0.104	0.004	4	A	1		0.091	0.630	0.032
Aspartic acid.....g	0.325	0.013	4	A	1		0.286	1.976	0.101
Glutamic acid.....g	0.542	0.030	4	A	1		0.477	3.297	0.168
Glycine.....g	0.089	0.003	4	A	1		0.078	0.539	0.028
Proline.....g	0.110	0.015	4	A	1		0.097	0.670	0.034
Serine.....g	0.121	0.005	4	A	1		0.106	0.734	0.037
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	383	7.019	127	JO	11		336.909	2327.731	118.684
Carotene, alpha.....mcg	25	3.172	55	JO	11		21.669	149.713	7.633
Cryptoxanthin, beta.....mcg	1	0.000	55	JO	11		1.100	7.600	0.388
Lycopene.....mcg	0	0.000	13	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1691	40.093	10	A	1		1488.373	10283.307	524.313

NDB No. 11090
Broccoli, raw

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

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 = 88g: 1 cup, chopped

Measure 2 = 608g: 1 bunch

Measure 3 = 31g: 1 spear (about 5" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11741
Broccoli, stalks, raw

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	0.024		0		1		0.027		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.027		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.190		
18:2 undifferentiated.....g	0.038		0		1		0.043		
18:3 undifferentiated.....g	0.129		0		1		0.147		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.029		26		1		0.033		
Threonine.....g	0.091		26		1		0.104		
Isoleucine.....g	0.109		26		1		0.124		
Leucine.....g	0.131		26		1		0.149		
Lysine.....g	0.141		26		1		0.161		
Methionine.....g	0.034		26		1		0.039		
Cystine.....g	0.020		4		1		0.023		
Phenylalanine.....g	0.084		26		1		0.096		
Tyrosine.....g	0.063		4		1		0.072		
Valine.....g	0.128		26		1		0.146		
Arginine.....g	0.145		26		1		0.165		
Histidine.....g	0.050		24		1		0.057		
Alanine.....g	0.118		4		1		0.135		
Aspartic acid.....g	0.213		4		1		0.243		
Glutamic acid.....g	0.375		4		1		0.428		
Glycine.....g	0.095		4		1		0.108		
Proline.....g	0.114		4		1		0.130		
Serine.....g	0.100		4		1		0.114		
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 = 114g: 1 stalk

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11745

Brussels sprouts, cooked, boiled, drained, 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	0.039		0		1		0.008	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.033		0		1		0.007	0.026	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.055	0.203	
18:2 undifferentiated.....g	0.077		0		1		0.016	0.060	
18:3 undifferentiated.....g	0.168		0		1		0.035	0.131	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.000	0.002	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.028		0		1		0.006	0.022	
Threonine.....g	0.091		0		1		0.019	0.071	
Isoleucine.....g	0.100		0		1		0.021	0.078	
Leucine.....g	0.114		0		1		0.024	0.089	
Lysine.....g	0.116		0		1		0.024	0.090	
Methionine.....g	0.024		0		1		0.005	0.019	
Cystine.....g	0.016		0		1		0.003	0.012	
Phenylalanine.....g	0.074		0		1		0.016	0.058	
Tyrosine.....g									
Valine.....g	0.117		0		1		0.025	0.091	
Arginine.....g	0.153		0		1		0.032	0.119	
Histidine.....g	0.057		0		1		0.012	0.044	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 21g: 1 sprout

Measure 2 = 78g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11099

Brussels sprouts, cooked, boiled, drained, 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	0.039		0		1		0.008	0.030	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.033		0		1		0.007	0.026	
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	0.260		0		1		0.055	0.203	
18:2 undifferentiated.....g	0.077		0		1		0.016	0.060	
18:3 undifferentiated.....g	0.168		0		1		0.035	0.131	
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	0.002		0		1		0.000	0.002	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.006	0.022	
Threonine.....g	0.091		0		1		0.019	0.071	
Isoleucine.....g	0.100		0		1		0.021	0.078	
Leucine.....g	0.114		0		1		0.024	0.089	
Lysine.....g	0.116		0		1		0.024	0.090	
Methionine.....g	0.024		0		1		0.005	0.019	
Cystine.....g	0.016		0		1		0.003	0.012	
Phenylalanine.....g	0.074		0		1		0.016	0.058	
Tyrosine.....g									
Valine.....g	0.117		0		1		0.025	0.091	
Arginine.....g	0.153		0		1		0.032	0.119	
Histidine.....g	0.057		0		1		0.012	0.044	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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	465	15.000	5	A	1		97.650	362.700	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	1290		1	A	1		270.900	1006.200	

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 = 21g: 1 sprout

Measure 2 = 78g: .5 cup

NDB No. 11099

Brussels sprouts, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11746

Brussels sprouts, frozen, cooked, boiled, drained, 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	0.030		0		1		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.039		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.310		
18:2 undifferentiated.....g	0.059		0		1		0.091		
18:3 undifferentiated.....g	0.129		0		1		0.200		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.003		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.040		0		1		0.062		
Threonine.....g	0.130		0		1		0.202		
Isoleucine.....g	0.143		0		1		0.222		
Leucine.....g	0.164		0		1		0.254		
Lysine.....g	0.166		0		1		0.257		
Methionine.....g	0.035		0		1		0.054		
Cystine.....g	0.023		0		1		0.036		
Phenylalanine.....g	0.106		0		1		0.164		
Tyrosine.....g									
Valine.....g	0.167		0		1		0.259		
Arginine.....g	0.218		0		1		0.338		
Histidine.....g	0.082		0		1		0.127		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 155g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11101

Brussels sprouts, frozen, cooked, boiled, drained, 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	0.030		0		1		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.039		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.200		0		1		0.310		
18:2 undifferentiated.....g	0.059		0		1		0.091		
18:3 undifferentiated.....g	0.129		0		1		0.200		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.003		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0		1		0.062		
Threonine.....g	0.130		0		1		0.202		
Isoleucine.....g	0.143		0		1		0.222		
Leucine.....g	0.164		0		1		0.254		
Lysine.....g	0.166		0		1		0.257		
Methionine.....g	0.035		0		1		0.054		
Cystine.....g	0.023		0		1		0.036		
Phenylalanine.....g	0.106		0		1		0.164		
Tyrosine.....g									
Valine.....g	0.167		0		1		0.259		
Arginine.....g	0.218		0		1		0.338		
Histidine.....g	0.082		0		1		0.127		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		
Carotenoids:									
Carotene, beta.....mcg	555		0	BFSN	4		861.004		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	1541		0	BFSN	4		2388.592		

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 = 155g: 1 cup

NDB No. 11101

Brussels sprouts, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11100

Brussels sprouts, frozen, unprepared

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	0.031		0		1		0.088	0.281	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.009	0.027	
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.074	0.236	
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	0.207		0		1		0.588	1.877	
18:2 undifferentiated.....g	0.061		0		1		0.173	0.553	
18:3 undifferentiated.....g	0.134		0		1		0.381	1.215	
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	0.002		0		1		0.006	0.018	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.119	0.381	
Threonine.....g	0.135		0		1		0.383	1.224	
Isoleucine.....g	0.148		0		1		0.420	1.342	
Leucine.....g	0.170		0		1		0.483	1.542	
Lysine.....g	0.172		0		1		0.488	1.560	
Methionine.....g	0.036		0		1		0.102	0.327	
Cystine.....g	0.024		0		1		0.068	0.218	
Phenylalanine.....g	0.110		0		1		0.312	0.998	
Tyrosine.....g									
Valine.....g	0.173		0		1		0.491	1.569	
Arginine.....g	0.227		0		1		0.645	2.059	
Histidine.....g	0.085		0		1		0.241	0.771	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	370		6	A	1		1050.800	3355.900	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 284g: 1 package (10 oz)

Measure 2 = 907g: 1 package (2 lb)

NDB No. 11100

Brussels sprouts, frozen, unprepared

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11098
Brussels sprouts, raw

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	0.053		2		1		0.047	0.010	
17:0.....g									
18:0.....g	0.003		2		1		0.003	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.020	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		2		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.019		2		1		0.017	0.004	
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	0.153		0		1		0.135	0.029	
18:2 undifferentiated.....g	0.045		2		1		0.040	0.009	
18:3 undifferentiated.....g	0.099		2		1		0.087	0.019	
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	0.001		2		1		0.001	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	Z	7		0	0	
Phytosterols.....mg	24		0		1		21	5	
Amino Acids:									
Tryptophan.....g	0.037		14		1		0.033	0.007	
Threonine.....g	0.120		14		1		0.106	0.023	
Isoleucine.....g	0.132		14		1		0.116	0.025	
Leucine.....g	0.152		14		1		0.134	0.029	
Lysine.....g	0.154		14		1		0.136	0.029	
Methionine.....g	0.032		14		1		0.028	0.006	
Cystine.....g	0.022		1		1		0.019	0.004	
Phenylalanine.....g	0.098		14		1		0.086	0.019	
Tyrosine.....g									
Valine.....g	0.155		14		1		0.136	0.029	
Arginine.....g	0.203		14		1		0.179	0.039	
Histidine.....g	0.076		14		1		0.067	0.014	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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	450	56.991	21	A	1		395.883	85.475	
Carotene, alpha.....mcg	6	5.650	19	A	1		4.972	1.074	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	1590		1	A	1		1399.200	302.100	

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.

NDB No. 11098

Brussels sprouts, raw

Common Measures:

Measure 1 = 88g: 1 cup

Measure 2 = 19g: 1 sprout

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11747

Burdock root, cooked, boiled, drained, 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	75.64		1		1		94.55	125.56	
Energy.....kcal	88		0	NC	4		110	146	
Energy.....kj	369		0	NC	4		461	613	
Protein (N x 6.25).....g	2.09		1		1		2.61	3.47	
Total lipid (fat).....g	0.14		1		1		0.18	0.23	
Ash.....g	0.98		1		1		1.23	1.63	
Carbohydrate, by difference.....g	21.15		0	NC	4		26.44	35.11	
Fiber, total dietary.....g	1.8		0	BFZN	4		2.3	3.0	
Sugars, total.....g	3.55		0	BFSN	4		4.44	5.89	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		1		1		61	81	
Iron, Fe.....mg	0.77		1		1		0.96	1.28	
Magnesium, Mg.....mg	39		1		1		49	65	
Phosphorus, P.....mg	93		1		1		116	154	
Potassium, K.....mg	360		1		1		450	598	
Sodium, Na.....mg	240		0		4		300	398	
Zinc, Zn.....mg	0.38		0		4		0.48	0.63	
Copper, Cu.....mg	0.089		0		4		0.111	0.148	
Manganese, Mn.....mg	0.270		0		4		0.338	0.448	
Selenium, Se.....mcg	0.9		0	BFSN	4		1.1	1.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.6		0		4		3.3	4.3	
Thiamin.....mg	0.039		0		1		0.049	0.065	
Riboflavin.....mg	0.058		0		1		0.073	0.096	
Niacin.....mg	0.320		0		1		0.400	0.531	
Pantothenic acid.....mg	0.353		0		4		0.441	0.586	
Vitamin B-6.....mg	0.279		0		4		0.349	0.463	
Folate, total.....mcg	20		0		4		24	32	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	20		0		4		24	32	
Folate, DFE.....mcg_DFE	20		0	NC	4		24	32	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	NC	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.46		0	BFSN	4		0.58	0.77	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.0		0	BFSN	4		2.5	3.4	
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.010	0.013	
Threonine.....g	0.035		0		1		0.044	0.058	
Isoleucine.....g	0.041		0		1		0.051	0.068	
Leucine.....g	0.044		0		1		0.055	0.073	
Lysine.....g	0.092		0		1		0.115	0.153	
Methionine.....g	0.012		0		1		0.015	0.020	
Cystine.....g	0.008		0		1		0.010	0.013	

NDB No. 11747

Burdock root, cooked, boiled, drained, 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
Phenylalanine.....g	0.045		0		1		0.056	0.075	
Tyrosine.....g	0.024		0		1		0.030	0.040	
Valine.....g	0.046		0		1		0.058	0.076	
Arginine.....g	0.144		0		1		0.180	0.239	
Histidine.....g	0.042		0		1		0.053	0.070	
Alanine.....g	0.034		0		1		0.043	0.056	
Aspartic acid.....g	0.242		0		1		0.303	0.402	
Glutamic acid.....g	0.215		0		1		0.269	0.357	
Glycine.....g	0.042		0		1		0.053	0.070	
Proline.....g	0.071		0		1		0.089	0.118	
Serine.....g	0.034		0		1		0.043	0.056	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 125g: 1 cup (1" pieces)

Measure 2 = 166g: 1 root

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11105

Burdock root, cooked, boiled, drained, 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	0.035		0		4		0.044	0.058	
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	0.035		0		4		0.044	0.058	
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	0.055		0		4		0.069	0.091	
18:2 undifferentiated.....g	0.052		0		4		0.065	0.086	
18:3 undifferentiated.....g	0.002		0		4		0.003	0.003	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.010	0.013	
Threonine.....g	0.035		0		1		0.044	0.058	
Isoleucine.....g	0.041		0		1		0.051	0.068	
Leucine.....g	0.044		0		1		0.055	0.073	
Lysine.....g	0.092		0		1		0.115	0.153	
Methionine.....g	0.012		0		1		0.015	0.020	
Cystine.....g	0.008		0		1		0.010	0.013	
Phenylalanine.....g	0.045		0		1		0.056	0.075	
Tyrosine.....g	0.024		0		1		0.030	0.040	
Valine.....g	0.046		0		1		0.058	0.076	
Arginine.....g	0.144		0		1		0.180	0.239	
Histidine.....g	0.042		0		1		0.053	0.070	
Alanine.....g	0.034		0		1		0.043	0.056	
Aspartic acid.....g	0.242		0		1		0.303	0.402	
Glutamic acid.....g	0.215		0		1		0.269	0.357	
Glycine.....g	0.042		0		1		0.053	0.070	
Proline.....g	0.071		0		1		0.089	0.118	
Serine.....g	0.034		0		1		0.043	0.056	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 125g: 1 cup (1" pieces)

Measure 2 = 166g: 1 root

NDB No. 11105

Burdock root, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11104
Burdock root, raw

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	0.037		0		4		0.044	0.058	
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	0.037		0		4		0.044	0.058	
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	0.059		0		4		0.070	0.092	
18:2 undifferentiated.....g	0.056		0		4		0.066	0.087	
18:3 undifferentiated.....g	0.002		0		4		0.002	0.003	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.006		2		1		0.007	0.009	
Threonine.....g	0.026		2		1		0.031	0.041	
Isoleucine.....g	0.030		2		1		0.035	0.047	
Leucine.....g	0.032		2		1		0.038	0.050	
Lysine.....g	0.067		2		1		0.079	0.105	
Methionine.....g	0.009		2		1		0.011	0.014	
Cystine.....g	0.006		2		1		0.007	0.009	
Phenylalanine.....g	0.033		2		1		0.039	0.051	
Tyrosine.....g	0.018		2		1		0.021	0.028	
Valine.....g	0.033		2		1		0.039	0.051	
Arginine.....g	0.105		2		1		0.124	0.164	
Histidine.....g	0.031		2		1		0.037	0.048	
Alanine.....g	0.025		2		1		0.030	0.039	
Aspartic acid.....g	0.177		2		1		0.209	0.276	
Glutamic acid.....g	0.157		2		1		0.185	0.245	
Glycine.....g	0.031		2		1		0.037	0.048	
Proline.....g	0.052		2		1		0.061	0.081	
Serine.....g	0.025		2		1		0.030	0.039	
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	

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 = 118g: 1 cup (1" pieces)
- Measure 2 = 156g: 1 root

NDB No. 11104
Burdock root, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11106
Butterbur, (fuki), raw
Petasites japonicus

Refuse: 12% Leaves, stem ends, peels

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	94.50		0		1		88.83	4.73	
Energy.....kcal	14		0	NC	4		13	1	
Energy.....kj	59				4		55	3	
Protein (N x 6.25).....g	0.39		0		1		0.37	0.02	
Total lipid (fat).....g	0.04		0		1		0.04	0.00	
Ash.....g	1.46		0		1		1.37	0.07	
Carbohydrate, by difference.....g	3.61		0	NC	4		3.39	0.18	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	103		0		1		97	5	
Iron, Fe.....mg	0.10		0		1		0.09	0.01	
Magnesium, Mg.....mg	14		0		1		13	1	
Phosphorus, P.....mg	12		0		1		11	1	
Potassium, K.....mg	655		0		1		616	33	
Sodium, Na.....mg	7		0		1		7	0	
Zinc, Zn.....mg	0.16		0		4		0.15	0.01	
Copper, Cu.....mg	0.103		0		4		0.097	0.005	
Manganese, Mn.....mg	0.274		0		4		0.258	0.014	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.8	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	31.5		0		1		29.6	1.6	
Thiamin.....mg	0.020		0		1		0.019	0.001	
Riboflavin.....mg	0.020		0		1		0.019	0.001	
Niacin.....mg	0.200		0		1		0.188	0.010	
Pantothenic acid.....mg	0.032		0		4		0.030	0.002	
Vitamin B-6.....mg	0.096		0		4		0.090	0.005	
Folate, total.....mcg	10		0		4		10	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10		0		4		10	1	
Folate, DFE.....mcg_DFE	10		0	NC	4		10	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	50		0		1		47	3	
Vitamin A, RAE.....mcg_RAE	3		0		1		2	0	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 94g: 1 cup

NDB No. 11106

Butterbur, (fuki), raw

Measure 2 = 5.0g: 1 petiole

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11108
Butterbur, canned

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	97.92		2		1		121.42	44.06	
Energy.....kcal	3		0	NC	4		4	1	
Energy.....kj	13		4		4		16	6	
Protein (N x 6.25).....g	0.11		0		1		0.14	0.05	
Total lipid (fat).....g	0.13		0		1		0.16	0.06	
Ash.....g	1.46		0		1		1.81	0.66	
Carbohydrate, by difference.....g	0.38		0	NC	4		0.47	0.17	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34		0		1		42	15	
Iron, Fe.....mg	0.63		0		1		0.78	0.28	
Magnesium, Mg.....mg	2		0		1		2	1	
Phosphorus, P.....mg	4		0		1		5	2	
Potassium, K.....mg	12		0		1		15	5	
Sodium, Na.....mg	4		0		1		5	2	
Zinc, Zn.....mg	0.06		0		4		0.07	0.03	
Copper, Cu.....mg	0.037		0		4		0.046	0.017	
Manganese, Mn.....mg	0.098		0		4		0.122	0.044	
Selenium, Se.....mcg	0.9		0	CAZN	4		1.1	0.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.9		0		1		14.8	5.4	
Thiamin.....mg	0.006		0		1		0.007	0.003	
Riboflavin.....mg	0.006		0		1		0.007	0.003	
Niacin.....mg	0.140		0		1		0.174	0.063	
Pantothenic acid.....mg	0.011		0		4		0.014	0.005	
Vitamin B-6.....mg	0.033		0		4		0.041	0.015	
Folate, total.....mcg	3		0		4		3	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		0		4		3	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 124g: 1 cup, chopped

NDB No. 11108
Butterbur, canned

Measure 2 = 45g: 3 stalks

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11748

Butterbur, cooked, boiled, drained, 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	96.70		0						
Energy.....kcal	8		0	NC					
Energy.....kj	33								
Protein (N x 6.25).....g	0.23		0						
Total lipid (fat).....g	0.02		0						
Ash.....g	0.88		0						
Carbohydrate, by difference.....g	2.16		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	59		0						
Iron, Fe.....mg	0.10		0						
Magnesium, Mg.....mg	8		0						
Phosphorus, P.....mg	7		0						
Potassium, K.....mg	354		0						
Sodium, Na.....mg	240		0						
Zinc, Zn.....mg	0.09		0						
Copper, Cu.....mg	0.059		0						
Manganese, Mn.....mg	0.156		0						
Selenium, Se.....mcg	0.9		0	CAZN					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.9		0						
Thiamin.....mg	0.010		0						
Riboflavin.....mg	0.010		0						
Niacin.....mg	0.100		0						
Pantothenic acid.....mg	0.018		0						
Vitamin B-6.....mg	0.052		0						
Folate, total.....mcg	4		0						
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	4		0						
Folate, DFE.....mcg_DFE	4		0	NC					
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin A, IU.....IU	27		0						
Vitamin A, RAE.....mcg_RAE	1		0						
Retinol.....mcg	0		0	Z					
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					
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:

NDB No. 11748

Butterbur, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11107

Butterbur, cooked, boiled, drained, without 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	96.70		0						
Energy.....kcal	8		0	NC					
Energy.....kj	33								
Protein (N x 6.25).....g	0.23		0						
Total lipid (fat).....g	0.02		0						
Ash.....g	0.88		0						
Carbohydrate, by difference.....g	2.16		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	59		0						
Iron, Fe.....mg	0.10		0						
Magnesium, Mg.....mg	8		0						
Phosphorus, P.....mg	7		0						
Potassium, K.....mg	354		0						
Sodium, Na.....mg	4		0						
Zinc, Zn.....mg	0.09		0						
Copper, Cu.....mg	0.059		0						
Manganese, Mn.....mg	0.156		0						
Selenium, Se.....mcg	0.9		0	CAZN					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.9		0						
Thiamin.....mg	0.010		0						
Riboflavin.....mg	0.010		0						
Niacin.....mg	0.100		0						
Pantothenic acid.....mg	0.018		0						
Vitamin B-6.....mg	0.052		0						
Folate, total.....mcg	4		0						
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	4		0						
Folate, DFE.....mcg_DFE	4		0	NC					
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin A, IU.....IU	27		0						
Vitamin A, RAE.....mcg_RAE	1		0						
Retinol.....mcg	0		0	Z					
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					
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:

NDB No. 11107

Butterbur, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11754

Cabbage, chinese (pak-choi), cooked, boiled, drained, 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	0.012		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.019		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0		1		0.131		
18:2 undifferentiated.....g	0.031		0		1		0.053		
18:3 undifferentiated.....g	0.041		0		1		0.070		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.015		0		1		0.026		
Threonine.....g	0.051		0		1		0.087		
Isoleucine.....g	0.089		0		1		0.151		
Leucine.....g	0.091		0		1		0.155		
Lysine.....g	0.093		0		1		0.158		
Methionine.....g	0.009		0		1		0.015		
Cystine.....g	0.017		0		1		0.029		
Phenylalanine.....g	0.046		0		1		0.078		
Tyrosine.....g	0.030		0		1		0.051		
Valine.....g	0.069		0		1		0.117		
Arginine.....g	0.087		0		1		0.148		
Histidine.....g	0.027		0		1		0.046		
Alanine.....g	0.090		0		1		0.153		
Aspartic acid.....g	0.112		0		1		0.190		
Glutamic acid.....g	0.374		0		1		0.636		
Glycine.....g	0.045		0		1		0.077		
Proline.....g	0.032		0		1		0.054		
Serine.....g	0.050		0		1		0.085		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2549		0	BFSN	4		4332.902		
Carotene, alpha.....mcg	1		0	BFSN	4		1.616		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		64.658		

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 = 170g: 1 cup, shredded

NDB No. 11754

Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11117

Cabbage, chinese (pak-choi), cooked, boiled, drained, 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	0.012		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.019		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0		1		0.131		
18:2 undifferentiated.....g	0.031		0		1		0.053		
18:3 undifferentiated.....g	0.041		0		1		0.070		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.015		0		1		0.026		
Threonine.....g	0.051		0		1		0.087		
Isoleucine.....g	0.089		0		1		0.151		
Leucine.....g	0.091		0		1		0.155		
Lysine.....g	0.093		0		1		0.158		
Methionine.....g	0.009		0		1		0.015		
Cystine.....g	0.017		0		1		0.029		
Phenylalanine.....g	0.046		0		1		0.078		
Tyrosine.....g	0.030		0		1		0.051		
Valine.....g	0.069		0		1		0.117		
Arginine.....g	0.087		0		1		0.148		
Histidine.....g	0.027		0		1		0.046		
Alanine.....g	0.090		0		1		0.153		
Aspartic acid.....g	0.112		0		1		0.190		
Glutamic acid.....g	0.374		0		1		0.636		
Glycine.....g	0.045		0		1		0.077		
Proline.....g	0.032		0		1		0.054		
Serine.....g	0.050		0		1		0.085		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	2549		0	BFSN	4		4332.902		
Carotene, alpha.....mcg	1		0	BFSN	4		1.616		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		64.658		

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 = 170g: 1 cup, shredded

NDB No. 11117

Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11116

Cabbage, chinese (pak-choi), raw

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	0.015		0		1		0.011	0.126	0.002
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	0.014		0		1		0.010	0.118	0.002
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	0.096		0		1		0.067	0.806	0.013
18:2 undifferentiated.....g	0.039		0		1		0.027	0.328	0.005
18:3 undifferentiated.....g	0.051		0		1		0.036	0.428	0.007
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.015		17		1		0.011	0.126	0.002
Threonine.....g	0.049		17		1		0.034	0.412	0.007
Isoleucine.....g	0.085		17		1		0.060	0.714	0.012
Leucine.....g	0.088		17		1		0.062	0.739	0.012
Lysine.....g	0.089		17		1		0.062	0.748	0.012
Methionine.....g	0.009		17		1		0.006	0.076	0.001
Cystine.....g	0.017		1		1		0.012	0.143	0.002
Phenylalanine.....g	0.044		17		1		0.031	0.370	0.006
Tyrosine.....g	0.029		1		1		0.020	0.244	0.004
Valine.....g	0.066		17		1		0.046	0.554	0.009
Arginine.....g	0.084		17		1		0.059	0.706	0.012
Histidine.....g	0.026		17		1		0.018	0.218	0.004
Alanine.....g	0.086		1		1		0.060	0.722	0.012
Aspartic acid.....g	0.108		1		1		0.076	0.907	0.015
Glutamic acid.....g	0.360		1		1		0.252	3.024	0.050
Glycine.....g	0.043		1		1		0.030	0.361	0.006
Proline.....g	0.031		1		1		0.022	0.260	0.004
Serine.....g	0.048		1		1		0.034	0.403	0.007
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	2681		0	T	4		1876.350	22516.200	375.270
Carotene, alpha.....mcg	1		0	O	4		0.700	8.400	0.140
Cryptoxanthin, beta.....mcg	0		0	O	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	O	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	40		0	O	4		28.000	336.000	5.600

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 = 70g: 1 cup, shredded
- Measure 2 = 840g: 1 head
- Measure 3 = 14.0g: 1 leaf

NDB No. 11116

Cabbage, chinese (pak-choi), raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11755

Cabbage, chinese (pe-tsai), cooked, boiled, drained, 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	0.020		0		1		0.024	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.021	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0		1		0.073	0.009	
18:2 undifferentiated.....g	0.013		0		1		0.015	0.002	
18:3 undifferentiated.....g	0.048		0		1		0.057	0.007	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.015		0		1		0.018	0.002	
Threonine.....g	0.049		0		1		0.058	0.007	
Isoleucine.....g	0.085		0		1		0.101	0.012	
Leucine.....g	0.088		0		1		0.105	0.012	
Lysine.....g	0.089		0		1		0.106	0.012	
Methionine.....g	0.009		0		1		0.011	0.001	
Cystine.....g	0.017		0		1		0.020	0.002	
Phenylalanine.....g	0.044		0		1		0.052	0.006	
Tyrosine.....g	0.029		0		1		0.035	0.004	
Valine.....g	0.066		0		1		0.079	0.009	
Arginine.....g	0.084		0		1		0.100	0.012	
Histidine.....g	0.026		0		1		0.031	0.004	
Alanine.....g	0.086		0		1		0.102	0.012	
Aspartic acid.....g	0.108		0		1		0.129	0.015	
Glutamic acid.....g	0.360		0		1		0.428	0.050	
Glycine.....g	0.043		0		1		0.051	0.006	
Proline.....g	0.031		0		1		0.037	0.004	
Serine.....g	0.048		0		1		0.057	0.007	
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 = 119g: 1 cup, shredded

Measure 2 = 14.0g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11120

Cabbage, chinese (pe-tsai), cooked, boiled, drained, 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	0.020		0		1		0.024	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.021	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0		1		0.073	0.009	
18:2 undifferentiated.....g	0.013		0		1		0.015	0.002	
18:3 undifferentiated.....g	0.048		0		1		0.057	0.007	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.015		0		1		0.018	0.002	
Threonine.....g	0.049		0		1		0.058	0.007	
Isoleucine.....g	0.085		0		1		0.101	0.012	
Leucine.....g	0.088		0		1		0.105	0.012	
Lysine.....g	0.089		0		1		0.106	0.012	
Methionine.....g	0.009		0		1		0.011	0.001	
Cystine.....g	0.017		0		1		0.020	0.002	
Phenylalanine.....g	0.044		0		1		0.052	0.006	
Tyrosine.....g	0.029		0		1		0.035	0.004	
Valine.....g	0.066		0		1		0.079	0.009	
Arginine.....g	0.084		0		1		0.100	0.012	
Histidine.....g	0.026		0		1		0.031	0.004	
Alanine.....g	0.086		0		1		0.102	0.012	
Aspartic acid.....g	0.108		0		1		0.129	0.015	
Glutamic acid.....g	0.360		0		1		0.428	0.050	
Glycine.....g	0.043		0		1		0.051	0.006	
Proline.....g	0.031		0		1		0.037	0.004	
Serine.....g	0.048		0		1		0.057	0.007	
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 = 119g: 1 cup, shredded

Measure 2 = 14.0g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11119
Cabbage, chinese (pe-tsai), raw

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	0.023		0		1		0.017		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		2		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		3		1		0.016		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.055		
18:2 undifferentiated.....g	0.015		3		1		0.011		
18:3 undifferentiated.....g	0.057		3		1		0.043		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		17		1		0.009		
Threonine.....g	0.039		17		1		0.030		
Isoleucine.....g	0.068		17		1		0.052		
Leucine.....g	0.070		17		1		0.053		
Lysine.....g	0.071		17		1		0.054		
Methionine.....g	0.007		17		1		0.005		
Cystine.....g	0.013		1		1		0.010		
Phenylalanine.....g	0.035		17		1		0.027		
Tyrosine.....g	0.023		1		1		0.017		
Valine.....g	0.053		17		1		0.040		
Arginine.....g	0.067		17		1		0.051		
Histidine.....g	0.021		17		1		0.016		
Alanine.....g	0.069		1		1		0.052		
Aspartic acid.....g	0.086		1		1		0.065		
Glutamic acid.....g	0.288		1		1		0.219		
Glycine.....g	0.035		1		1		0.027		
Proline.....g	0.025		1		1		0.019		
Serine.....g	0.038		1		1		0.029		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	190		0	T	4		144.400		
Carotene, alpha.....mcg	1		0	BFSN	4		0.911		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	48		0	BFSN	4		36.441		

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 = 76g: 1 cup, shredded

NDB No. 11119

Cabbage, chinese (pe-tsai), raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11749

Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw

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	0.013		0		1		0.118	0.005	
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	0.013		1		1		0.118	0.005	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.790	0.030	
18:2 undifferentiated.....g	0.035		1		1		0.318	0.012	
18:3 undifferentiated.....g	0.046		1		1		0.418	0.016	
18:4.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg	11		0		1		100	4	
Amino Acids:									
Tryptophan.....g	0.012		199		1		0.109	0.004	
Threonine.....g	0.042		206		1		0.381	0.015	
Isoleucine.....g	0.061		205		1		0.554	0.021	
Leucine.....g	0.063		205		1		0.572	0.022	
Lysine.....g	0.057		208		1		0.518	0.020	
Methionine.....g	0.012		210		1		0.109	0.004	
Cystine.....g	0.010		15		1		0.091	0.004	
Phenylalanine.....g	0.039		205		1		0.354	0.014	
Tyrosine.....g	0.021		10		1		0.191	0.007	
Valine.....g	0.052		205		1		0.472	0.018	
Arginine.....g	0.069		205		1		0.627	0.024	
Histidine.....g	0.025		204		1		0.227	0.009	
Alanine.....g	0.042		9		1		0.381	0.015	
Aspartic acid.....g	0.119		9		1		1.081	0.042	
Glutamic acid.....g	0.270		9		1		2.452	0.095	
Glycine.....g	0.027		9		1		0.245	0.009	
Proline.....g	0.238		9		1		2.161	0.083	
Serine.....g	0.071		9		1		0.645	0.025	
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 = 908g: 1 head

Measure 2 = 35g: .5 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11750

Cabbage, common (danish, domestic, and pointed types), stored, raw

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	0.013		0		1		0.118	0.005	
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	0.013		1		1		0.118	0.005	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.790	0.030	
18:2 undifferentiated.....g	0.035		1		1		0.318	0.012	
18:3 undifferentiated.....g	0.046		1		1		0.418	0.016	
18:4.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg	11		0		1		100	4	
Amino Acids:									
Tryptophan.....g	0.012		199		1		0.109	0.004	
Threonine.....g	0.042		206		1		0.381	0.015	
Isoleucine.....g	0.061		205		1		0.554	0.021	
Leucine.....g	0.063		205		1		0.572	0.022	
Lysine.....g	0.057		208		1		0.518	0.020	
Methionine.....g	0.012		210		1		0.109	0.004	
Cystine.....g	0.010		15		1		0.091	0.004	
Phenylalanine.....g	0.039		205		1		0.354	0.014	
Tyrosine.....g	0.021		10		1		0.191	0.007	
Valine.....g	0.052		205		1		0.472	0.018	
Arginine.....g	0.069		205		1		0.627	0.024	
Histidine.....g	0.025		204		1		0.227	0.009	
Alanine.....g	0.042		9		1		0.381	0.015	
Aspartic acid.....g	0.119		9		1		1.081	0.042	
Glutamic acid.....g	0.270		9		1		2.452	0.095	
Glycine.....g	0.027		9		1		0.245	0.009	
Proline.....g	0.238		9		1		2.161	0.083	
Serine.....g	0.071		9		1		0.645	0.025	
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 = 908g: 1 head

Measure 2 = 35g: .5 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11751

Cabbage, common, cooked, boiled, drained, 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	0.030		0		1		0.379	0.023	
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	0.030		0		1		0.379	0.023	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		2.474	0.147	
18:2 undifferentiated.....g	0.085		0		1		1.073	0.064	
18:3 undifferentiated.....g	0.110		0		1		1.388	0.083	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.013	0.001	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.126	0.008	
Threonine.....g	0.035		0		1		0.442	0.026	
Isoleucine.....g	0.051		0		1		0.644	0.038	
Leucine.....g	0.052		0		1		0.656	0.039	
Lysine.....g	0.047		0		1		0.593	0.035	
Methionine.....g	0.010		0		1		0.126	0.008	
Cystine.....g	0.008		0		1		0.101	0.006	
Phenylalanine.....g	0.032		0		1		0.404	0.024	
Tyrosine.....g	0.017		0		1		0.215	0.013	
Valine.....g	0.043		0		1		0.543	0.032	
Arginine.....g	0.057		0		1		0.719	0.043	
Histidine.....g	0.020		0		1		0.252	0.015	
Alanine.....g	0.035		0		1		0.442	0.026	
Aspartic acid.....g	0.099		0		1		1.249	0.074	
Glutamic acid.....g	0.224		0		1		2.827	0.168	
Glycine.....g	0.022		0		1		0.278	0.017	
Proline.....g	0.197		0		1		2.486	0.148	
Serine.....g	0.059		0		1		0.745	0.044	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	74		0	BFSN	4		930.255	55.285	
Carotene, alpha.....mcg	20		0	BFSN	4		253.622	15.073	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	253		0	BFSN	4		3189.564	189.554	

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 = 1262g: 1 head

Measure 2 = 75g: .5 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11751

Cabbage, common, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11110

Cabbage, cooked, boiled, drained, 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	0.030		0		1		0.379	0.023	
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	0.030		0		1		0.379	0.023	
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	0.196		0		1		2.474	0.147	
18:2 undifferentiated.....g	0.085		0		1		1.073	0.064	
18:3 undifferentiated.....g	0.110		0		1		1.388	0.083	
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	0.001		0		1		0.013	0.001	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.126	0.008	
Threonine.....g	0.035		0		1		0.442	0.026	
Isoleucine.....g	0.051		0		1		0.644	0.038	
Leucine.....g	0.052		0		1		0.656	0.039	
Lysine.....g	0.047		0		1		0.593	0.035	
Methionine.....g	0.010		0		1		0.126	0.008	
Cystine.....g	0.008		0		1		0.101	0.006	
Phenylalanine.....g	0.032		0		1		0.404	0.024	
Tyrosine.....g	0.017		0		1		0.215	0.013	
Valine.....g	0.043		0		1		0.543	0.032	
Arginine.....g	0.057		0		1		0.719	0.043	
Histidine.....g	0.020		0		1		0.252	0.015	
Alanine.....g	0.035		0		1		0.442	0.026	
Aspartic acid.....g	0.099		0		1		1.249	0.074	
Glutamic acid.....g	0.224		0		1		2.827	0.168	
Glycine.....g	0.022		0		1		0.278	0.017	
Proline.....g	0.197		0		1		2.486	0.148	
Serine.....g	0.059		0		1		0.745	0.044	
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	74		0	BFSN	4		930.255	55.285	
Carotene, alpha.....mcg	20		0	BFSN	4		253.622	15.073	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	253		0	BFSN	4		3189.564	189.554	

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 = 1262g: 1 head

Measure 2 = 75g: .5 cup, shredded

NDB No. 11110

Cabbage, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 43143

Cabbage, japanese style, fresh, pickled

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	0.008				4		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007				4		0.011		
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	0.048				4		0.072		
18:2 undifferentiated.....g	0.019				4		0.029		
18:3 undifferentiated.....g	0.025				4		0.038		
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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	100		0	BNA	4		149.694		
Carotene, alpha.....mcg	27		0	BNA	4		40.812		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	340		0	BFSN	4		509.427		

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 = 150g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 43144
Cabbage, mustard, 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	0.007				4		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007				4		0.009		
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	0.048				4		0.061		
18:2 undifferentiated.....g	0.019				4		0.024		
18:3 undifferentiated.....g	0.026				4		0.033		
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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	513		0	BNA	4		656.267		
Carotene, alpha.....mcg	140		0	BNA	4		178.923		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	312		0	BFSN	4		399.327		

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 = 128g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11970
Cabbage, napa, cooked
Brassica oleracea

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	96.33		2	A	1		105.00		
Energy.....kcal	12		0	NC	4		13		
Energy.....kj	50		0	NC	4		55		
Protein (N x 6.25).....g	1.10		2	A	1		1.20		
Total lipid (fat).....g	0.17		2	A	1		0.19		
Ash.....g	0.17		2	A	1		0.19		
Carbohydrate, by difference.....g	2.23		0	NC	4		2.43		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		2	A	1		32		
Iron, Fe.....mg	0.74		2	A	1		0.81		
Magnesium, Mg.....mg	8		2	A	1		9		
Phosphorus, P.....mg	19		2	A	1		21		
Potassium, K.....mg	87		2	A	1		95		
Sodium, Na.....mg	11		2	A	1		12		
Zinc, Zn.....mg	3.75		2	A	1		4.09		
Copper, Cu.....mg	0.096		2	A	1		0.105		
Manganese, Mn.....mg	0.203		2	A	1		0.221		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.2		2	A	1		3.5		
Thiamin.....mg	0.005		2	A	1		0.005		
Riboflavin.....mg	0.025		2	A	1		0.027		
Niacin.....mg	0.466		2	A	1		0.508		
Pantothenic acid.....mg	0.035		2	A	1		0.038		
Vitamin B-6.....mg	0.037		2	A	1		0.040		
Folate, total.....mcg	43		2	A	1		47		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	43		2	A	1		47		
Folate, DFE.....mcg_DFE	43		0	NC	4		47		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	263		0	AS	1		287		
Vitamin A, RAE.....mcg_RAE	13		0	AS	1		14		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	133		2	A	1		145.188		
Carotene, alpha.....mcg	49		2	A	1		53.737		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		

NDB No. 11970
Cabbage, napa, cooked

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	Measure 3
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg									

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 = 109g: 1 cup

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11109
Cabbage, raw

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	0.014		0		1		0.013	0.010	0.179
17:0.....g									
18:0.....g	0.000		0		1		0.000	0.000	0.006
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0	NC	4		0.008	0.007	0.117
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	0.009		0		1		0.008	0.007	0.117
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	0.060		0	NC	4		0.053	0.042	0.747
18:2 undifferentiated.....g	0.026		0		1		0.023	0.018	0.321
18:3 undifferentiated.....g	0.034		0		1		0.030	0.024	0.420
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	0.006
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	Z	7		0	0	0
Phytosterols.....mg	11		1		1		10	8	137
Amino Acids:									
Tryptophan.....g	0.015		0		1		0.013	0.011	0.187
Threonine.....g	0.049		0		1		0.044	0.034	0.612
Isoleucine.....g	0.072		0		1		0.064	0.050	0.899
Leucine.....g	0.073		0		1		0.065	0.051	0.911
Lysine.....g	0.067		0		1		0.060	0.047	0.836
Methionine.....g	0.014		0		1		0.012	0.010	0.175
Cystine.....g	0.012		0		1		0.011	0.008	0.150
Phenylalanine.....g	0.045		0		1		0.040	0.032	0.562
Tyrosine.....g	0.024		0		1		0.021	0.017	0.300
Valine.....g	0.061		0		1		0.054	0.043	0.761
Arginine.....g	0.081		0		1		0.072	0.057	1.011
Histidine.....g	0.029		0		1		0.026	0.020	0.362
Alanine.....g	0.050		0		1		0.045	0.035	0.624
Aspartic acid.....g	0.140		0		1		0.125	0.098	1.747
Glutamic acid.....g	0.316		0		1		0.281	0.221	3.944
Glycine.....g	0.032		0		1		0.028	0.022	0.399
Proline.....g	0.279		0		1		0.248	0.195	3.482
Serine.....g	0.083		0		1		0.074	0.058	1.036
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	90	22.313	4	A	1		80.468	63.289	1128.358
Carotene, alpha.....mcg	25	24.650	3	A	1		21.938	17.255	307.632
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	310		1	A	1		275.900	217.000	3868.800

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.

NDB No. 11109

Cabbage, raw

Common Measures:

Measure 1 = 89g: 1 cup, chopped

Measure 2 = 70g: 1 cup, shredded

Measure 3 = 1248g: 1 head, large (about 7" dia)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11752

Cabbage, red, cooked, boiled, drained, 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	0.015		0		1		0.003	0.011	
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	0.014		0		1		0.003	0.011	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.021	0.071	
18:2 undifferentiated.....g	0.039		0		1		0.009	0.029	
18:3 undifferentiated.....g	0.051		0		1		0.011	0.038	
18:4.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.011		0		1		0.002	0.008	
Threonine.....g	0.036		0		1		0.008	0.027	
Isoleucine.....g	0.053		0		1		0.012	0.040	
Leucine.....g	0.054		0		1		0.012	0.041	
Lysine.....g	0.050		0		1		0.011	0.038	
Methionine.....g	0.011		0		1		0.002	0.008	
Cystine.....g	0.009		0		1		0.002	0.007	
Phenylalanine.....g	0.034		0		1		0.007	0.026	
Tyrosine.....g	0.018		0		1		0.004	0.014	
Valine.....g	0.045		0		1		0.010	0.034	
Arginine.....g	0.060		0		1		0.013	0.045	
Histidine.....g	0.021		0		1		0.005	0.016	
Alanine.....g	0.037		0		1		0.008	0.028	
Aspartic acid.....g	0.103		0		1		0.023	0.077	
Glutamic acid.....g	0.234		0		1		0.051	0.176	
Glycine.....g	0.023		0		1		0.005	0.017	
Proline.....g	0.206		0		1		0.045	0.155	
Serine.....g	0.061		0		1		0.013	0.046	
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 = 22g: 1 leaf

Measure 2 = 75g: .5 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11113

Cabbage, red, cooked, boiled, drained, 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	0.021		0		1		0.005	0.016	
17:0.....g									
18:0.....g	0.001		0		1		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.015		0		1		0.003	0.011	
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	0.014		0		1		0.003	0.011	
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	0.095		0		1		0.021	0.071	
18:2 undifferentiated.....g	0.039		0		1		0.009	0.029	
18:3 undifferentiated.....g	0.051		0		1		0.011	0.038	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0	DA	1		0.003	0.012	
Threonine.....g	0.052		0	DA	1		0.011	0.039	
Isoleucine.....g	0.076		0	DA	1		0.017	0.057	
Leucine.....g	0.078		0	DA	1		0.017	0.058	
Lysine.....g	0.072		0	DA	1		0.016	0.054	
Methionine.....g	0.016		0	DA	1		0.003	0.012	
Cystine.....g	0.013		0	DA	1		0.003	0.010	
Phenylalanine.....g	0.049		0	DA	1		0.011	0.037	
Tyrosine.....g	0.026		0	DA	1		0.006	0.019	
Valine.....g	0.065		0	DA	1		0.014	0.049	
Arginine.....g	0.086		0	DA	1		0.019	0.065	
Histidine.....g	0.030		0	DA	1		0.007	0.023	
Alanine.....g	0.053		0	DA	1		0.012	0.040	
Aspartic acid.....g	0.148		0	DA	1		0.033	0.111	
Glutamic acid.....g	0.337		0	DA	1		0.074	0.252	
Glycine.....g	0.033		0	DA	1		0.007	0.025	
Proline.....g	0.296		0	DA	1		0.065	0.222	
Serine.....g	0.088		0	DA	1		0.019	0.066	
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	20	12.021	4	A	1		4.301	14.663	
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	20		0	NR	4		4.384	14.944	

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NDB No. 11113

Cabbage, red, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 22g: 1 leaf

Measure 2 = 75g: .5 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11112
Cabbage, red, raw

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	0.028		0		1		0.025	0.020	0.318
17:0.....g									
18:0.....g	0.001		0		1		0.001	0.001	0.011
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.017	0.013	0.215
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	0.018		0		1		0.016	0.013	0.204
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	0.125		0		1		0.111	0.088	1.418
18:2 undifferentiated.....g	0.051		0		1		0.045	0.036	0.578
18:3 undifferentiated.....g	0.067		0		1		0.060	0.047	0.760
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	0.001		0		1		0.001	0.001	0.011
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		2	A	1		0.009	0.007	0.112
Threonine.....g	0.040		2	A	1		0.036	0.028	0.452
Isoleucine.....g	0.035		2	A	1		0.031	0.024	0.396
Leucine.....g	0.045		2	A	1		0.040	0.031	0.510
Lysine.....g	0.045		2	A	1		0.040	0.031	0.510
Methionine.....g	0.015		2	A	1		0.013	0.010	0.169
Cystine.....g	0.010		2	A	1		0.009	0.007	0.112
Phenylalanine.....g	0.025		2	A	1		0.022	0.017	0.282
Tyrosine.....g	0.020		2	A	1		0.018	0.014	0.226
Valine.....g	0.050		2	A	1		0.044	0.035	0.566
Arginine.....g	0.075		2	A	1		0.067	0.052	0.850
Histidine.....g	0.025		2	A	1		0.022	0.017	0.282
Alanine.....g	0.050		2	A	1		0.044	0.035	0.566
Aspartic acid.....g	0.145		2	A	1		0.129	0.101	1.643
Glutamic acid.....g	0.370		2	A	1		0.329	0.259	4.195
Glycine.....g	0.035		2	A	1		0.031	0.024	0.396
Proline.....g	0.060		2	A	1		0.053	0.042	0.679
Serine.....g	0.070		2	A	1		0.062	0.049	0.793
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	670	410.811	4	A	1		596.189	468.913	7596.383
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lycopene.....mcg	20	15.212	4	A	1		17.792	13.994	226.699
Lutein + zeaxanthin.....mcg	329	254.939	4	A	1		292.921	230.388	3732.278

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NDB No. 11112
Cabbage, red, raw

Common Measures:

Measure 1 = 89g: 1 cup, chopped

Measure 2 = 70g: 1 cup, shredded

Measure 3 = 1134g: 1 head, large (about 5-1/2" dia)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11753

Cabbage, savoy, cooked, boiled, drained, 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	0.007		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.062		
18:2 undifferentiated.....g	0.018		0		1		0.026		
18:3 undifferentiated.....g	0.023		0		1		0.033		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.018		0		1		0.026		
Threonine.....g	0.062		0		1		0.090		
Isoleucine.....g	0.091		0		1		0.132		
Leucine.....g	0.093		0		1		0.135		
Lysine.....g	0.085		0		1		0.123		
Methionine.....g	0.018		0		1		0.026		
Cystine.....g	0.015		0		1		0.022		
Phenylalanine.....g	0.058		0		1		0.084		
Tyrosine.....g	0.031		0		1		0.045		
Valine.....g	0.077		0		1		0.112		
Arginine.....g	0.102		0		1		0.148		
Histidine.....g	0.037		0		1		0.054		
Alanine.....g	0.063		0		1		0.091		
Aspartic acid.....g	0.177		0		1		0.257		
Glutamic acid.....g	0.400		0		1		0.580		
Glycine.....g	0.040		0		1		0.058		
Proline.....g	0.353		0		1		0.512		
Serine.....g	0.105		0		1		0.152		
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 = 145g: 1 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11115

Cabbage, savoy, cooked, boiled, drained, 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	0.007		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.062		
18:2 undifferentiated.....g	0.018		0		1		0.026		
18:3 undifferentiated.....g	0.023		0		1		0.033		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.018		0		1		0.026		
Threonine.....g	0.062		0		1		0.090		
Isoleucine.....g	0.091		0		1		0.132		
Leucine.....g	0.093		0		1		0.135		
Lysine.....g	0.085		0		1		0.123		
Methionine.....g	0.018		0		1		0.026		
Cystine.....g	0.015		0		1		0.022		
Phenylalanine.....g	0.058		0		1		0.084		
Tyrosine.....g	0.031		0		1		0.045		
Valine.....g	0.077		0		1		0.112		
Arginine.....g	0.102		0		1		0.148		
Histidine.....g	0.037		0		1		0.054		
Alanine.....g	0.063		0		1		0.091		
Aspartic acid.....g	0.177		0		1		0.257		
Glutamic acid.....g	0.400		0		1		0.580		
Glycine.....g	0.040		0		1		0.058		
Proline.....g	0.353		0		1		0.512		
Serine.....g	0.105		0		1		0.152		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 145g: 1 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11114
Cabbage, savoy, raw

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	0.007		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.005		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.048		0		1		0.034		
18:2 undifferentiated.....g	0.020		0		1		0.014		
18:3 undifferentiated.....g	0.026		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0		1		0.014		
Threonine.....g	0.069		0		1		0.048		
Isoleucine.....g	0.101		0		1		0.071		
Leucine.....g	0.103		0		1		0.072		
Lysine.....g	0.094		0		1		0.066		
Methionine.....g	0.020		0		1		0.014		
Cystine.....g	0.017		0		1		0.012		
Phenylalanine.....g	0.064		0		1		0.045		
Tyrosine.....g	0.034		0		1		0.024		
Valine.....g	0.085		0		1		0.060		
Arginine.....g	0.114		0		1		0.080		
Histidine.....g	0.041		0		1		0.029		
Alanine.....g	0.070		0		1		0.049		
Aspartic acid.....g	0.197		0		1		0.138		
Glutamic acid.....g	0.445		0		1		0.312		
Glycine.....g	0.044		0		1		0.031		
Proline.....g	0.393		0		1		0.275		
Serine.....g	0.116		0		1		0.081		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	600		0	BNA	4		419.922		
Carotene, alpha.....mcg	0		0	BNA	4		0.157		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	77		0	BFSN	4		53.846		

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 = 70g: 1 cup, shredded

NDB No. 11114
Cabbage, savoy, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11756

Cardoon, cooked, boiled, drained, 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	0.020		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1				
20:1.....g	0.000		0		1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0		1				
18:2 undifferentiated.....g	0.044		0		1				
18:3 undifferentiated.....g									
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	z	7				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11123

Cardoon, cooked, boiled, drained, 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	0.020		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1				
20:1.....g	0.000		0		1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0		1				
18:2 undifferentiated.....g	0.044		0		1				
18:3 undifferentiated.....g									
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	z	7				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11122
Cardoon, raw

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	0.018		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.032		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.041		0		1		0.073		
18:2 undifferentiated.....g	0.041		0		1		0.073		
18:3 undifferentiated.....g									
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	z	7		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 = 178g: 1 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11655
Carrot juice, canned

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	0.007		0		1		0.017	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012	0.001	
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	0.071		0		1		0.168	0.021	
18:2 undifferentiated.....g	0.061		0		1		0.144	0.018	
18:3 undifferentiated.....g	0.009		0		1		0.021	0.003	
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	Z	7		0	0	
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	9303		0	BFSN	4		21955.783	2744.473	
Carotene, alpha.....mcg	4342		0	BFSN	4		10248.258	1281.032	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	2		0	BFSN	4		5.014	0.627	
Lutein + zeaxanthin.....mcg	333		0	BFSN	4		785.252	98.157	

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 = 236g: 1 cup
 Measure 2 = 29.5g: 1 fl oz

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11683
Carrot, dehydrated

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	0.076				1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019				1		0.014		
17:1.....g									
18:1 undifferentiated.....g	0.057				1		0.042		
20:1.....g	0.000				7		0.000		
22:1 undifferentiated.....g	0.000				7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.730				1		0.540		
18:2 undifferentiated.....g	0.635				1		0.470		
18:3 undifferentiated.....g	0.095				1		0.070		
18:4.....g	0.000				7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				7		0.000		
20:5 n-3.....g	0.000				7		0.000		
22:5 n-3.....g	0.000				7		0.000		
22:6 n-3.....g	0.000				7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z	7		0		
Phytosterols.....mg	94				1		70		
<u>Amino Acids:</u>									
Tryptophan.....g	0.087				1		0.064		
Threonine.....g	0.299				1		0.221		
Isoleucine.....g	0.323				1		0.239		
Leucine.....g	0.338				1		0.250		
Lysine.....g	0.315				1		0.233		
Methionine.....g	0.056				1		0.041		
Cystine.....g	0.063				1		0.047		
Phenylalanine.....g	0.251				1		0.186		
Tyrosine.....g	0.157				1		0.116		
Valine.....g	0.346				1		0.256		
Arginine.....g	0.338				1		0.250		
Histidine.....g	0.126				1		0.093		
Alanine.....g	0.464				1		0.343		
Aspartic acid.....g	1.077				1		0.797		
Glutamic acid.....g	1.589				1		1.176		
Glycine.....g									
Proline.....g	0.228				1		0.169		
Serine.....g	0.275				1		0.204		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	51070		0	BFSN	4		37792.107		
Carotene, alpha.....mcg	27853		0	BFSN	4		20610.941		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	18		0	BFSN	4		13.560		
Lutein + zeaxanthin.....mcg	2870		0	BFSN	4		2123.758		

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Common Measures:

Measure 1 = 74g: 1 cup

NDB No. 11683
Carrot, dehydrated

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11960
Carrots, baby, raw

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	0.019		1		1		0.003	0.002	
17:0.....g									
18:0.....g	0.001		1		1		0.000	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		1		1		0.001	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	NC	4		0.010	0.007	
18:2 undifferentiated.....g	0.057		1		1		0.009	0.006	
18:3 undifferentiated.....g	0.008		1		1		0.001	0.001	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0		1		0.001	0.001	
Threonine.....g	0.031		0		1		0.005	0.003	
Isoleucine.....g	0.034		0		1		0.005	0.003	
Leucine.....g	0.035		0		1		0.005	0.004	
Lysine.....g	0.033		0		1		0.005	0.003	
Methionine.....g	0.006		0		1		0.001	0.001	
Cystine.....g	0.007		0		1		0.001	0.001	
Phenylalanine.....g	0.026		0		1		0.004	0.003	
Tyrosine.....g	0.016		0		1		0.002	0.002	
Valine.....g	0.036		0		1		0.005	0.004	
Arginine.....g	0.035		0		1		0.005	0.004	
Histidine.....g	0.013		0		1		0.002	0.001	
Alanine.....g	0.048		0		1		0.007	0.005	
Aspartic acid.....g	0.112		0		1		0.017	0.011	
Glutamic acid.....g	0.165		0		1		0.025	0.017	
Glycine.....g	0.024		0		1		0.004	0.002	
Proline.....g	0.024		0		1		0.004	0.002	
Serine.....g	0.028		0		1		0.004	0.003	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	6391	1661.000	7	A	1		958.650	639.100	
Carotene, alpha.....mcg	3767	1026.500	7	A	1		564.975	376.650	
Cryptoxanthin, beta.....mcg	0		3	A	1		0.000	0.000	
Lycopene.....mcg	0		3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	358		3	A	1		53.700	35.800	

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 large

Measure 2 = 10.0g: 1 medium

NDB No. 11960
Carrots, baby, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11759

Carrots, canned, no salt added, drained solids

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	0.009		0		1		0.021	0.013	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.003	0.000
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.016	0.010	0.000
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.092		0		1		0.210	0.134	0.003
18:2 undifferentiated.....g	0.079		0		1		0.180	0.115	0.002
18:3 undifferentiated.....g	0.011		0		1		0.025	0.016	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.010	0.000
Threonine.....g	0.023		0		1		0.052	0.034	0.001
Isoleucine.....g	0.025		0		1		0.057	0.037	0.001
Leucine.....g	0.027		0		1		0.062	0.039	0.001
Lysine.....g	0.025		0		1		0.057	0.037	0.001
Methionine.....g	0.004		0		1		0.009	0.006	0.000
Cystine.....g	0.005		0		1		0.011	0.007	0.000
Phenylalanine.....g	0.020		0		1		0.046	0.029	0.001
Tyrosine.....g	0.012		0		1		0.027	0.018	0.000
Valine.....g	0.027		0		1		0.062	0.039	0.001
Arginine.....g	0.026		0		1		0.059	0.038	0.001
Histidine.....g	0.010		0		1		0.023	0.015	0.000
Alanine.....g	0.036		0		1		0.082	0.053	0.001
Aspartic acid.....g	0.084		0		1		0.192	0.123	0.002
Glutamic acid.....g	0.124		0		1		0.283	0.181	0.003
Glycine.....g	0.018		0		1		0.041	0.026	0.001
Proline.....g	0.018		0		1		0.041	0.026	0.001
Serine.....g	0.021		0		1		0.048	0.031	0.001
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	5331	84.667	15	A	1		12153.768	7782.676	149.257
Carotene, alpha.....mcg	2743		14	A	1		6253.063	4004.154	76.792
Cryptoxanthin, beta.....mcg	0		4	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		4	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		4	A	1		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 = 228g: 1 cup, mashed
- Measure 2 = 146g: 1 cup, sliced
- Measure 3 = 2.8g: 1 slice

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

NDB No. 11759

Carrots, canned, no salt added, drained solids

Food Group: 11 Vegetables and Vegetable Products

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

Carrots, canned, no salt added, solids and liquids

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	0.019		0	BFFN	4		0.023	0.086	
17:0.....g									
18:0.....g	0.001		0	BFFN	4		0.001	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	BFFN	4		0.007	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.005		0	BFFN	4		0.006	0.023	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	BFFN	4		0.080	0.295	
18:2 undifferentiated.....g	0.056		0	BFFN	4		0.069	0.254	
18:3 undifferentiated.....g	0.008		0	BFFN	4		0.010	0.036	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0	BFFN	4		0.007	0.027	
Threonine.....g	0.021		0	BFFN	4		0.026	0.095	
Isoleucine.....g	0.023		0	BFFN	4		0.028	0.104	
Leucine.....g	0.024		0	BFFN	4		0.030	0.109	
Lysine.....g	0.023		0	BFFN	4		0.028	0.104	
Methionine.....g	0.004		0	BFFN	4		0.005	0.018	
Cystine.....g	0.005		0	BFFN	4		0.006	0.023	
Phenylalanine.....g	0.018		0	BFFN	4		0.022	0.082	
Tyrosine.....g	0.011		0	BFFN	4		0.014	0.050	
Valine.....g	0.025		0	BFFN	4		0.031	0.114	
Arginine.....g	0.024		0	BFFN	4		0.030	0.109	
Histidine.....g	0.009		0	BFFN	4		0.011	0.041	
Alanine.....g	0.033		0	BFFN	4		0.041	0.150	
Aspartic acid.....g	0.077		0	BFFN	4		0.095	0.350	
Glutamic acid.....g	0.113		0	BFFN	4		0.139	0.513	
Glycine.....g	0.017		0	BFFN	4		0.021	0.077	
Proline.....g	0.016		0	BFFN	4		0.020	0.073	
Serine.....g	0.019		0	BFFN	4		0.023	0.086	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg			0	Z	7				
Theobromine.....mg			0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	5331	84.667	15	A	1		6556.638	24200.924	
Carotene, alpha.....mcg	2743		14	A	1		3373.363	12451.274	
Cryptoxanthin, beta.....mcg	0		4	A	1		0.000	0.000	
Lycopene.....mcg	0		4	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		4	A	1		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.

NDB No. 11758

Carrots, canned, no salt added, solids and liquids

Common Measures:

Measure 1 = 123g: .5 cup slices

Measure 2 = 454g: 1 can (303 x 406)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11128

Carrots, canned, regular pack, drained solids

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	0.009		0		1		0.021	0.013	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.003	0.000
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.016	0.010	0.000
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	0.092		0		1		0.210	0.134	0.003
18:2 undifferentiated.....g	0.079		0		1		0.180	0.115	0.002
18:3 undifferentiated.....g	0.011		0		1		0.025	0.016	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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.010	0.000
Threonine.....g	0.023		0		1		0.052	0.034	0.001
Isoleucine.....g	0.025		0		1		0.057	0.037	0.001
Leucine.....g	0.027		0		1		0.062	0.039	0.001
Lysine.....g	0.025		0		1		0.057	0.037	0.001
Methionine.....g	0.004		0		1		0.009	0.006	0.000
Cystine.....g	0.005		0		1		0.011	0.007	0.000
Phenylalanine.....g	0.020		0		1		0.046	0.029	0.001
Tyrosine.....g	0.012		0		1		0.027	0.018	0.000
Valine.....g	0.027		0		1		0.062	0.039	0.001
Arginine.....g	0.026		0		1		0.059	0.038	0.001
Histidine.....g	0.010		0		1		0.023	0.015	0.000
Alanine.....g	0.036		0		1		0.082	0.053	0.001
Aspartic acid.....g	0.084		0		1		0.192	0.123	0.002
Glutamic acid.....g	0.124		0		1		0.283	0.181	0.003
Glycine.....g	0.018		0		1		0.041	0.026	0.001
Proline.....g	0.018		0		1		0.041	0.026	0.001
Serine.....g	0.021		0		1		0.048	0.031	0.001
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	5331	84.667	15	A	1		12153.768	7782.676	149.257
Carotene, alpha.....mcg	2743		14	A	1		6253.063	4004.154	76.792
Cryptoxanthin, beta.....mcg	0		4	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		4	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		4	A	1		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 = 228g: 1 cup, mashed
- Measure 2 = 146g: 1 cup, sliced
- Measure 3 = 2.8g: 1 slice

NDB No. 11128

Carrots, canned, regular pack, drained solids

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11126

Carrots, canned, regular pack, solids and liquids

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	0.006		0	BFFN	4		0.007	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.005		0	BFFN	4		0.006	0.023	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	BFFN	4		0.080	0.295	
18:2 undifferentiated.....g	0.056		0	BFFN	4		0.069	0.254	
18:3 undifferentiated.....g	0.008		0	BFFN	4		0.010	0.036	
18:4.....g	0.000		0	BFFN	4		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	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0	BFFN	4		0.007	0.027	
Threonine.....g	0.021		0	BFFN	4		0.026	0.095	
Isoleucine.....g	0.023		0	BFFN	4		0.028	0.104	
Leucine.....g	0.024		0	BFFN	4		0.030	0.109	
Lysine.....g	0.023		0	BFFN	4		0.028	0.104	
Methionine.....g	0.004		0	BFFN	4		0.005	0.018	
Cystine.....g	0.005		0	BFFN	4		0.006	0.023	
Phenylalanine.....g	0.018		0	BFFN	4		0.022	0.082	
Tyrosine.....g	0.011		0	BFFN	4		0.014	0.050	
Valine.....g	0.025		0	BFFN	4		0.031	0.114	
Arginine.....g	0.024		0	BFFN	4		0.030	0.109	
Histidine.....g	0.009		0	BFFN	4		0.011	0.041	
Alanine.....g	0.033		0	BFFN	4		0.041	0.150	
Aspartic acid.....g	0.077		0	BFFN	4		0.095	0.350	
Glutamic acid.....g	0.113		0	BFFN	4		0.139	0.513	
Glycine.....g	0.017		0	BFFN	4		0.021	0.077	
Proline.....g	0.016		0	BFFN	4		0.020	0.073	
Serine.....g	0.019		0	BFFN	4		0.023	0.086	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	5859		0	BFSN	4		7207.172	26602.083	
Carotene, alpha.....mcg	2735		0	BFSN	4		3364.078	12417.003	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	1		0	BFSN	4		1.646	6.075	
Lutein + zeaxanthin.....mcg	210		0	BFSN	4		257.766	951.428	

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Common Measures:

Measure 1 = 123g: .5 cup slices

Measure 2 = 454g: 1 can (303 x 406)

NDB No. 11126

Carrots, canned, regular pack, solids and liquids

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11757

Carrots, cooked, boiled, drained, 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	90.17	0.195	4	A	1		8.75	70.33	41.48
Energy.....kcal	35		0	NC	4		3	27	16
Energy.....kj	147		0	NC	4		14	115	68
Protein (N x 6.25).....g	0.76	0.048	4	A	1		0.07	0.59	0.35
Total lipid (fat).....g	0.18	0.071	4	A	1		0.02	0.14	0.08
Ash.....g	0.67	0.041	4	A	1		0.07	0.53	0.31
Carbohydrate, by difference.....g	8.22		0	NC	4		0.80	6.41	3.78
Fiber, total dietary.....g	3.0	0.041	4	A	1		0.3	2.3	1.4
Sugars, total.....g	3.45		0	NC	4		0.34	2.69	1.59
Sucrose.....g	2.70	0.178	4	A	1		0.26	2.10	1.24
Glucose (dextrose).....g	0.40	0.058	4	A	1		0.04	0.31	0.18
Fructose.....g	0.36	0.052	4	A	1		0.04	0.28	0.17
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	BFSN	4		0.00	0.00	0.00
Starch.....g	0.17		2	A	1		0.02	0.13	0.08
Minerals:									
Calcium, Ca.....mg	30	1.157	4	A	1		3	23	14
Iron, Fe.....mg	0.34	0.036	4	A	1		0.03	0.27	0.16
Magnesium, Mg.....mg	10	0.397	4	A	1		1	8	5
Phosphorus, P.....mg	30	1.702	4	A	1		3	24	14
Potassium, K.....mg	235	18.143	4	A	1		23	183	108
Sodium, Na.....mg	302		0		4		29	236	139
Zinc, Zn.....mg	0.20	0.008	4	A	1		0.02	0.16	0.09
Copper, Cu.....mg	0.017	0.000	4	A	1		0.002	0.013	0.008
Manganese, Mn.....mg	0.155	0.038	4	A	1		0.015	0.121	0.071
Selenium, Se.....mcg	0.7	0.201	4	A	1		0.1	0.5	0.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.6	0.931	4	A	1		0.3	2.8	1.7
Thiamin.....mg	0.066	0.003	4	A	1		0.006	0.051	0.030
Riboflavin.....mg	0.044	0.002	4	A	1		0.004	0.034	0.020
Niacin.....mg	0.645	0.031	4	A	1		0.063	0.503	0.297
Pantothenic acid.....mg	0.232	0.006	4	A	1		0.023	0.181	0.107
Vitamin B-6.....mg	0.153	0.004	4	A	1		0.015	0.119	0.070
Folate, total.....mcg	2	0.000	4	A	1		0	1	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	2	0.000	4	A	1		0	1	1
Folate, DFE.....mcg_DFE	2		0	NC	4		0	1	1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	16895		0	NC	4		1639	13178	7772
Vitamin A, RAE.....mcg_RAE	845		0	NC	4		82	659	389
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.03	0.085	4	A	1		0.10	0.80	0.47
Tocopherol, beta.....mg	0.02	0.001	4	A	1		0.00	0.01	0.01
Tocopherol, gamma.....mg	0.01	0.005	4	A	1		0.00	0.01	0.00
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.7	1.622	4	A	1		1.3	10.7	6.3
Lipids:									
Fatty acids, total saturated.....g	0.030		0	NC	4		0.003	0.024	0.014
4:0.....g									
6:0.....g									
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	0.000		2	A	1		0.000	0.000	0.000

NDB No. 11757

Carrots, cooked, boiled, drained, 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
16:0.....g	0.029		2	A	1		0.003	0.023	0.013
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.001		2	A	1		0.000	0.001	0.001
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.006		0	NC	4		0.001	0.005	0.003
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.001		2	A	1		0.000	0.001	0.001
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.005		2	A	1		0.000	0.004	0.002
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0	NC	4		0.009	0.069	0.041
18:2 undifferentiated.....g	0.087		2	A	1		0.008	0.068	0.040
18:3 undifferentiated.....g	0.001		2	A	1		0.000	0.001	0.001
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0	DA	1		0.001	0.007	0.004
Threonine.....g	0.028		0	DA	1		0.003	0.022	0.013
Isoleucine.....g	0.030		0	DA	1		0.003	0.023	0.014
Leucine.....g	0.032		0	DA	1		0.003	0.025	0.015
Lysine.....g	0.030		0	DA	1		0.003	0.023	0.014
Methionine.....g	0.005		0	DA	1		0.000	0.004	0.002
Cystine.....g	0.006		0	DA	1		0.001	0.005	0.003
Phenylalanine.....g	0.024		0	DA	1		0.002	0.018	0.011
Tyrosine.....g	0.015		0	DA	1		0.001	0.011	0.007
Valine.....g	0.032		0	DA	1		0.003	0.025	0.015
Arginine.....g	0.031		0	DA	1		0.003	0.024	0.014
Histidine.....g	0.012		0	DA	1		0.001	0.009	0.005
Alanine.....g	0.043		0	DA	1		0.004	0.034	0.020
Aspartic acid.....g	0.100		0	DA	1		0.010	0.078	0.046
Glutamic acid.....g	0.149		0	DA	1		0.014	0.116	0.068
Glycine.....g	0.022		0	DA	1		0.002	0.017	0.010
Proline.....g	0.022		0	DA	1		0.002	0.017	0.010
Serine.....g	0.026		0	DA	1		0.003	0.020	0.012
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	8219	1254.300	17	A	1		797.219	6410.625	3780.625
Carotene, alpha.....mcg	3836	618.113	17	A	1		372.116	2992.275	1764.675
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	2		0	BFSN	4		0.182	1.464	0.863
Lutein + zeaxanthin.....mcg	294		0	BFSN	4		28.513	229.277	135.215

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 = 9.7g: 1 tbsp

NDB No. 11757

Carrots, cooked, boiled, drained, with salt

Measure 2 = 78g: .5 cup slices

Measure 3 = 46g: 1 carrot

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11125

Carrots, cooked, boiled, drained, without 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	90.17	0.195	4	A	1		8.75	70.33	41.48
Energy.....kcal	35		0	NC	4		3	27	16
Energy.....kj	147		0	NC	4		14	115	68
Protein (N x 6.25).....g	0.76	0.048	4	A	1		0.07	0.59	0.35
Total lipid (fat).....g	0.18	0.071	4	A	1		0.02	0.14	0.08
Ash.....g	0.67	0.041	4	A	1		0.07	0.53	0.31
Carbohydrate, by difference.....g	8.22		0	NC	4		0.80	6.41	3.78
Fiber, total dietary.....g	3.0	0.041	4	A	1		0.3	2.3	1.4
Sugars, total.....g	3.45		0	AS	1		0.34	2.69	1.59
Sucrose.....g	2.70	0.178	4	A	1		0.26	2.10	1.24
Glucose (dextrose).....g	0.40	0.058	4	A	1		0.04	0.31	0.18
Fructose.....g	0.36	0.052	4	A	1		0.04	0.28	0.17
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.17		2	A	1		0.02	0.13	0.08
Minerals:									
Calcium, Ca.....mg	30	1.157	4	A	1		3	23	14
Iron, Fe.....mg	0.34	0.036	4	A	1		0.03	0.27	0.16
Magnesium, Mg.....mg	10	0.397	4	A	1		1	8	5
Phosphorus, P.....mg	30	1.702	4	A	1		3	24	14
Potassium, K.....mg	235	18.143	4	A	1		23	183	108
Sodium, Na.....mg	58	5.252	4	A	1		6	45	27
Zinc, Zn.....mg	0.20	0.008	4	A	1		0.02	0.16	0.09
Copper, Cu.....mg	0.017	0.000	4	A	1		0.002	0.013	0.008
Manganese, Mn.....mg	0.155	0.038	4	A	1		0.015	0.121	0.071
Selenium, Se.....mcg	0.7	0.201	4	A	1		0.1	0.5	0.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.6	0.931	4	A	1		0.3	2.8	1.7
Thiamin.....mg	0.066	0.003	4	A	1		0.006	0.051	0.030
Riboflavin.....mg	0.044	0.002	4	A	1		0.004	0.034	0.020
Niacin.....mg	0.645	0.031	4	A	1		0.063	0.503	0.297
Pantothenic acid.....mg	0.232	0.006	4	A	1		0.023	0.181	0.107
Vitamin B-6.....mg	0.153	0.004	4	A	1		0.015	0.119	0.070
Folate, total.....mcg	14	0.944	12		1		1	11	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14	0.944	12		1		1	11	6
Folate, DFE.....mcg_DFE	14		0	NC	4		1	11	6
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	17202		0	AS	1		1669	13417	7913
Vitamin A, RAE.....mcg_RAE	860		0	AS	1		83	671	396
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.03	0.085	4	A	1		0.10	0.80	0.47
Tocopherol, beta.....mg	0.02	0.001	4	A	1		0.00	0.01	0.01
Tocopherol, gamma.....mg	0.01	0.005	4	A	1		0.00	0.01	0.00
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.7	1.622	4	A	1		1.3	10.7	6.3
Lipids:									
Fatty acids, total saturated.....g	0.037		0	NC	4		0.004	0.029	0.017
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		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	0.000		2	A	1		0.000	0.000	0.000

NDB No. 11125

Carrots, cooked, boiled, drained, 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	0.035		2	A	1		0.003	0.027	0.016
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.002		2	A	1		0.000	0.001	0.001
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.001	0.006	0.003
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.002		2	A	1		0.000	0.001	0.001
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.006		2	A	1		0.001	0.005	0.003
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.107		0	NC	4		0.010	0.083	0.049
18:2 undifferentiated.....g	0.105		2	A	1		0.010	0.082	0.048
18:3 undifferentiated.....g	0.002		2	A	1		0.000	0.001	0.001
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0	DA	1		0.001	0.007	0.004
Threonine.....g	0.028		0	DA	1		0.003	0.022	0.013
Isoleucine.....g	0.030		0	DA	1		0.003	0.023	0.014
Leucine.....g	0.032		0	DA	1		0.003	0.025	0.015
Lysine.....g	0.030		0	DA	1		0.003	0.023	0.014
Methionine.....g	0.005		0	DA	1		0.000	0.004	0.002
Cystine.....g	0.006		0	DA	1		0.001	0.005	0.003
Phenylalanine.....g	0.024		0	DA	1		0.002	0.018	0.011
Tyrosine.....g	0.015		0	DA	1		0.001	0.011	0.007
Valine.....g	0.032		0	DA	1		0.003	0.025	0.015
Arginine.....g	0.031		0	DA	1		0.003	0.024	0.014
Histidine.....g	0.012		0	DA	1		0.001	0.009	0.005
Alanine.....g	0.043		0	DA	1		0.004	0.034	0.020
Aspartic acid.....g	0.100		0	DA	1		0.010	0.078	0.046
Glutamic acid.....g	0.149		0	DA	1		0.014	0.116	0.068
Glycine.....g	0.022		0	DA	1		0.002	0.017	0.010
Proline.....g	0.022		0	DA	1		0.002	0.017	0.010
Serine.....g	0.026		0	DA	1		0.003	0.020	0.012
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	8332	95.030	21	A	1		808.195	6498.886	3832.676
Carotene, alpha.....mcg	3776	47.860	21	A	1		366.290	2945.429	1737.048
Cryptoxanthin, beta.....mcg	202	29.200	4	A	1		19.594	157.560	92.920
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	687	70.697	4	A	1		66.639	535.860	316.020

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.

NDB No. 11125

Carrots, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 9.7g: 1 tbsp

Measure 2 = 78g: .5 cup slices

Measure 3 = 46g: 1 carrot

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11760

Carrots, frozen, cooked, boiled, drained, 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	90.32	0.214	3	A	1		131.87		
Energy.....kcal	37		0	NC	4		54		
Energy.....kj	155		0	NC	4		226		
Protein (N x 6.25).....g	0.58	0.012	3	A	1		0.84		
Total lipid (fat).....g	0.68	0.013	3	A	1		1.00		
Ash.....g	0.69	0.032	3	A	1		1.00		
Carbohydrate, by difference.....g	7.73		0	NC	4		11.29		
Fiber, total dietary.....g	3.3	0.150	3	A	1		4.8		
Sugars, total.....g	4.08	0.090	3	A	1		5.96		
Sucrose.....g	3.44	0.046	3	A	1		5.03		
Glucose (dextrose).....g	0.36	0.039	3	A	1		0.52		
Fructose.....g	0.28	0.020	3	A	1		0.41		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	0.31	0.015	3	A	1		0.45		
Minerals:									
Calcium, Ca.....mg	35	0.769	3	A	1		52		
Iron, Fe.....mg	0.53	0.069	3	A	1		0.77		
Magnesium, Mg.....mg	11	0.115	3	A	1		16		
Phosphorus, P.....mg	31	0.467	3	A	1		45		
Potassium, K.....mg	192	5.511	3	A	1		281		
Sodium, Na.....mg	295		0		4		431		
Zinc, Zn.....mg	0.35	0.009	3	A	1		0.52		
Copper, Cu.....mg	0.082	0.008	3	A	1		0.120		
Manganese, Mn.....mg	0.167	0.007	3	A	1		0.244		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3	0.100	3	A	1		3.4		
Thiamin.....mg	0.030	0.000	3	A	1		0.044		
Riboflavin.....mg	0.037	0.000	3	A	1		0.054		
Niacin.....mg	0.416	0.040	3	A	1		0.608		
Pantothenic acid.....mg	0.174		2	A	1		0.254		
Vitamin B-6.....mg	0.084	0.005	3	A	1		0.122		
Folate, total.....mcg	11	0.452	6		1		16		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11	0.452	6		1		16		
Folate, DFE.....mcg_DFE	11		0	NC	4		16		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	16626		0	NC	4		24274		
Vitamin A, RAE.....mcg_RAE	831		0	NC	4		1214		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.6		1	A	1		19.9		
Lipids:									
Fatty acids, total saturated.....g	0.132		0	NC	4		0.192		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.007		0		1		0.010		
13:0.....g									
14:0.....g	0.007		0		1		0.010		
15:0.....g	0.000		2	A	1		0.000		

NDB No. 11760

Carrots, frozen, cooked, boiled, drained, 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
16:0.....g	0.111		0		1		0.162		
17:0.....g									
18:0.....g	0.007		0		1		0.010		
20:0.....g	0.000		2	A	1		0.000		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.035		0	NC	4		0.051		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.040		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318		0	NC	4		0.465		
18:2 undifferentiated.....g	0.318		0		1		0.465		
18:3 undifferentiated.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3.....g	0.000		2	A	1		0.000		
22:5 n-3.....g	0.000		2	A	1		0.000		
22:6 n-3.....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0	DA	1		0.009		
Threonine.....g	0.021		0	DA	1		0.030		
Isoleucine.....g	0.023		0	DA	1		0.033		
Leucine.....g	0.024		0	DA	1		0.035		
Lysine.....g	0.022		0	DA	1		0.033		
Methionine.....g	0.004		0	DA	1		0.006		
Cystine.....g	0.005		0	DA	1		0.007		
Phenylalanine.....g	0.018		0	DA	1		0.026		
Tyrosine.....g	0.011		0	DA	1		0.016		
Valine.....g	0.024		0	DA	1		0.035		
Arginine.....g	0.024		0	DA	1		0.035		
Histidine.....g	0.009		0	DA	1		0.013		
Alanine.....g	0.033		0	DA	1		0.048		
Aspartic acid.....g	0.076		0	DA	1		0.111		
Glutamic acid.....g	0.112		0	DA	1		0.164		
Glycine.....g	0.016		0	DA	1		0.024		
Proline.....g	0.016		0	DA	1		0.023		
Serine.....g	0.019		0	DA	1		0.028		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	8088		0	BFSN	4		11808.425		
Carotene, alpha.....mcg	3775		0	BFSN	4		5511.796		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	2		0	BFSN	4		2.696		
Lutein + zeaxanthin.....mcg	289		0	BFSN	4		422.330		

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.

NDB No. 11760

Carrots, frozen, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 146g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11131

Carrots, frozen, cooked, boiled, drained, without 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	90.32	0.214	3	A	1		131.87		
Energy.....kcal	37		0	NC	4		54		
Energy.....kj	155		0	NC	4		226		
Protein (N x 6.25).....g	0.58	0.012	3	A	1		0.84		
Total lipid (fat).....g	0.68	0.013	3	A	1		1.00		
Ash.....g	0.69	0.032	3	A	1		1.00		
Carbohydrate, by difference.....g	7.73		0	NC	4		11.29		
Fiber, total dietary.....g	3.3	0.150	3	A	1		4.8		
Sugars, total.....g	4.08	0.090	3	A	1		5.96		
Sucrose.....g	3.44	0.046	3	A	1		5.03		
Glucose (dextrose).....g	0.36	0.039	3	A	1		0.52		
Fructose.....g	0.28	0.020	3	A	1		0.41		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g	0.00	0.000	3	A	1		0.00		
Starch.....g	0.31	0.015	3	A	1		0.45		
Minerals:									
Calcium, Ca.....mg	35	0.769	3	A	1		52		
Iron, Fe.....mg	0.53	0.069	3	A	1		0.77		
Magnesium, Mg.....mg	11	0.115	3	A	1		16		
Phosphorus, P.....mg	31	0.467	3	A	1		45		
Potassium, K.....mg	192	5.511	3	A	1		281		
Sodium, Na.....mg	59	6.035	3	A	1		86		
Zinc, Zn.....mg	0.35	0.009	3	A	1		0.52		
Copper, Cu.....mg	0.082	0.008	3	A	1		0.120		
Manganese, Mn.....mg	0.167	0.007	3	A	1		0.244		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3	0.100	3	A	1		3.4		
Thiamin.....mg	0.030	0.000	3	A	1		0.044		
Riboflavin.....mg	0.037	0.000	3	A	1		0.054		
Niacin.....mg	0.416	0.040	3	A	1		0.608		
Pantothenic acid.....mg	0.174		2	A	1		0.254		
Vitamin B-6.....mg	0.084	0.005	3	A	1		0.122		
Folate, total.....mcg	11	0.452	6		1		16		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11	0.452	6		1		16		
Folate, DFE.....mcg_DFE	11		0	NC	4		16		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	16626		0	NC	4		24274		
Vitamin A, RAE.....mcg_RAE	831		0	NC	4		1214		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.01		0	BFSN	4		1.48		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.6		1	A	1		19.9		
Lipids:									
Fatty acids, total saturated.....g	0.120		0	NC	4		0.175		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.006		0		1		0.009		
13:0.....g									
14:0.....g	0.006		0		1		0.009		
15:0.....g	0.000		2	A	1		0.000		

NDB No. 11131

Carrots, frozen, cooked, boiled, drained, 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	0.101		0		1		0.147		
17:0.....g									
18:0.....g	0.006		0		1		0.009		
20:0.....g	0.000		2	A	1		0.000		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.031		0	NC	4		0.046		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.037		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.334		0	NC	4		0.487		
18:2 undifferentiated.....g	0.289		0		1		0.423		
18:3 undifferentiated.....g	0.044		0		1		0.064		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3.....g	0.000		2	A	1		0.000		
22:5 n-3.....g	0.000		2	A	1		0.000		
22:6 n-3.....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0	DA	1		0.009		
Threonine.....g	0.021		0	DA	1		0.030		
Isoleucine.....g	0.023		0	DA	1		0.033		
Leucine.....g	0.024		0	DA	1		0.035		
Lysine.....g	0.022		0	DA	1		0.033		
Methionine.....g	0.004		0	DA	1		0.006		
Cystine.....g	0.005		0	DA	1		0.007		
Phenylalanine.....g	0.018		0	DA	1		0.026		
Tyrosine.....g	0.011		0	DA	1		0.016		
Valine.....g	0.024		0	DA	1		0.035		
Arginine.....g	0.024		0	DA	1		0.035		
Histidine.....g	0.009		0	DA	1		0.013		
Alanine.....g	0.033		0	DA	1		0.048		
Aspartic acid.....g	0.076		0	DA	1		0.111		
Glutamic acid.....g	0.112		0	DA	1		0.164		
Glycine.....g	0.016		0	DA	1		0.024		
Proline.....g	0.016		0	DA	1		0.023		
Serine.....g	0.019		0	DA	1		0.028		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	8088		0	BFSN	4		11808.425		
Carotene, alpha.....mcg	3775		0	BFSN	4		5511.796		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	2		0	BFSN	4		2.696		
Lutein + zeaxanthin.....mcg	289		0	BFSN	4		422.330		

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.

NDB No. 11131

Carrots, frozen, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 146g: 1 cup, sliced

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11130
Carrots, frozen, unprepared

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	0.041		0		1		0.118	0.026	
17:0.....g									
18:0.....g	0.001		0		1		0.004	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0	NC	4		0.039	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.012	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.027	0.006	
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	0.263		0	NC	4		0.748	0.169	
18:2 undifferentiated.....g	0.247	0.017	3	A	1		0.701	0.158	
18:3 undifferentiated.....g	0.017		0		1		0.047	0.011	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.031	0.007	
Threonine.....g	0.040		0		1		0.114	0.026	
Isoleucine.....g	0.043		0		1		0.122	0.028	
Leucine.....g	0.045		0		1		0.128	0.029	
Lysine.....g	0.042		0		1		0.119	0.027	
Methionine.....g	0.007		0		1		0.020	0.004	
Cystine.....g	0.009		0		1		0.026	0.006	
Phenylalanine.....g	0.034		0		1		0.097	0.022	
Tyrosine.....g	0.021		0		1		0.060	0.013	
Valine.....g	0.046		0		1		0.131	0.029	
Arginine.....g	0.045		0		1		0.128	0.029	
Histidine.....g	0.017		0		1		0.048	0.011	
Alanine.....g	0.062		0		1		0.176	0.040	
Aspartic acid.....g	0.144		0		1		0.409	0.092	
Glutamic acid.....g	0.212		0		1		0.602	0.136	
Glycine.....g	0.031		0		1		0.088	0.020	
Proline.....g	0.030		0		1		0.085	0.019	
Serine.....g	0.036		0		1		0.102	0.023	
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	5300		0	BFSN	4		15051.267	3391.835	
Carotene, alpha.....mcg	2890		0	BFSN	4		8208.613	1849.828	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	2		0	BFSN	4		5.400	1.217	
Lutein + zeaxanthin.....mcg	298		0	BFSN	4		845.818	190.607	

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NDB No. 11130

Carrots, frozen, unprepared

Common Measures:

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 64g: .5 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11124

Carrots, raw

Daucus carota

Refuse: 11% Crown, tops and scrapings

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	88.29	0.429	33	JO	11		113.01	97.12	107.71
Energy.....kcal	41		0	NC	4		53	45	50
Energy.....kj	173		0	NC	4		221	190	211
Protein (N x 6.25).....g	0.93	0.008	19	JO	11		1.18	1.02	1.13
Total lipid (fat).....g	0.24	0.018	26	JO	11		0.30	0.26	0.29
Ash.....g	0.97	0.014	19	JA	6		1.24	1.06	1.18
Carbohydrate, by difference.....g	9.58		0	NC	4		12.27	10.54	11.69
Fiber, total dietary.....g	3.0		0		1		3.8	3.3	3.7
Sugars, total.....g	4.54	0.325	4		1		5.80	4.99	5.53
Sucrose.....g	3.59	0.280	11	JA	6		4.60	3.95	4.38
Glucose (dextrose).....g	0.59	0.141	11	JA	6		0.76	0.65	0.72
Fructose.....g	0.55	0.097	11	JA	6		0.71	0.61	0.67
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	1.43		2	A	1		1.83	1.58	1.75
Minerals:									
Calcium, Ca.....mg	33	1.120	75	JA	6		43	37	41
Iron, Fe.....mg	0.30	0.014	75	JA	6		0.38	0.33	0.36
Magnesium, Mg.....mg	12	0.367	75	JA	6		16	14	15
Phosphorus, P.....mg	35	0.755	75	JA	6		45	38	42
Potassium, K.....mg	320	8.418	76	JA	6		409	352	390
Sodium, Na.....mg	69	3.358	81	JA	6		88	75	84
Zinc, Zn.....mg	0.24	0.011	76	JA	6		0.31	0.27	0.30
Copper, Cu.....mg	0.045	0.007	70	JA	6		0.058	0.050	0.055
Manganese, Mn.....mg	0.143	0.006	66	JA	6		0.183	0.158	0.175
Selenium, Se.....mcg	0.1	0.038	39		1		0.1	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.9	1.130	21	JA	6		7.6	6.5	7.2
Thiamin.....mg	0.066	0.011	21	JA	6		0.085	0.073	0.081
Riboflavin.....mg	0.058	0.013	19	JA	6		0.074	0.064	0.071
Niacin.....mg	0.983	0.215	19	JA	6		1.259	1.082	1.200
Pantothenic acid.....mg	0.273	0.145	9	JA	6		0.350	0.300	0.333
Vitamin B-6.....mg	0.138	0.030	19	JA	6		0.176	0.151	0.168
Folate, total.....mcg	19	5.175	19	JA	6		24	21	23
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	19	5.175	19	JA	6		24	21	23
Folate, DFE.....mcg_DFE	19		0	NC	4		24	21	23
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	12036		0	AS	1		15406	13240	14684
Vitamin A, RAE.....mcg_RAE	602		0	AS	1		770	662	734
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.66	0.269	11	JO	11		0.85	0.73	0.81
Tocopherol, beta.....mg	0.01	0.005	11	JO	11		0.01	0.01	0.01
Tocopherol, gamma.....mg	0.00	0.000	11	JO	11		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	11	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.2		4	A	1		16.9	14.5	16.1
Lipids:									
Fatty acids, total saturated.....g	0.032		0	NC	4		0.041	0.035	0.039
4:0.....g	0.000		0	Z	7		0.000	0.000	0.000
6:0.....g	0.000		0	Z	7		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	0.000		2	A	1		0.000	0.000	0.000

Carrots, raw

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	0.030		2	A	1		0.038	0.033	0.037
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.002		2	A	1		0.002	0.002	0.002
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.016	0.014	0.015
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.002
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.011		2	A	1		0.014	0.012	0.013
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0	NC	4		0.130	0.112	0.124
18:2 undifferentiated.....g	0.100		2	A	1		0.128	0.110	0.122
18:3 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.002
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
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	Z	7		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	5774	2389.093	191	A	1		7390.839	6351.502	7044.393
Carotene, alpha.....mcg	2817	1189.167	190	A	1		3605.333	3098.333	3436.333
Cryptoxanthin, beta.....mcg	78	78.275	49	A	1		100.192	86.103	95.496
Lycopene.....mcg	2	2.000	8	A	1		2.560	2.200	2.440
Lutein + zeaxanthin.....mcg	207		4	A	1		265.216	227.920	252.784

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 = 128g: 1 cup, chopped

Measure 2 = 110g: 1 cup, grated

Measure 3 = 122g: 1 cup, strips or slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11134
Cassava, raw

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	0.075		0		1		0.155	0.306	
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	0.075		0		1		0.155	0.306	
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	0.048		0		1		0.099	0.196	
18:2 undifferentiated.....g	0.032		0		1		0.066	0.131	
18:3 undifferentiated.....g	0.017		0		1		0.035	0.069	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.019		23		1		0.039	0.078	
Threonine.....g	0.028		23		1		0.058	0.114	
Isoleucine.....g	0.027		23		1		0.056	0.110	
Leucine.....g	0.039		23		1		0.080	0.159	
Lysine.....g	0.044		23		1		0.091	0.180	
Methionine.....g	0.011		23		1		0.023	0.045	
Cystine.....g	0.028		20		1		0.058	0.114	
Phenylalanine.....g	0.026		23		1		0.054	0.106	
Tyrosine.....g	0.017		23		1		0.035	0.069	
Valine.....g	0.035		23		1		0.072	0.143	
Arginine.....g	0.137		23		1		0.282	0.559	
Histidine.....g	0.020		23		1		0.041	0.082	
Alanine.....g	0.038		22		1		0.078	0.155	
Aspartic acid.....g	0.079		22		1		0.163	0.322	
Glutamic acid.....g	0.206		22		1		0.424	0.840	
Glycine.....g	0.028		22		1		0.058	0.114	
Proline.....g	0.033		22		1		0.068	0.135	
Serine.....g	0.033		22		1		0.068	0.135	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	8		0	T	4		16.480	32.640	
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 = 206g: 1 cup
 Measure 2 = 408g: 1 root

NDB No. 11134
Cassava, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Catsup

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	0.059		1		1		0.141	0.009	0.004
17:0.....g									
18:0.....g	0.023		1		1		0.055	0.003	0.001
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.090		0	NC	4		0.216	0.014	0.005
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		1		1		0.008	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.087		1		1		0.208	0.013	0.005
20:1.....g	0.000		1		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	0.241		0	NC	4		0.577	0.036	0.014
18:2 undifferentiated.....g	0.232		1		1		0.558	0.035	0.014
18:3 undifferentiated.....g	0.008		1		1		0.020	0.001	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	Z	7		0	0	0
Phytosterols.....mg	7		1		1		17	1	0
Amino Acids:									
Tryptophan.....g	0.018		0	DA	1		0.044	0.003	0.001
Threonine.....g	0.064		0	DA	1		0.152	0.010	0.004
Isoleucine.....g	0.053		0	DA	1		0.126	0.008	0.003
Leucine.....g	0.076		0	DA	1		0.183	0.011	0.005
Lysine.....g	0.078		0	DA	1		0.187	0.012	0.005
Methionine.....g	0.015		0	DA	1		0.035	0.002	0.001
Cystine.....g	0.016		0	DA	1		0.039	0.002	0.001
Phenylalanine.....g	0.058		0	DA	1		0.139	0.009	0.003
Tyrosine.....g	0.036		0	DA	1		0.087	0.005	0.002
Valine.....g	0.056		0	DA	1		0.135	0.008	0.003
Arginine.....g	0.054		0	DA	1		0.131	0.008	0.003
Histidine.....g	0.044		0	DA	1		0.105	0.007	0.003
Alanine.....g	0.087		0	DA	1		0.209	0.013	0.005
Aspartic acid.....g	0.345		0	DA	1		0.827	0.052	0.021
Glutamic acid.....g	1.101		0	DA	1		2.643	0.165	0.066
Glycine.....g	0.045		0	DA	1		0.109	0.007	0.003
Proline.....g	0.060		0	DA	1		0.144	0.009	0.004
Serine.....g	0.065		0	DA	1		0.157	0.010	0.004
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0			Z	7		0	0	0
Theobromine.....mg	0			Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	560	2.996	18	JO	11		1343.976	83.999	33.599
Carotene, alpha.....mcg	0	0.000	16	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	16	JO	11		0.000	0.000	0.000
Lycopene.....mcg	17007	98.091	16	JO	11		40816.050	2551.003	1020.401
Lutein + zeaxanthin.....mcg	0	0.000	16	JO	11		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.

NDB No. 11935

Catsup

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 6.0g: 1 packet

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11949
Catsup, low sodium

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	0.055		0		1		0.132	0.008	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.005	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.053		1		1		0.127	0.008	0.003
20:1.....g	0.000		1		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	0.147		0		1		0.353	0.022	0.009
18:2 undifferentiated.....g	0.142		1		1		0.341	0.021	0.009
18:3 undifferentiated.....g	0.005		1		1		0.012	0.001	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	Z	7		0	0	0
Phytosterols.....mg	7		1		1		17	1	0
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.024	0.002	0.001
Threonine.....g	0.035		0		1		0.084	0.005	0.002
Isoleucine.....g	0.029		0		1		0.070	0.004	0.002
Leucine.....g	0.042		0		1		0.101	0.006	0.003
Lysine.....g	0.043		0		1		0.103	0.006	0.003
Methionine.....g	0.008		0		1		0.019	0.001	0.000
Cystine.....g	0.009		0		1		0.022	0.001	0.001
Phenylalanine.....g	0.032		0		1		0.077	0.005	0.002
Tyrosine.....g	0.020		0		1		0.048	0.003	0.001
Valine.....g	0.031		0		1		0.074	0.005	0.002
Arginine.....g	0.030		0		1		0.072	0.005	0.002
Histidine.....g	0.024		0		1		0.058	0.004	0.001
Alanine.....g	0.048		0		1		0.115	0.007	0.003
Aspartic acid.....g	0.190		0		1		0.456	0.029	0.011
Glutamic acid.....g	0.607		0		1		1.457	0.091	0.036
Glycine.....g	0.025		0		1		0.060	0.004	0.002
Proline.....g	0.033		0		1		0.079	0.005	0.002
Serine.....g	0.036		0		1		0.086	0.005	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0			Z	7		0	0	0
Theobromine.....mg	0			Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	625		0	BFSN	4		1498.979	93.686	37.474
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	18968		0	BFSN	4		45523.423	2845.214	1138.086
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 240g: 1 cup
- Measure 2 = 15.0g: 1 tbsp
- Measure 3 = 6.0g: 1 packet

NDB No. 11949
Catsup, low sodium

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11761

Cauliflower, cooked, boiled, drained, 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	0.032		0		1		0.020	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.032		0		1		0.020	0.017	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.217		0		1		0.135	0.117	
18:2 undifferentiated.....g	0.050		0		1		0.031	0.027	
18:3 undifferentiated.....g	0.167		0		1		0.104	0.090	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.024		0		1		0.015	0.013	
Threonine.....g	0.067		0		1		0.042	0.036	
Isoleucine.....g	0.070		0		1		0.043	0.038	
Leucine.....g	0.107		0		1		0.066	0.058	
Lysine.....g	0.099		0		1		0.061	0.053	
Methionine.....g	0.026		0		1		0.016	0.014	
Cystine.....g	0.021		0		1		0.013	0.011	
Phenylalanine.....g	0.066		0		1		0.041	0.036	
Tyrosine.....g	0.040		0		1		0.025	0.022	
Valine.....g	0.092		0		1		0.057	0.050	
Arginine.....g	0.089		0		1		0.055	0.048	
Histidine.....g	0.037		0		1		0.023	0.020	
Alanine.....g	0.097		0		1		0.060	0.052	
Aspartic acid.....g	0.216		0		1		0.134	0.117	
Glutamic acid.....g	0.245		0		1		0.152	0.132	
Glycine.....g	0.059		0		1		0.037	0.032	
Proline.....g	0.079		0		1		0.049	0.043	
Serine.....g	0.096		0		1		0.060	0.052	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	7		0	BFSN	4		4.292	3.738	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	29		0	BFSN	4		17.703	15.419	

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 = 62g: .5 cup (1" pieces)

Measure 2 = 54g: 3 flowerets

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11761

Cauliflower, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11136

Cauliflower, cooked, boiled, drained, 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	0.032		0		1		0.020	0.017	
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	0.032		0		1		0.020	0.017	
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	0.217		0		1		0.135	0.117	
18:2 undifferentiated.....g	0.050		0		1		0.031	0.027	
18:3 undifferentiated.....g	0.167		0		1		0.104	0.090	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.024		0		1		0.015	0.013	
Threonine.....g	0.067		0		1		0.042	0.036	
Isoleucine.....g	0.070		0		1		0.043	0.038	
Leucine.....g	0.107		0		1		0.066	0.058	
Lysine.....g	0.099		0		1		0.061	0.053	
Methionine.....g	0.026		0		1		0.016	0.014	
Cystine.....g	0.021		0		1		0.013	0.011	
Phenylalanine.....g	0.066		0		1		0.041	0.036	
Tyrosine.....g	0.040		0		1		0.025	0.022	
Valine.....g	0.092		0		1		0.057	0.050	
Arginine.....g	0.089		0		1		0.055	0.048	
Histidine.....g	0.037		0		1		0.023	0.020	
Alanine.....g	0.097		0		1		0.060	0.052	
Aspartic acid.....g	0.216		0		1		0.134	0.117	
Glutamic acid.....g	0.245		0		1		0.152	0.132	
Glycine.....g	0.059		0		1		0.037	0.032	
Proline.....g	0.079		0		1		0.049	0.043	
Serine.....g	0.096		0		1		0.060	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	7		0	BFSN	4		4.292	3.738	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	29		0	BFSN	4		17.703	15.419	

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 = 62g: .5 cup (1" pieces)

Measure 2 = 54g: 3 flowerets

NDB No. 11136

Cauliflower, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11762

Cauliflower, frozen, cooked, boiled, drained, 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	0.015		0		1		0.027		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.027		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.103		0		1		0.185		
18:2 undifferentiated.....g	0.024		0		1		0.043		
18:3 undifferentiated.....g	0.079		0		1		0.142		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1		0.038		
Threonine.....g	0.059		0		1		0.106		
Isoleucine.....g	0.061		0		1		0.110		
Leucine.....g	0.094		0		1		0.169		
Lysine.....g	0.086		0		1		0.155		
Methionine.....g	0.023		0		1		0.041		
Cystine.....g	0.019		0		1		0.034		
Phenylalanine.....g	0.058		0		1		0.104		
Tyrosine.....g	0.035		0		1		0.063		
Valine.....g	0.081		0		1		0.146		
Arginine.....g	0.078		0		1		0.140		
Histidine.....g	0.033		0		1		0.059		
Alanine.....g	0.085		0		1		0.153		
Aspartic acid.....g	0.189		0		1		0.340		
Glutamic acid.....g	0.215		0		1		0.387		
Glycine.....g	0.052		0		1		0.094		
Proline.....g	0.070		0		1		0.126		
Serine.....g	0.084		0		1		0.151		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	6		0	BFSN	4		10.680		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	24		0	BFSN	4		44.054		

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 = 180g: 1 cup (1" pieces)

NDB No. 11762

Cauliflower, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11138

Cauliflower, frozen, cooked, boiled, drained, 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	0.015		0		1		0.027		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.027		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.103		0		1		0.185		
18:2 undifferentiated.....g	0.024		0		1		0.043		
18:3 undifferentiated.....g	0.079		0		1		0.142		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.021		0		1		0.038		
Threonine.....g	0.059		0		1		0.106		
Isoleucine.....g	0.061		0		1		0.110		
Leucine.....g	0.094		0		1		0.169		
Lysine.....g	0.086		0		1		0.155		
Methionine.....g	0.023		0		1		0.041		
Cystine.....g	0.019		0		1		0.034		
Phenylalanine.....g	0.058		0		1		0.104		
Tyrosine.....g	0.035		0		1		0.063		
Valine.....g	0.081		0		1		0.146		
Arginine.....g	0.078		0		1		0.140		
Histidine.....g	0.033		0		1		0.059		
Alanine.....g	0.085		0		1		0.153		
Aspartic acid.....g	0.189		0		1		0.340		
Glutamic acid.....g	0.215		0		1		0.387		
Glycine.....g	0.052		0		1		0.094		
Proline.....g	0.070		0		1		0.126		
Serine.....g	0.084		0		1		0.151		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	6		0	BFSN	4		10.680		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	24		0	BFSN	4		44.054		

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 = 180g: 1 cup (1" pieces)

NDB No. 11138

Cauliflower, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11137
Cauliflower, frozen, unprepared

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	0.019		0		1		0.054	0.013	
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	0.019		0		1		0.054	0.013	
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	0.128		0		1		0.364	0.084	
18:2 undifferentiated.....g	0.029		0		1		0.082	0.019	
18:3 undifferentiated.....g	0.098		0		1		0.278	0.065	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.026		0		1		0.074	0.017	
Threonine.....g	0.073		0		1		0.207	0.048	
Isoleucine.....g	0.077		0		1		0.219	0.051	
Leucine.....g	0.118		0		1		0.335	0.078	
Lysine.....g	0.108		0		1		0.307	0.071	
Methionine.....g	0.028		0		1		0.080	0.018	
Cystine.....g	0.023		0		1		0.065	0.015	
Phenylalanine.....g	0.072		0		1		0.204	0.048	
Tyrosine.....g	0.044		0		1		0.125	0.029	
Valine.....g	0.101		0		1		0.287	0.067	
Arginine.....g	0.097		0		1		0.275	0.064	
Histidine.....g	0.041		0		1		0.116	0.027	
Alanine.....g	0.106		0		1		0.301	0.070	
Aspartic acid.....g	0.236		0		1		0.670	0.156	
Glutamic acid.....g	0.268		0		1		0.761	0.177	
Glycine.....g	0.065		0		1		0.185	0.043	
Proline.....g	0.087		0		1		0.247	0.057	
Serine.....g	0.105		0		1		0.298	0.069	
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	7		0	BFSN	4		21.035	4.888	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	31		0	BFSN	4		86.769	20.165	

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Common Measures:

Measure 1 = 284g: 1 package (10 oz)
 Measure 2 = 66g: .5 cup (1" pieces)

NDB No. 11137

Cauliflower, frozen, unprepared

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11967

Cauliflower, green, cooked, 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
Fatty acids, total monounsaturated.....g	0.029		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.022		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g	0.001		0		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0		1		0.123		
18:2 undifferentiated.....g	0.030		0		1		0.027		
18:3 undifferentiated.....g	0.107		0		1		0.096		
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	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0		1		0.036		
Threonine.....g	0.110		0		1		0.099		
Isoleucine.....g	0.116		0		1		0.104		
Leucine.....g	0.178		0		1		0.160		
Lysine.....g	0.163		0		1		0.147		
Methionine.....g	0.043		0		1		0.039		
Cystine.....g	0.035		0		1		0.032		
Phenylalanine.....g	0.108		0		1		0.097		
Tyrosine.....g	0.066		0		1		0.059		
Valine.....g	0.153		0		1		0.138		
Arginine.....g	0.146		0		1		0.131		
Histidine.....g	0.061		0		1		0.055		
Alanine.....g	0.161		0		1		0.145		
Aspartic acid.....g	0.356		0		1		0.320		
Glutamic acid.....g	0.405		0		1		0.365		
Glycine.....g	0.098		0		1		0.088		
Proline.....g	0.131		0		1		0.118		
Serine.....g	0.159		0		1		0.143		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 90g: .2 head

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11968
Cauliflower, green, cooked, 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	0.029		0		1		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.015		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g	0.001		0		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.137		0		1		0.085		
18:2 undifferentiated.....g	0.030		0		1		0.019		
18:3 undifferentiated.....g	0.107		0		1		0.066		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.040		0		1		0.025		
Threonine.....g	0.110		0		1		0.068		
Isoleucine.....g	0.116		0		1		0.072		
Leucine.....g	0.178		0		1		0.110		
Lysine.....g	0.163		0		1		0.101		
Methionine.....g	0.043		0		1		0.027		
Cystine.....g	0.035		0		1		0.022		
Phenylalanine.....g	0.108		0		1		0.067		
Tyrosine.....g	0.066		0		1		0.041		
Valine.....g	0.153		0		1		0.095		
Arginine.....g	0.146		0		1		0.091		
Histidine.....g	0.061		0		1		0.038		
Alanine.....g	0.161		0		1		0.100		
Aspartic acid.....g	0.356		0		1		0.221		
Glutamic acid.....g	0.405		0		1		0.251		
Glycine.....g	0.098		0		1		0.061		
Proline.....g	0.131		0		1		0.081		
Serine.....g	0.159		0		1		0.099		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 62g: .5 cup (1" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11965
Cauliflower, green, raw

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	0.028		0		1		0.018	0.007	0.143
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		2		1		0.003	0.001	0.020
17:1.....g									
18:1 undifferentiated.....g	0.023		2		1		0.015	0.006	0.118
20:1.....g	0.001		2		1		0.001	0.000	0.005
22:1 undifferentiated.....g	0.001		2		1		0.001	0.000	0.005
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.133		0		1		0.085	0.033	0.680
18:2 undifferentiated.....g	0.029		2		1		0.019	0.007	0.148
18:3 undifferentiated.....g	0.104		2		1		0.067	0.026	0.531
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0		1		0.025	0.010	0.199
Threonine.....g	0.107		0		1		0.068	0.027	0.547
Isoleucine.....g	0.112		0		1		0.072	0.028	0.572
Leucine.....g	0.172		0		1		0.110	0.043	0.879
Lysine.....g	0.158		0		1		0.101	0.040	0.807
Methionine.....g	0.042		0		1		0.027	0.011	0.215
Cystine.....g	0.034		0		1		0.022	0.009	0.174
Phenylalanine.....g	0.105		0		1		0.067	0.026	0.537
Tyrosine.....g	0.064		0		1		0.041	0.016	0.327
Valine.....g	0.148		0		1		0.095	0.037	0.756
Arginine.....g	0.142		0		1		0.091	0.036	0.726
Histidine.....g	0.059		0		1		0.038	0.015	0.301
Alanine.....g	0.156		0		1		0.100	0.039	0.797
Aspartic acid.....g	0.345		0		1		0.221	0.086	1.763
Glutamic acid.....g	0.393		0		1		0.252	0.098	2.008
Glycine.....g	0.095		0		1		0.061	0.024	0.485
Proline.....g	0.127		0		1		0.081	0.032	0.649
Serine.....g	0.154		0		1		0.099	0.039	0.787
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	93	25.590	7		1		59.633	23.294	476.129
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	42		0	BFSN	4		26.660	10.414	212.865

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Common Measures:

Measure 1 = 64g: 1 cup

Measure 2 = 25g: 1 floweret

Measure 3 = 511g: 1 head, large (6-7" dia)

NDB No. 11965
Cauliflower, green, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11135
Cauliflower, raw

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	0.014		0		1		0.014	0.002	0.118
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	0.014		0		1		0.014	0.002	0.118
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	0.099		0		1		0.099	0.013	0.832
18:2 undifferentiated.....g	0.023		0		1		0.023	0.003	0.193
18:3 undifferentiated.....g	0.076		0		1		0.076	0.010	0.638
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	Z	7		0	0	0
Phytosterols.....mg	18		0		1		18	2	151
Amino Acids:									
Tryptophan.....g	0.026		0		1		0.026	0.003	0.218
Threonine.....g	0.072		0		1		0.072	0.009	0.605
Isoleucine.....g	0.075		0		1		0.075	0.010	0.630
Leucine.....g	0.116		0		1		0.116	0.015	0.974
Lysine.....g	0.106		0		1		0.106	0.014	0.890
Methionine.....g	0.028		0		1		0.028	0.004	0.235
Cystine.....g	0.023		0		1		0.023	0.003	0.193
Phenylalanine.....g	0.071		0		1		0.071	0.009	0.596
Tyrosine.....g	0.043		0		1		0.043	0.006	0.361
Valine.....g	0.099		0		1		0.099	0.013	0.832
Arginine.....g	0.095		0		1		0.095	0.012	0.798
Histidine.....g	0.040		0		1		0.040	0.005	0.336
Alanine.....g	0.104		0		1		0.104	0.014	0.874
Aspartic acid.....g	0.232		0		1		0.232	0.030	1.949
Glutamic acid.....g	0.264		0		1		0.264	0.034	2.218
Glycine.....g	0.064		0		1		0.064	0.008	0.538
Proline.....g	0.085		0		1		0.085	0.011	0.714
Serine.....g	0.104		0		1		0.104	0.014	0.874
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	8		0	T	4		8.000	1.040	67.200
Carotene, alpha.....mcg	0		0	T	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	T	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	33		0	T	4		33.000	4.290	277.200

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Common Measures:

Measure 1 = 100g: 1 cup

Measure 2 = 13.0g: 1 floweret

Measure 3 = 840g: 1 head, large (6-7" dia)

NDB No. 11135
Cauliflower, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11763

Celeriac, cooked, boiled, drained, 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	92.30		0		1		143.07		
Energy.....kcal	27		0	NC	4		42		
Energy.....kj	113				4		175		
Protein (N x 6.25).....g	0.96		0		1		1.49		
Total lipid (fat).....g	0.19		0		1		0.29		
Ash.....g	0.64		0		1		0.99		
Carbohydrate, by difference.....g	5.90		0	NC	4		9.15		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0		1		40		
Iron, Fe.....mg	0.43		0		1		0.67		
Magnesium, Mg.....mg	12		0		1		19		
Phosphorus, P.....mg	66		0		1		102		
Potassium, K.....mg	173		0		1		268		
Sodium, Na.....mg	297		0		4		460		
Zinc, Zn.....mg	0.20		0		4		0.31		
Copper, Cu.....mg	0.043		0		4		0.067		
Manganese, Mn.....mg	0.096		0		4		0.149		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.6		0		1		5.6		
Thiamin.....mg	0.027		0		1		0.042		
Riboflavin.....mg	0.037		0		1		0.057		
Niacin.....mg	0.427		0		1		0.662		
Pantothenic acid.....mg	0.203		0		4		0.315		
Vitamin B-6.....mg	0.101		0		1		0.157		
Folate, total.....mcg	3		0		4		5		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		0		4		5		
Folate, DFE.....mcg_DFE	3		0	NC	4		5		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0		1		0		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 155g: 1 cup pieces

NDB No. 11763

Celeriac, cooked, boiled, drained, with salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11142

Celeriac, cooked, boiled, drained, without 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	92.30		0		1		143.07		
Energy.....kcal	27		0	NC	4		42		
Energy.....kj	113		0		4		175		
Protein (N x 6.25).....g	0.96		0		1		1.49		
Total lipid (fat).....g	0.19		0		1		0.29		
Ash.....g	0.64		0		1		0.99		
Carbohydrate, by difference.....g	5.90		0	NC	4		9.15		
Fiber, total dietary.....g	1.2		0	BFSN	4		1.9		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0		1		40		
Iron, Fe.....mg	0.43		0		1		0.67		
Magnesium, Mg.....mg	12		0		1		19		
Phosphorus, P.....mg	66		0		1		102		
Potassium, K.....mg	173		0		1		268		
Sodium, Na.....mg	61		0		1		95		
Zinc, Zn.....mg	0.20		0		4		0.31		
Copper, Cu.....mg	0.043		0		4		0.067		
Manganese, Mn.....mg	0.096		0		4		0.149		
Selenium, Se.....mcg	0.4		0	BFSN	4		0.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.6		0		1		5.6		
Thiamin.....mg	0.027		0		1		0.042		
Riboflavin.....mg	0.037		0		1		0.057		
Niacin.....mg	0.427		0		1		0.662		
Pantothenic acid.....mg	0.203		0		4		0.315		
Vitamin B-6.....mg	0.101		0		1		0.157		
Folate, total.....mcg	3		0		4		5		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		0		4		5		
Folate, DFE.....mcg_DFE	3		0	NC	4		5		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0		1		0		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 155g: 1 cup pieces

NDB No. 11142

Celeriac, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11141
Celeriac, raw

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	0.058		0		4		0.090		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.056		0		4		0.087		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		4		0.231		
18:2 undifferentiated.....g	0.148		0		4		0.231		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	T	4		0.000		
Carotene, alpha.....mcg	0		0	T	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000		
Lycopene.....mcg	0		0	T	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	T	4		1.560		

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Common Measures:

Measure 1 = 156g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 44055
Celery flakes, dried

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	0.405						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015						4		
17:1.....g									
18:1 undifferentiated.....g	0.390						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.035						4		
18:2 undifferentiated.....g	1.035						4		
18:3 undifferentiated.....g	0.000						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	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	1177		0	BNA			4		
Carotene, alpha.....mcg	0		0	BNA			4		
Cryptoxanthin, beta.....mcg	0		0	BNA			4		
Lycopene.....mcg	0		0	BFSN			4		
Lutein + zeaxanthin.....mcg	5639		0	BFSN			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: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11764

Celery, cooked, boiled, drained, 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
16:0.....g	0.035		0		1		0.053		
17:0.....g									
18:0.....g	0.004		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.045		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.044		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.075		0		1		0.113		
18:2 undifferentiated.....g	0.075		0		1		0.113		
18:3 undifferentiated.....g									
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	z	7		0		
Phytosterols.....mg	7		0		1		11		
<u>Amino Acids:</u>									
Tryptophan.....g	0.011		0		1		0.017		
Threonine.....g	0.024		0		1		0.036		
Isoleucine.....g	0.025		0		1		0.038		
Leucine.....g	0.039		0		1		0.059		
Lysine.....g	0.032		0		1		0.048		
Methionine.....g	0.007		0		1		0.011		
Cystine.....g	0.005		0		1		0.008		
Phenylalanine.....g	0.024		0		1		0.036		
Tyrosine.....g	0.011		0		1		0.017		
Valine.....g	0.033		0		1		0.050		
Arginine.....g	0.024		0		1		0.036		
Histidine.....g	0.014		0		1		0.021		
Alanine.....g	0.027		0		1		0.041		
Aspartic acid.....g	0.141		0		1		0.212		
Glutamic acid.....g	0.107		0		1		0.161		
Glycine.....g	0.026		0		1		0.039		
Proline.....g	0.022		0		1		0.033		
Serine.....g	0.024		0		1		0.036		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	348		0	BFSN	4		521.424		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	365		0	BFSN	4		547.527		

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 = 150g: 1 cup, diced

NDB No. 11764

Celery, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11144

Celery, cooked, boiled, drained, 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	0.035		0		1		0.053	0.026	
17:0.....g									
18:0.....g	0.004		0		1		0.006	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.030		0		1		0.045	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.044	0.022	
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	0.075		0		1		0.113	0.056	
18:2 undifferentiated.....g	0.075		0		1		0.113	0.056	
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	Z	7		0	0	
Phytosterols.....mg	7		0		1		11	5	
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.017	0.008	
Threonine.....g	0.024		0		1		0.036	0.018	
Isoleucine.....g	0.025		0		1		0.038	0.019	
Leucine.....g	0.039		0		1		0.059	0.029	
Lysine.....g	0.032		0		1		0.048	0.024	
Methionine.....g	0.007		0		1		0.011	0.005	
Cystine.....g	0.005		0		1		0.008	0.004	
Phenylalanine.....g	0.024		0		1		0.036	0.018	
Tyrosine.....g	0.011		0		1		0.017	0.008	
Valine.....g	0.033		0		1		0.050	0.025	
Arginine.....g	0.024		0		1		0.036	0.018	
Histidine.....g	0.014		0		1		0.021	0.011	
Alanine.....g	0.027		0		1		0.041	0.020	
Aspartic acid.....g	0.141		0		1		0.212	0.106	
Glutamic acid.....g	0.107		0		1		0.161	0.080	
Glycine.....g	0.026		0		1		0.039	0.020	
Proline.....g	0.022		0		1		0.033	0.017	
Serine.....g	0.024		0		1		0.036	0.018	
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	348		0	BFSN	4		521.424	260.712	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	365		0	BFSN	4		547.527	273.764	

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NDB No. 11144

Celery, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 150g: 1 cup, diced

Measure 2 = 75g: 2 stalks

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11143

Celery, raw

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	0.038		0	BFFN	4		0.045	0.047	0.003
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.005	0.005	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0	NC	4		0.039	0.040	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.001	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFFN	4		0.038	0.039	0.002
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.081		0	NC	4		0.097	0.101	0.006
18:2 undifferentiated.....g	0.081		0	BFFN	4		0.097	0.101	0.006
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
18:4.....g	0.000		0	BFFN	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	BFFN	4		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	Z	7		0	0	0
Phytosterols.....mg	6		1		1		7	7	0
Amino Acids:									
Tryptophan.....g	0.009		0	DA	1		0.011	0.011	0.001
Threonine.....g	0.020		0	DA	1		0.024	0.025	0.002
Isoleucine.....g	0.021		0	DA	1		0.025	0.026	0.002
Leucine.....g	0.032		0	DA	1		0.038	0.040	0.002
Lysine.....g	0.027		0	DA	1		0.032	0.033	0.002
Methionine.....g	0.005		0	DA	1		0.007	0.007	0.000
Cystine.....g	0.004		0	DA	1		0.004	0.005	0.000
Phenylalanine.....g	0.020		0	DA	1		0.024	0.025	0.002
Tyrosine.....g	0.009		0	DA	1		0.011	0.011	0.001
Valine.....g	0.027		0	DA	1		0.033	0.034	0.002
Arginine.....g	0.020		0	DA	1		0.024	0.025	0.002
Histidine.....g	0.012		0	DA	1		0.014	0.015	0.001
Alanine.....g	0.023		0	DA	1		0.027	0.028	0.002
Aspartic acid.....g	0.117		0	DA	1		0.140	0.145	0.009
Glutamic acid.....g	0.090		0	DA	1		0.107	0.111	0.007
Glycine.....g	0.021		0	DA	1		0.025	0.026	0.002
Proline.....g	0.018		0	DA	1		0.022	0.023	0.001
Serine.....g	0.020		0	DA	1		0.024	0.025	0.002
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	270	35.501	6	A	1		323.600	334.387	20.225
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	283	37.081	6	A	1		339.800	351.127	21.238

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NDB No. 11143

Celery, raw

Common Measures:

Measure 1 = 120g: 1 cup, diced

Measure 2 = 124g: 1 cup, strips

Measure 3 = 7.5g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11145

Celtuce, raw

Lactuca sativa

Refuse: 25% Tough leaves and stems

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	94.50		2		1		7.56		
Energy.....kcal	18		0	NC	4		1		
Energy.....kj	75				4		6		
Protein (N x 6.25).....g	0.85		2		1		0.07		
Total lipid (fat).....g	0.30		2		1		0.02		
Ash.....g	0.70		0		1		0.06		
Carbohydrate, by difference.....g	3.65		0	NC	4		0.29		
Fiber, total dietary.....g	1.7		0	BFSN	4		0.1		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		2		1		3		
Iron, Fe.....mg	0.55		2		1		0.04		
Magnesium, Mg.....mg	28		2		1		2		
Phosphorus, P.....mg	39		2		1		3		
Potassium, K.....mg	330		2		1		26		
Sodium, Na.....mg	11		2		1		1		
Zinc, Zn.....mg	0.27		0		4		0.02		
Copper, Cu.....mg	0.040		0		4		0.003		
Manganese, Mn.....mg	0.688		0		4		0.055		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	19.5		2		1		1.6		
Thiamin.....mg	0.055		2		1		0.004		
Riboflavin.....mg	0.070		2		1		0.006		
Niacin.....mg	0.550		2		1		0.044		
Pantothenic acid.....mg	0.183		0		4		0.015		
Vitamin B-6.....mg	0.050		0		4		0.004		
Folate, total.....mcg	46		0		4		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	46		0		4		4		
Folate, DFE.....mcg_DFE	46		0	NC	4		4		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	3500		1		1		280		
Vitamin A, RAE.....mcg_RAE	175		1		1		14		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	11		0		1		1		
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.000		
Threonine.....g	0.039		0		1		0.003		
Isoleucine.....g	0.055		0		1		0.004		
Leucine.....g	0.052		0		1		0.004		
Lysine.....g	0.055		0		1		0.004		
Methionine.....g	0.010		0		1		0.001		
Cystine.....g	0.010		0		1		0.001		

NDB No. 11145
Celtuce, raw

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
Phenylalanine.....g	0.036		0		1		0.003		
Tyrosine.....g	0.021		0		1		0.002		
Valine.....g	0.046		0		1		0.004		
Arginine.....g	0.046		0		1		0.004		
Histidine.....g	0.015		0		1		0.001		
Alanine.....g	0.037		0		1		0.003		
Aspartic acid.....g	0.093		0		1		0.007		
Glutamic acid.....g	0.119		0		1		0.010		
Glycine.....g	0.037		0		1		0.003		
Proline.....g	0.032		0		1		0.003		
Serine.....g	0.026		0		1		0.002		
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 = 8.0g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11765

Chard, swiss, cooked, boiled, drained, 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
Phenylalanine.....g	0.114		0		1		0.200		
Tyrosine.....g									
Valine.....g	0.114		0		1		0.200		
Arginine.....g	0.122		0		1		0.214		
Histidine.....g	0.038		0		1		0.067		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3652		0	BFSN	4		6390.822		
Carotene, alpha.....mcg	45		0	BFSN	4		79.094		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	11015		0	BFSN	4		19276.226		

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 = 175g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11148

Chard, swiss, cooked, boiled, drained, 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	0.016		0		4		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		4		0.028		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.028		0		4		0.049		
18:2 undifferentiated.....g	0.025		0		4		0.044		
18:3 undifferentiated.....g	0.003		0		4		0.005		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.018		0		1		0.032		
Threonine.....g	0.086		0		1		0.151		
Isoleucine.....g	0.154		0		1		0.270		
Leucine.....g	0.135		0		1		0.236		
Lysine.....g	0.103		0		1		0.180		
Methionine.....g	0.020		0		1		0.035		
Cystine.....g									
Phenylalanine.....g	0.114		0		1		0.200		
Tyrosine.....g									
Valine.....g	0.114		0		1		0.200		
Arginine.....g	0.122		0		1		0.214		
Histidine.....g	0.038		0		1		0.067		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3652		0	BFSN	4		6390.822		
Carotene, alpha.....mcg	45		0	BFSN	4		79.094		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	11015		0	BFSN	4		19276.226		

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 = 175g: 1 cup, chopped

NDB No. 11148

Chard, swiss, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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	0.040		0		4		0.014	0.019	
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	0.040		0		4		0.014	0.019	
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	0.070		0		4		0.025	0.034	
18:2 undifferentiated.....g	0.063		0		4		0.023	0.030	
18:3 undifferentiated.....g	0.007		0		4		0.003	0.003	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		4		1		0.006	0.008	
Threonine.....g	0.083		4		1		0.030	0.040	
Isoleucine.....g	0.147		4		1		0.053	0.071	
Leucine.....g	0.130		4		1		0.047	0.062	
Lysine.....g	0.099		7		1		0.036	0.048	
Methionine.....g	0.019		6		1		0.007	0.009	
Cystine.....g									
Phenylalanine.....g	0.110		4		1		0.040	0.053	
Tyrosine.....g									
Valine.....g	0.110		4		1		0.040	0.053	
Arginine.....g	0.117		4		1		0.042	0.056	
Histidine.....g	0.036		4		1		0.013	0.017	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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	3647	921.530	69	A	1		1312.895	1750.526	
Carotene, alpha.....mcg	45	12.735	69	A	1		16.249	21.665	
Cryptoxanthin, beta.....mcg	0		17	A	1		0.000	0.000	
Lycopene.....mcg	0		0	T	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11000		0	T	4		3960.000	5280.000	

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 = 36g: 1 cup

Measure 2 = 48g: 1 leaf

NDB No. 11147
Chard, swiss, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11766

Chayote, fruit, cooked, boiled, drained, 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
Phenylalanine.....g	0.036		0		1		0.058		
Tyrosine.....g	0.024		0		1		0.038		
Valine.....g	0.047		0		1		0.075		
Arginine.....g	0.026		0		1		0.042		
Histidine.....g	0.011		0		1		0.018		
Alanine.....g	0.038		0		1		0.061		
Aspartic acid.....g	0.069		0		1		0.110		
Glutamic acid.....g	0.094		0		1		0.150		
Glycine.....g	0.031		0		1		0.050		
Proline.....g	0.033		0		1		0.053		
Serine.....g	0.035		0		1		0.056		
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 = 160g: 1 cup (1" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11150

Chayote, fruit, cooked, boiled, drained, 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
Phenylalanine.....g	0.036		0		1		0.058		
Tyrosine.....g	0.024		0		1		0.038		
Valine.....g	0.047		0		1		0.075		
Arginine.....g	0.026		0		1		0.042		
Histidine.....g	0.011		0		1		0.018		
Alanine.....g	0.038		0		1		0.061		
Aspartic acid.....g	0.069		0		1		0.110		
Glutamic acid.....g	0.094		0		1		0.150		
Glycine.....g	0.031		0		1		0.050		
Proline.....g	0.033		0		1		0.053		
Serine.....g	0.035		0		1		0.056		
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 = 160g: 1 cup (1" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11149
Chayote, fruit, raw

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	0.010		0	BFFN	4		0.013	0.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.009		0	BFFN	4		0.012	0.018	
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	0.057		0	BFFN	4		0.075	0.116	
18:2 undifferentiated.....g	0.021		0	BFFN	4		0.028	0.043	
18:3 undifferentiated.....g	0.036		0	BFFN	4		0.048	0.073	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		1		1		0.015	0.022	
Threonine.....g	0.040		1		1		0.053	0.081	
Isoleucine.....g	0.044		1		1		0.058	0.089	
Leucine.....g	0.077		1		1		0.102	0.156	
Lysine.....g	0.039		1		1		0.051	0.079	
Methionine.....g	0.001		1		1		0.001	0.002	
Cystine.....g									
Phenylalanine.....g	0.047		1		1		0.062	0.095	
Tyrosine.....g	0.032		1		1		0.042	0.065	
Valine.....g	0.063		1		1		0.083	0.128	
Arginine.....g	0.035		1		1		0.046	0.071	
Histidine.....g	0.015		1		1		0.020	0.030	
Alanine.....g	0.051		1		1		0.067	0.104	
Aspartic acid.....g	0.092		1		1		0.121	0.187	
Glutamic acid.....g	0.125		1		1		0.165	0.254	
Glycine.....g	0.041		1		1		0.054	0.083	
Proline.....g	0.044		1		1		0.058	0.089	
Serine.....g	0.047		1		1		0.062	0.095	
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		2	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		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 = 132g: 1 cup (1" pieces)
- Measure 2 = 203g: 1 chayote (5-3/4")

NDB No. 11149
Chayote, fruit, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11152
Chicory greens, raw

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	0.006		0		1		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.011		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.236		
18:2 undifferentiated.....g	0.112		0		1		0.202		
18:3 undifferentiated.....g	0.019		0		1		0.034		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		2		1		0.056		
Threonine.....g	0.047		2		1		0.085		
Isoleucine.....g	0.101		2		1		0.182		
Leucine.....g	0.074		2		1		0.133		
Lysine.....g	0.067		2		1		0.121		
Methionine.....g	0.010		1		1		0.018		
Cystine.....g									
Phenylalanine.....g	0.041		1		1		0.074		
Tyrosine.....g									
Valine.....g	0.077		2		1		0.139		
Arginine.....g	0.124		1		1		0.223		
Histidine.....g	0.029		1		1		0.052		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3430		0	T	4		6174.000		
Carotene, alpha.....mcg	0		0	T	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000		
Lycopene.....mcg	0		0	T	4		0.000		
Lutein + zeaxanthin.....mcg	10300		0	T	4		18540.000		

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 = 180g: 1 cup, chopped

NDB No. 11152
Chicory greens, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11154
Chicory roots, raw

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	0.004		0		1		0.002	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.002	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.052	0.039	
18:2 undifferentiated.....g	0.075		0		1		0.045	0.034	
18:3 undifferentiated.....g	0.013		0		1		0.008	0.006	
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	z	7		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 = 60g: 1 root

Measure 2 = 45g: .5 cup (1" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11151
Chicory, witloof, raw

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	0.002		0		1		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0		1		0.023	0.020	
18:2 undifferentiated.....g	0.037		0		1		0.020	0.017	
18:3 undifferentiated.....g	0.006		0		1		0.003	0.003	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.008	0.007	
Threonine.....g	0.025		0		1		0.013	0.011	
Isoleucine.....g	0.054		0		1		0.029	0.024	
Leucine.....g	0.039		0		1		0.021	0.018	
Lysine.....g	0.035		0		1		0.019	0.016	
Methionine.....g	0.005		0		1		0.003	0.002	
Cystine.....g									
Phenylalanine.....g	0.022		0		1		0.012	0.010	
Tyrosine.....g									
Valine.....g	0.041		0		1		0.022	0.018	
Arginine.....g	0.066		0		1		0.035	0.030	
Histidine.....g	0.015		0		1		0.008	0.007	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 53g: 1 head

Measure 2 = 45g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11615
Chives, freeze-dried

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	0.490		0		1		0.001	0.004	
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	0.490		0		1		0.001	0.004	
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	1.369		0		1		0.003	0.011	
18:2 undifferentiated.....g	1.296		0		1		0.003	0.010	
18:3 undifferentiated.....g	0.073		0		1		0.000	0.001	
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		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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.237		0		1		0.000	0.002	
Threonine.....g	0.831		0		1		0.002	0.007	
Isoleucine.....g	0.899		0		1		0.002	0.007	
Leucine.....g	1.265		0		1		0.003	0.010	
Lysine.....g	1.058		0		1		0.002	0.008	
Methionine.....g	0.231		0		1		0.000	0.002	
Cystine.....g									
Phenylalanine.....g	0.682		0		1		0.001	0.005	
Tyrosine.....g	0.614		0		1		0.001	0.005	
Valine.....g	0.936		0		1		0.002	0.007	
Arginine.....g	1.533		0		1		0.003	0.012	
Histidine.....g	0.366		0		1		0.001	0.003	
Alanine.....g	0.957		0		1		0.002	0.008	
Aspartic acid.....g	1.961		0		1		0.004	0.016	
Glutamic acid.....g	4.386		0		1		0.009	0.035	
Glycine.....g	1.052		0		1		0.002	0.008	
Proline.....g	1.401		0		1		0.003	0.011	
Serine.....g	0.957		0		1		0.002	0.008	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		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 = 0.2g: 1 tbsp
 Measure 2 = 0.8g: .25 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11156
Chives, raw

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	0.095		0		1		0.003	0.001	
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	0.095		1		1		0.003	0.001	
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	0.267		0		1		0.008	0.003	
18:2 undifferentiated.....g	0.252		1		1		0.008	0.003	
18:3 undifferentiated.....g	0.015		1		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	Z	7		0	0	
Phytosterols.....mg	9		1		1		0	0	
Amino Acids:									
Tryptophan.....g	0.037		0		1		0.001	0.000	
Threonine.....g	0.128		0		1		0.004	0.001	
Isoleucine.....g	0.139		0		1		0.004	0.001	
Leucine.....g	0.195		0		1		0.006	0.002	
Lysine.....g	0.163		0		1		0.005	0.002	
Methionine.....g	0.036		0		1		0.001	0.000	
Cystine.....g									
Phenylalanine.....g	0.105		0		1		0.003	0.001	
Tyrosine.....g	0.095		0		1		0.003	0.001	
Valine.....g	0.145		0		1		0.004	0.001	
Arginine.....g	0.237		0		1		0.007	0.002	
Histidine.....g	0.057		0		1		0.002	0.001	
Alanine.....g	0.148		0		1		0.004	0.001	
Aspartic acid.....g	0.303		0		1		0.009	0.003	
Glutamic acid.....g	0.677		0		1		0.020	0.007	
Glycine.....g	0.162		0		1		0.005	0.002	
Proline.....g	0.216		0		1		0.006	0.002	
Serine.....g	0.148		0		1		0.004	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	2612		0	O	4		78.354	26.118	
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	323		0	T	4		9.690	3.230	

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 = 3.0g: 1 tbsp chopped
- Measure 2 = 1.0g: 1 tsp chopped

NDB No. 11156
Chives, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11698
Chrysanthemum leaves, raw
Chrysanthemum coronarium

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	91.40		2	A	1		46.61	16.45	
Energy.....kcal	24		0	NC	4		12	4	
Energy.....kj	100				4		51	18	
Protein (N x 6.25).....g	3.36		2	A	1		1.71	0.60	
Total lipid (fat).....g	0.56		2	A	1		0.29	0.10	
Ash.....g	1.67		2	A	1		0.85	0.30	
Carbohydrate, by difference.....g	3.01		0	NC	4		1.54	0.54	
Fiber, total dietary.....g	3.0		2	A	1		1.5	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	117		2	A	1		60	21	
Iron, Fe.....mg	2.30		2	A	1		1.17	0.41	
Magnesium, Mg.....mg	32		2	A	1		16	6	
Phosphorus, P.....mg	54		2	A	1		28	10	
Potassium, K.....mg	567		2	A	1		289	102	
Sodium, Na.....mg	118		2	A	1		60	21	
Zinc, Zn.....mg	0.71		2	A	1		0.36	0.13	
Copper, Cu.....mg	0.137		1	A	1		0.070	0.025	
Manganese, Mn.....mg	0.943		2	A	1		0.481	0.170	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.2	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		1	A	1		0.7	0.3	
Thiamin.....mg	0.130		2	A	1		0.066	0.023	
Riboflavin.....mg	0.144		2	A	1		0.073	0.026	
Niacin.....mg	0.531		2	A	1		0.271	0.096	
Pantothenic acid.....mg	0.221		2	A	1		0.113	0.040	
Vitamin B-6.....mg	0.176		2	A	1		0.090	0.032	
Folate, total.....mcg	177		2	A	1		90	32	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	177		2	A	1		90	32	
Folate, DFE.....mcg_DFE	177		0	NC	4		90	32	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1870		2	A	1		954	337	
Vitamin A, RAE.....mcg_RAE	94		2	A	1		48	17	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 51g: 1 cup, chopped

NDB No. 11698

Chrysanthemum leaves, raw

Measure 2 = 18g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11767

Chrysanthemum, garland, cooked, boiled, drained, 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	92.49		1		1		92.49	2.77	
Energy.....kcal	20		0	NC	4		20	1	
Energy.....kj	84		0	NC	4		84	3	
Protein (N x 6.25).....g	1.64		1		1		1.64	0.05	
Total lipid (fat).....g	0.09		1		1		0.09	0.00	
Ash.....g	1.47		1		1		1.47	0.04	
Carbohydrate, by difference.....g	4.31		0	NC	4		4.31	0.13	
Fiber, total dietary.....g	2.3		0	BFZN	4		2.3	0.1	
Sugars, total.....g	2.01		0	O	4		2.01	0.06	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	69		1		1		69	2	
Iron, Fe.....mg	3.74		1		1		3.74	0.11	
Magnesium, Mg.....mg	18		1		1		18	1	
Phosphorus, P.....mg	43		1		1		43	1	
Potassium, K.....mg	569		1		1		569	17	
Sodium, Na.....mg	289		0		4		289	9	
Zinc, Zn.....mg	0.20		0		4		0.20	0.01	
Copper, Cu.....mg	0.133		0		4		0.133	0.004	
Manganese, Mn.....mg	0.355		0		4		0.355	0.011	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.3	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	23.9		0		1		23.9	0.7	
Thiamin.....mg	0.021		1		1		0.021	0.001	
Riboflavin.....mg	0.160		1		1		0.160	0.005	
Niacin.....mg	0.720		1		1		0.720	0.022	
Pantothenic acid.....mg	0.042		0		4		0.042	0.001	
Vitamin B-6.....mg	0.118		0		4		0.118	0.004	
Folate, total.....mcg	50		0		4		50	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	50		0		4		50	2	
Folate, DFE.....mcg_DFE	50		0	NC	4		50	2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	2572		0	AS	1		2572	77	
Vitamin A, RAE.....mcg_RAE	129		0	AS	1		129	4	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	142.7		0	BFSN	4		142.7	4.3	
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1543	98.059	4	A	1		1543.000	46.290	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	

NDB No. 11767

Chrysanthemum, garland, cooked, boiled, drained, with salt

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	Measure 3
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	3467	238.729	3	A	1		3467.257	104.018	

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 = 100g: 1 cup (1" pieces)

Measure 2 = 3.0g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11158

Chrysanthemum, garland, cooked, boiled, drained, 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	0.002		0		4		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		4		0.002		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.039		0		4		0.039		
18:2 undifferentiated.....g	0.034		0		4		0.034		
18:3 undifferentiated.....g	0.006		0		4		0.006		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1543	98.059	4	A	1		1543.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	3467	238.729	3	A	1		3467.257		

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 = 100g: 1 cup (1" pieces)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11157
Chrysanthemum, garland, raw
Chrysanthemum coronarium

Refuse: 4% Stem ends

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	91.40		4	JA	6		22.85	12.80	
Energy.....kcal	24		0	NC	4		6	3	
Energy.....kj	99		0	NC	4		25	14	
Protein (N x 6.25).....g	3.36		2	A	1		0.84	0.47	
Total lipid (fat).....g	0.56		2	A	1		0.14	0.08	
Ash.....g	1.67		2	A	1		0.42	0.23	
Carbohydrate, by difference.....g	3.02		0	NC	4		0.75	0.42	
Fiber, total dietary.....g	3.0		4	JA	6		0.8	0.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	117		2	A	1		29	16	
Iron, Fe.....mg	2.29		2	A	1		0.57	0.32	
Magnesium, Mg.....mg	32		2	A	1		8	4	
Phosphorus, P.....mg	54		2	A	1		13	8	
Potassium, K.....mg	567		2	A	1		142	79	
Sodium, Na.....mg	118		2	A	1		29	16	
Zinc, Zn.....mg	0.71		2	A	1		0.18	0.10	
Copper, Cu.....mg	0.137		1	A	1		0.034	0.019	
Manganese, Mn.....mg	0.943		2	A	1		0.236	0.132	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		1	A	1		0.3	0.2	
Thiamin.....mg	0.130		2	A	1		0.032	0.018	
Riboflavin.....mg	0.144		2	A	1		0.036	0.020	
Niacin.....mg	0.531		2	A	1		0.133	0.074	
Pantothenic acid.....mg	0.221		2	A	1		0.055	0.031	
Vitamin B-6.....mg	0.176		2	A	1		0.044	0.025	
Folate, total.....mcg	177		2	A	1		44	25	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	177		2	A	1		44	25	
Folate, DFE.....mcg_DFE	177		0	NC	4		44	25	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	2320		0	AS	1		580	325	
Vitamin A, RAE.....mcg_RAE	116		0	AS	1		29	16	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	350.0		0	T	4		87.5	49.0	
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	1380	191.455	4	A	1		344.980	193.189	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	24		2	A	1		6.015	3.368	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg	3834		1	A	1		958.443	536.728	

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.

NDB No. 11157
Chrysanthemum, garland, raw

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

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 = 25g: 1 cup (1" pieces)

Measure 2 = 14.0g: 1 stem (8-3/4" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11159
Coleslaw, home-prepared

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	Measure 3
Fatty acids, total monounsaturated.....g	0.708		0		1		0.057	0.425	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.000	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.701		0		1		0.056	0.421	
20:1.....g	0.003		0		1		0.000	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.351		0		1		0.108	0.811	
18:2 undifferentiated.....g	1.171		0		1		0.094	0.703	
18:3 undifferentiated.....g	0.175		0		1		0.014	0.105	
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	8		0		1		1	5	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0		1		0.001	0.010	
Threonine.....g	0.048		0		1		0.004	0.029	
Isoleucine.....g	0.061		0		1		0.005	0.037	
Leucine.....g	0.082		0		1		0.007	0.049	
Lysine.....g	0.072		0		1		0.006	0.043	
Methionine.....g	0.019		0		1		0.002	0.011	
Cystine.....g	0.015		0		1		0.001	0.009	
Phenylalanine.....g	0.047		0		1		0.004	0.028	
Tyrosine.....g	0.034		0		1		0.003	0.020	
Valine.....g	0.062		0		1		0.005	0.037	
Arginine.....g	0.070		0		1		0.006	0.042	
Histidine.....g	0.029		0		1		0.002	0.017	
Alanine.....g	0.046		0		1		0.004	0.028	
Aspartic acid.....g	0.121		0		1		0.010	0.073	
Glutamic acid.....g	0.253		0		1		0.020	0.152	
Glycine.....g	0.037		0		1		0.003	0.022	
Proline.....g	0.155		0		1		0.012	0.093	
Serine.....g	0.064		0		1		0.005	0.038	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	138		0	NR	4		11.040	82.800	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 8.0g: 1 tbsp

Measure 2 = 60g: .5 cup

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 11159
Coleslaw, home-prepared

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11768

Collards, cooked, boiled, drained, 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	0.026		0	BFSN	4		0.049		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.025		0	BFSN	4		0.048		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.173		0	BFSN	4		0.329		
18:2 undifferentiated.....g	0.070		0	BFSN	4		0.133		
18:3 undifferentiated.....g	0.093		0	BFSN	4		0.177		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFSN	4		0.004		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0	BFSN	4		0.051		
Threonine.....g	0.074		0	BFSN	4		0.141		
Isoleucine.....g	0.086		0	BFSN	4		0.163		
Leucine.....g	0.130		0	BFSN	4		0.247		
Lysine.....g	0.101		0	BFSN	4		0.192		
Methionine.....g	0.028		0	BFSN	4		0.053		
Cystine.....g	0.022		0	BFSN	4		0.042		
Phenylalanine.....g	0.075		0	BFSN	4		0.143		
Tyrosine.....g	0.056		0	BFSN	4		0.106		
Valine.....g	0.104		0	BFSN	4		0.198		
Arginine.....g	0.108		0	BFSN	4		0.205		
Histidine.....g	0.040		0	BFSN	4		0.076		
Alanine.....g	0.090		0	BFSN	4		0.171		
Aspartic acid.....g	0.161		0	BFSN	4		0.306		
Glutamic acid.....g	0.176		0	BFSN	4		0.334		
Glycine.....g	0.081		0	BFSN	4		0.154		
Proline.....g	0.090		0	BFSN	4		0.171		
Serine.....g	0.067		0	BFSN	4		0.127		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	4814		10	A	1		9145.688		
Carotene, alpha.....mcg	90	89.850	5	A	1		170.715		
Cryptoxanthin, beta.....mcg	20	19.600	5	A	1		37.240		
Lycopene.....mcg	0		3	A	1		0.000		
Lutein + zeaxanthin.....mcg	7694	1193.500	4	A	1		14617.650		

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 = 190g: 1 cup, chopped

NDB No. 11768

Collards, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11162

Collards, cooked, boiled, drained, 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	0.026		0	BFSN	4		0.049		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.025		0	BFSN	4		0.048		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.173		0	BFSN	4		0.329		
18:2 undifferentiated.....g	0.070		0	BFSN	4		0.133		
18:3 undifferentiated.....g	0.093		0	BFSN	4		0.177		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFSN	4		0.004		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0	BFSN	4		0.051		
Threonine.....g	0.074		0	BFSN	4		0.141		
Isoleucine.....g	0.086		0	BFSN	4		0.163		
Leucine.....g	0.130		0	BFSN	4		0.247		
Lysine.....g	0.101		0	BFSN	4		0.192		
Methionine.....g	0.028		0	BFSN	4		0.053		
Cystine.....g	0.022		0	BFSN	4		0.042		
Phenylalanine.....g	0.075		0	BFSN	4		0.143		
Tyrosine.....g	0.056		0	BFSN	4		0.106		
Valine.....g	0.104		0	BFSN	4		0.198		
Arginine.....g	0.108		0	BFSN	4		0.205		
Histidine.....g	0.040		0	BFSN	4		0.076		
Alanine.....g	0.090		0	BFSN	4		0.171		
Aspartic acid.....g	0.161		0	BFSN	4		0.306		
Glutamic acid.....g	0.176		0	BFSN	4		0.334		
Glycine.....g	0.081		0	BFSN	4		0.154		
Proline.....g	0.090		0	BFSN	4		0.171		
Serine.....g	0.067		0	BFSN	4		0.127		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	4814		10	A	1		9145.688		
Carotene, alpha.....mcg	90	89.850	5	A	1		170.715		
Cryptoxanthin, beta.....mcg	20	19.600	5	A	1		37.240		
Lycopene.....mcg	0		3	A	1		0.000		
Lutein + zeaxanthin.....mcg	7694	1193.500	4	A	1		14617.650		

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 = 190g: 1 cup, chopped

NDB No. 11162

Collards, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11769

Collards, frozen, chopped, cooked, boiled, drained, 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	88.47		0		1		150.40		
Energy.....kcal	36		0	NC	4		61		
Energy.....kj	151				4		256		
Protein (N x 6.25).....g	2.97		0		1		5.05		
Total lipid (fat).....g	0.41		0		1		0.70		
Ash.....g	1.05		0		1		1.79		
Carbohydrate, by difference.....g	7.11		0	NC	4		12.09		
Fiber, total dietary.....g	2.8		0		4		4.8		
Sugars, total.....g	0.57		0	BFSN	4		0.96		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	210		0		1		357		
Iron, Fe.....mg	1.12		0		1		1.90		
Magnesium, Mg.....mg	30		0		1		51		
Phosphorus, P.....mg	27		0		1		46		
Potassium, K.....mg	251		0		1		427		
Sodium, Na.....mg	286		0		4		486		
Zinc, Zn.....mg	0.27		0		1		0.46		
Copper, Cu.....mg	0.055		0		1		0.094		
Manganese, Mn.....mg	0.663		0		1		1.127		
Selenium, Se.....mcg	1.5		0	BFSN	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.4		0		1		44.9		
Thiamin.....mg	0.047		0		1		0.080		
Riboflavin.....mg	0.115		0		1		0.196		
Niacin.....mg	0.635		0		1		1.080		
Pantothenic acid.....mg	0.115		0		1		0.196		
Vitamin B-6.....mg	0.114		0		1		0.194		
Folate, total.....mcg	76	12.887	6		1		129		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	76	12.887	6		1		129		
Folate, DFE.....mcg_DFE	76		0	NC	4		129		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	11493		0	NC	4		19538		
Vitamin A, RAE.....mcg_RAE	575		0	NC	4		977		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.25		0	BFSN	4		2.12		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	623.2		0	BFSN	4		1059.5		
Lipids:									
Fatty acids, total saturated.....g	0.040		0		4		0.068		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.065		
Threonine.....g	0.105		0		1		0.179		
Isoleucine.....g	0.121		0		1		0.206		
Leucine.....g	0.184		0		1		0.313		
Lysine.....g	0.141		0		1		0.240		
Methionine.....g	0.040		0		1		0.068		
Cystine.....g	0.030		0		1		0.051		

NDB No. 11769

Collards, frozen, chopped, cooked, boiled, drained, 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
Phenylalanine.....g	0.105		0		1		0.179		
Tyrosine.....g	0.080		0		1		0.136		
Valine.....g	0.145		0		1		0.247		
Arginine.....g	0.152		0		1		0.258		
Histidine.....g	0.057		0		1		0.097		
Alanine.....g	0.127		0		1		0.216		
Aspartic acid.....g	0.228		0		1		0.388		
Glutamic acid.....g	0.248		0		1		0.422		
Glycine.....g	0.114		0		1		0.194		
Proline.....g	0.126		0		1		0.214		
Serine.....g	0.095		0		1		0.162		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg			0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	6818		0	BFSN	4		11590.885		
Carotene, alpha.....mcg	127		0	BFSN	4		216.357		
Cryptoxanthin, beta.....mcg	28		0	BFSN	4		47.197		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	10898		0	BFSN	4		18525.835		

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Common Measures:

Measure 1 = 170g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11164

Collards, frozen, chopped, cooked, boiled, drained, 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	0.020		0		4		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		4		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		4		0.014		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		4		0.357		
18:2 undifferentiated.....g	0.060		0		4		0.102		
18:3 undifferentiated.....g	0.127		0		4		0.216		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.065		
Threonine.....g	0.105		0		1		0.179		
Isoleucine.....g	0.121		0		1		0.206		
Leucine.....g	0.184		0		1		0.313		
Lysine.....g	0.141		0		1		0.240		
Methionine.....g	0.040		0		1		0.068		
Cystine.....g	0.030		0		1		0.051		
Phenylalanine.....g	0.105		0		1		0.179		
Tyrosine.....g	0.080		0		1		0.136		
Valine.....g	0.145		0		1		0.247		
Arginine.....g	0.152		0		1		0.258		
Histidine.....g	0.057		0		1		0.097		
Alanine.....g	0.127		0		1		0.216		
Aspartic acid.....g	0.228		0		1		0.388		
Glutamic acid.....g	0.248		0		1		0.422		
Glycine.....g	0.114		0		1		0.194		
Proline.....g	0.126		0		1		0.214		
Serine.....g	0.095		0		1		0.162		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	6818		0	BFSN	4		11590.885		
Carotene, alpha.....mcg	127		0	BFSN	4		216.357		
Cryptoxanthin, beta.....mcg	28		0	BFSN	4		47.197		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	10898		0	BFSN	4		18525.835		

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Common Measures:

Measure 1 = 170g: 1 cup, chopped

NDB No. 11164

Collards, frozen, chopped, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11163

Collards, frozen, chopped, unprepared

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	0.027		0	BFFN	4		0.077	0.367	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.026		0	BFFN	4		0.074	0.354	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.178		0	BFFN	4		0.506	2.423	
18:2 undifferentiated.....g	0.072		0	BFFN	4		0.204	0.980	
18:3 undifferentiated.....g	0.096		0	BFFN	4		0.273	1.307	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFFN	4		0.006	0.027	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0		1		0.099	0.476	
Threonine.....g	0.095		0		1		0.270	1.293	
Isoleucine.....g	0.109		0		1		0.310	1.483	
Leucine.....g	0.167		0		1		0.474	2.273	
Lysine.....g	0.128		0		1		0.364	1.742	
Methionine.....g	0.037		0		1		0.105	0.504	
Cystine.....g	0.027		0		1		0.077	0.367	
Phenylalanine.....g	0.096		0		1		0.273	1.307	
Tyrosine.....g	0.073		0		1		0.207	0.994	
Valine.....g	0.131		0		1		0.372	1.783	
Arginine.....g	0.138		0		1		0.392	1.878	
Histidine.....g	0.051		0		1		0.145	0.694	
Alanine.....g	0.116		0		1		0.329	1.579	
Aspartic acid.....g	0.206		0		1		0.585	2.804	
Glutamic acid.....g	0.225		0		1		0.639	3.062	
Glycine.....g	0.103		0		1		0.293	1.402	
Proline.....g	0.115		0		1		0.327	1.565	
Serine.....g	0.087		0		1		0.247	1.184	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	5510		6	A	1		15648.400	74991.100	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 284g: 1 package (10 oz)

Measure 2 = 1361g: 1 package (3 lb)

NDB No. 11163

Collards, frozen, chopped, unprepared

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11161
Collards, raw

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	0.030		0	BFFN	4		0.011		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.029		0	BFFN	4		0.010		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0	BFFN	4		0.072		
18:2 undifferentiated.....g	0.082		0	BFFN	4		0.030		
18:3 undifferentiated.....g	0.108		0	BFFN	4		0.039		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFFN	4		0.001		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0	BFFN	4		0.011		
Threonine.....g	0.086		0	BFFN	4		0.031		
Isoleucine.....g	0.100		0	BFFN	4		0.036		
Leucine.....g	0.151		0	BFFN	4		0.054		
Lysine.....g	0.117		0	BFFN	4		0.042		
Methionine.....g	0.033		0	BFFN	4		0.012		
Cystine.....g	0.025		0	BFFN	4		0.009		
Phenylalanine.....g	0.087		0	BFFN	4		0.031		
Tyrosine.....g	0.066		0	BFFN	4		0.024		
Valine.....g	0.120		0	BFFN	4		0.043		
Arginine.....g	0.125		0	BFFN	4		0.045		
Histidine.....g	0.047		0	BFFN	4		0.017		
Alanine.....g	0.105		0	BFFN	4		0.038		
Aspartic acid.....g	0.187		0	BFFN	4		0.067		
Glutamic acid.....g	0.204		0	BFFN	4		0.073		
Glycine.....g	0.094		0	BFFN	4		0.034		
Proline.....g	0.105		0	BFFN	4		0.038		
Serine.....g	0.078		0	BFFN	4		0.028		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3842	1558.050	4	A	1		1383.102		
Carotene, alpha.....mcg	238		2	A	1		85.644		
Cryptoxanthin, beta.....mcg	80		2	A	1		28.692		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	8932		0	BFSN	4		3215.392		

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 = 36g: 1 cup, chopped

NDB No. 11161
Collards, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11165
Coriander (cilantro) leaves, raw

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	0.275		0		4		0.011	0.055	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.273		0		4		0.011	0.055	
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	0.040		0		4		0.002	0.008	
18:2 undifferentiated.....g	0.040		0		4		0.002	0.008	
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	Z	7		0	0	
Phytosterols.....mg	5		1		1		0	1	
Stigmasterol.....mg	3		1		1		0	1	
Campesterol.....mg	0		1		1		0	0	
Beta-sitosterol.....mg	2		1		1		0	0	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0			Z	7		0	0	
Theobromine.....mg	0			Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	3930	365.713	15	JA	6		157.191	785.957	
Carotene, alpha.....mcg	36	27.270	3	JA	6		1.438	7.192	
Cryptoxanthin, beta.....mcg	202	44.373	3	JA	6		8.079	40.395	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	865		6	A	1		34.593	172.967	

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Common Measures:

Measure 1 = 4.0g: .25 cup

Measure 2 = 20g: 9 sprigs

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11656
Corn pudding, home-prepared

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	1.721		0		1		4.303	2.874	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.126		0		1		0.315	0.210	
17:1.....g									
18:1 undifferentiated.....g	1.547		0		1		3.868	2.583	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.684		0		1		1.710	1.142	
18:2 undifferentiated.....g	0.626		0		1		1.565	1.045	
18:3 undifferentiated.....g	0.058		0		1		0.145	0.097	
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	100		0		1		250	167	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.053		0		1		0.133	0.089	
Threonine.....g	0.198		0		1		0.495	0.331	
Isoleucine.....g	0.235		0		1		0.588	0.392	
Leucine.....g	0.430		0		1		1.075	0.718	
Lysine.....g	0.263		0		1		0.658	0.439	
Methionine.....g	0.117		0		1		0.293	0.195	
Cystine.....g	0.065		0		1		0.163	0.109	
Phenylalanine.....g	0.224		0		1		0.560	0.374	
Tyrosine.....g	0.182		0		1		0.455	0.304	
Valine.....g	0.287		0		1		0.718	0.479	
Arginine.....g	0.217		0		1		0.543	0.362	
Histidine.....g	0.115		0		1		0.288	0.192	
Alanine.....g	0.295		0		1		0.738	0.493	
Aspartic acid.....g	0.377		0		1		0.943	0.630	
Glutamic acid.....g	0.752		0		1		1.880	1.256	
Glycine.....g	0.147		0		1		0.368	0.245	
Proline.....g	0.311		0		1		0.778	0.519	
Serine.....g	0.268		0		1		0.670	0.448	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	60		0	NR	4		150.000	100.200	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 167g: .667 cup (#6 scoop)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 11656
Corn pudding, home-prepared

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11184

Corn with red and green peppers, canned, solids and liquids

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	0.157		0		1		0.356		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.157		0		1		0.356		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.261		0		1		0.592		
18:2 undifferentiated.....g	0.253		0		1		0.574		
18:3 undifferentiated.....g	0.008		0		1		0.018		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0		1		0.039		
Threonine.....g	0.093		0		1		0.211		
Isoleucine.....g	0.093		0		1		0.211		
Leucine.....g	0.246		0		1		0.558		
Lysine.....g	0.099		0		1		0.225		
Methionine.....g	0.048		0		1		0.109		
Cystine.....g	0.020		0		1		0.045		
Phenylalanine.....g	0.107		0		1		0.243		
Tyrosine.....g	0.087		0		1		0.197		
Valine.....g	0.132		0		1		0.300		
Arginine.....g	0.095		0		1		0.216		
Histidine.....g	0.063		0		1		0.143		
Alanine.....g	0.208		0		1		0.472		
Aspartic acid.....g	0.183		0		1		0.415		
Glutamic acid.....g	0.453		0		1		1.028		
Glycine.....g	0.091		0		1		0.207		
Proline.....g	0.206		0		1		0.468		
Serine.....g	0.110		0		1		0.250		
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 = 227g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11907

Corn, sweet, white, canned, cream style, no 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	0.123		0		1		0.157	0.593	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.123		0		1		0.157	0.593	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0		1		0.253	0.954	
18:2 undifferentiated.....g	0.193		0		1		0.247	0.930	
18:3 undifferentiated.....g	0.006		0		1		0.008	0.029	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0		1		0.015	0.058	
Threonine.....g	0.070		0		1		0.090	0.337	
Isoleucine.....g	0.070		0		1		0.090	0.337	
Leucine.....g	0.188		0		1		0.241	0.906	
Lysine.....g	0.074		0		1		0.095	0.357	
Methionine.....g	0.036		0		1		0.046	0.174	
Cystine.....g	0.014		0		1		0.018	0.067	
Phenylalanine.....g	0.081		0		1		0.104	0.390	
Tyrosine.....g	0.066		0		1		0.084	0.318	
Valine.....g	0.100		0		1		0.128	0.482	
Arginine.....g	0.071		0		1		0.091	0.342	
Histidine.....g	0.048		0		1		0.061	0.231	
Alanine.....g	0.159		0		1		0.204	0.766	
Aspartic acid.....g	0.132		0		1		0.169	0.636	
Glutamic acid.....g	0.343		0		1		0.439	1.653	
Glycine.....g	0.068		0		1		0.087	0.328	
Proline.....g	0.158		0		1		0.202	0.762	
Serine.....g	0.083		0		1		0.106	0.400	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	BFZN	4		0.629	2.369	
Carotene, alpha.....mcg	0		0	BFZN	4		0.048	0.181	
Cryptoxanthin, beta.....mcg	1		0	BFZN	4		0.676	2.545	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	37		0	BFZN	4		47.082	177.293	

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 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

NDB No. 11907

Corn, sweet, white, canned, cream style, no salt added

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11906

Corn, sweet, white, canned, cream style, regular pack

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	0.123		0		1		0.315	0.593	
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	0.123		0		1		0.315	0.593	
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	0.198		0		1		0.507	0.954	
18:2 undifferentiated.....g	0.193		0		1		0.494	0.930	
18:3 undifferentiated.....g	0.006		0		1		0.015	0.029	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.031	0.058	
Threonine.....g	0.070		0		1		0.179	0.337	
Isoleucine.....g	0.070		0		1		0.179	0.337	
Leucine.....g	0.188		0		1		0.481	0.906	
Lysine.....g	0.074		0		1		0.189	0.357	
Methionine.....g	0.036		0		1		0.092	0.174	
Cystine.....g	0.014		0		1		0.036	0.067	
Phenylalanine.....g	0.081		0		1		0.207	0.390	
Tyrosine.....g	0.066		0		1		0.169	0.318	
Valine.....g	0.100		0		1		0.256	0.482	
Arginine.....g	0.071		0		1		0.182	0.342	
Histidine.....g	0.048		0		1		0.123	0.231	
Alanine.....g	0.159		0		1		0.407	0.766	
Aspartic acid.....g	0.132		0		1		0.338	0.636	
Glutamic acid.....g	0.343		0		1		0.878	1.653	
Glycine.....g	0.068		0		1		0.174	0.328	
Proline.....g	0.158		0		1		0.404	0.762	
Serine.....g	0.083		0		1		0.212	0.400	
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	BFSN	4		1.258	2.369	
Carotene, alpha.....mcg	0		0	BFSN	4		0.096	0.181	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		1.352	2.545	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	37		0	BFSN	4		94.164	177.293	

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 = 482g: 1 can (303 x 406)

NDB No. 11906

Corn, sweet, white, canned, cream style, regular pack

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11909

Corn, sweet, white, canned, vacuum pack, no 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	0.147		0		1		0.154	0.500	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.147		0		1		0.154	0.500	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.237		0		1		0.249	0.806	
18:2 undifferentiated.....g	0.230		0		1		0.242	0.782	
18:3 undifferentiated.....g	0.007		0		1		0.007	0.024	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.018	0.058	
Threonine.....g	0.097		0		1		0.102	0.330	
Isoleucine.....g	0.097		0		1		0.102	0.330	
Leucine.....g	0.260		0		1		0.273	0.884	
Lysine.....g	0.102		0		1		0.107	0.347	
Methionine.....g	0.050		0		1		0.053	0.170	
Cystine.....g	0.020		0		1		0.021	0.068	
Phenylalanine.....g	0.112		0		1		0.118	0.381	
Tyrosine.....g	0.092		0		1		0.097	0.313	
Valine.....g	0.138		0		1		0.145	0.469	
Arginine.....g	0.098		0		1		0.103	0.333	
Histidine.....g	0.066		0		1		0.069	0.224	
Alanine.....g	0.220		0		1		0.231	0.748	
Aspartic acid.....g	0.182		0		1		0.191	0.619	
Glutamic acid.....g	0.475		0		1		0.499	1.615	
Glycine.....g	0.095		0		1		0.100	0.323	
Proline.....g	0.218		0		1		0.229	0.741	
Serine.....g	0.114		0		1		0.120	0.388	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	1		0	BFPN	4		0.560	1.812	
Carotene, alpha.....mcg	0		0	BFPN	4		0.043	0.139	
Cryptoxanthin, beta.....mcg	1		0	BFPN	4		0.601	1.946	
Lycopene.....mcg	0		0	BFPN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	40		0	BFPN	4		41.875	135.597	

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 = 105g: .5 cup

Measure 2 = 340g: 1 can (303 x 406)

NDB No. 11909

Corn, sweet, white, canned, vacuum pack, no salt added

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11908

Corn, sweet, white, canned, vacuum pack, regular pack

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	0.147		0		1		0.154	0.500	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.147		0		1		0.154	0.500	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.237		0		1		0.249	0.806	
18:2 undifferentiated.....g	0.230		0		1		0.242	0.782	
18:3 undifferentiated.....g	0.007		0		1		0.007	0.024	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0		1		0.018	0.058	
Threonine.....g	0.097		0		1		0.102	0.330	
Isoleucine.....g	0.097		0		1		0.102	0.330	
Leucine.....g	0.260		0		1		0.273	0.884	
Lysine.....g	0.102		0		1		0.107	0.347	
Methionine.....g	0.050		0		1		0.053	0.170	
Cystine.....g	0.020		0		1		0.021	0.068	
Phenylalanine.....g	0.112		0		1		0.118	0.381	
Tyrosine.....g	0.092		0		1		0.097	0.313	
Valine.....g	0.138		0		1		0.145	0.469	
Arginine.....g	0.098		0		1		0.103	0.333	
Histidine.....g	0.066		0		1		0.069	0.224	
Alanine.....g	0.220		0		1		0.231	0.748	
Aspartic acid.....g	0.182		0		1		0.191	0.619	
Glutamic acid.....g	0.475		0		1		0.499	1.615	
Glycine.....g	0.095		0		1		0.100	0.323	
Proline.....g	0.218		0		1		0.229	0.741	
Serine.....g	0.114		0		1		0.120	0.388	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	BFSN	4		0.568	1.840	
Carotene, alpha.....mcg	0		0	BFSN	4		0.043	0.141	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		0.610	1.977	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	41		0	BFSN	4		42.526	137.703	

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 = 105g: .5 cup

Measure 2 = 340g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11908

Corn, sweet, white, canned, vacuum pack, regular pack

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11905

Corn, sweet, white, canned, whole kernel, drained solids

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	0.292		0		1		0.479	0.870	
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	0.292		0		1		0.479	0.870	
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	0.471		0		1		0.772	1.404	
18:2 undifferentiated.....g	0.457		0		1		0.749	1.362	
18:3 undifferentiated.....g	0.014		0		1		0.023	0.042	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.018		0		1		0.030	0.054	
Threonine.....g	0.105		0		1		0.172	0.313	
Isoleucine.....g	0.105		0		1		0.172	0.313	
Leucine.....g	0.284		0		1		0.466	0.846	
Lysine.....g	0.112		0		1		0.184	0.334	
Methionine.....g	0.055		0		1		0.090	0.164	
Cystine.....g	0.021		0		1		0.034	0.063	
Phenylalanine.....g	0.122		0		1		0.200	0.364	
Tyrosine.....g	0.100		0		1		0.164	0.298	
Valine.....g	0.151		0		1		0.248	0.450	
Arginine.....g	0.107		0		1		0.175	0.319	
Histidine.....g	0.072		0		1		0.118	0.215	
Alanine.....g	0.240		0		1		0.394	0.715	
Aspartic acid.....g	0.199		0		1		0.326	0.593	
Glutamic acid.....g	0.518		0		1		0.850	1.544	
Glycine.....g	0.103		0		1		0.169	0.307	
Proline.....g	0.238		0		1		0.390	0.709	
Serine.....g	0.125		0		1		0.205	0.373	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	BFSN	4		0.875	1.589	
Carotene, alpha.....mcg	0		0	BFSN	4		0.067	0.122	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		0.940	1.707	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	40		0	BFSN	4		65.457	118.940	

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 = 164g: 1 cup

Measure 2 = 298g: 1 can (303 x 406)

NDB No. 11905

Corn, sweet, white, canned, whole kernel, drained solids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11904

Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids

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	0.144		0	BFFN	4		0.184	0.694	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.144		0	BFFN	4		0.184	0.694	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.233		0	BFFN	4		0.298	1.123	
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.291	1.094	
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.009	0.034	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		0	BFFN	4		0.018	0.067	
Threonine.....g	0.078		0	BFFN	4		0.100	0.376	
Isoleucine.....g	0.078		0	BFFN	4		0.100	0.376	
Leucine.....g	0.210		0	BFFN	4		0.269	1.012	
Lysine.....g	0.082		0	BFFN	4		0.105	0.395	
Methionine.....g	0.040		0	BFFN	4		0.051	0.193	
Cystine.....g	0.016		0	BFFN	4		0.020	0.077	
Phenylalanine.....g	0.090		0	BFFN	4		0.115	0.434	
Tyrosine.....g	0.074		0	BFFN	4		0.095	0.357	
Valine.....g	0.112		0	BFFN	4		0.143	0.540	
Arginine.....g	0.079		0	BFFN	4		0.101	0.381	
Histidine.....g	0.053		0	BFFN	4		0.068	0.255	
Alanine.....g	0.178		0	BFFN	4		0.228	0.858	
Aspartic acid.....g	0.148		0	BFFN	4		0.189	0.713	
Glutamic acid.....g	0.385		0	BFFN	4		0.493	1.856	
Glycine.....g	0.076		0	BFFN	4		0.097	0.366	
Proline.....g	0.177		0	BFFN	4		0.227	0.853	
Serine.....g	0.092		0	BFFN	4		0.118	0.443	
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	BFSN	4		0.552	2.078	
Carotene, alpha.....mcg	0		0	BFSN	4		0.042	0.159	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.593	2.233	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	32		0	BFSN	4		41.305	155.538	

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 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

NDB No. 11904

Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11903

Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids

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	0.144		0	BFFN	4		0.184	0.694	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.144		0	BFFN	4		0.184	0.694	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.233		0	BFFN	4		0.298	1.123	
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.291	1.094	
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.009	0.034	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.014		0	BFFN	4		0.018	0.067	
Threonine.....g	0.078		0	BFFN	4		0.100	0.376	
Isoleucine.....g	0.078		0	BFFN	4		0.100	0.376	
Leucine.....g	0.210		0	BFFN	4		0.269	1.012	
Lysine.....g	0.082		0	BFFN	4		0.105	0.395	
Methionine.....g	0.040		0	BFFN	4		0.051	0.193	
Cystine.....g	0.016		0	BFFN	4		0.020	0.077	
Phenylalanine.....g	0.090		0	BFFN	4		0.115	0.434	
Tyrosine.....g	0.074		0	BFFN	4		0.095	0.357	
Valine.....g	0.112		0	BFFN	4		0.143	0.540	
Arginine.....g	0.079		0	BFFN	4		0.101	0.381	
Histidine.....g	0.053		0	BFFN	4		0.068	0.255	
Alanine.....g	0.178		0	BFFN	4		0.228	0.858	
Aspartic acid.....g	0.148		0	BFFN	4		0.189	0.713	
Glutamic acid.....g	0.385		0	BFFN	4		0.493	1.856	
Glycine.....g	0.076		0	BFFN	4		0.097	0.366	
Proline.....g	0.177		0	BFFN	4		0.227	0.853	
Serine.....g	0.092		0	BFFN	4		0.118	0.443	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0	0.095	5	A	1		0.552	2.078	
Carotene, alpha.....mcg	0	0.048	5	A	1		0.042	0.159	
Cryptoxanthin, beta.....mcg	0	0.105	5	A	1		0.593	2.233	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	32		5	A	1		41.305	155.538	

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 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11903

Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11902

Corn, sweet, white, cooked, boiled, drained, 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	0.374		0		1		0.288	0.307	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.374		0		1		0.288	0.307	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.603		0		1		0.464	0.494	
18:2 undifferentiated.....g	0.586		0		1		0.451	0.481	
18:3 undifferentiated.....g	0.018		0		1		0.014	0.015	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.018	0.019	
Threonine.....g	0.133		0		1		0.102	0.109	
Isoleucine.....g	0.133		0		1		0.102	0.109	
Leucine.....g	0.358		0		1		0.276	0.294	
Lysine.....g	0.141		0		1		0.109	0.116	
Methionine.....g	0.069		0		1		0.053	0.057	
Cystine.....g	0.027		0		1		0.021	0.022	
Phenylalanine.....g	0.155		0		1		0.119	0.127	
Tyrosine.....g	0.126		0		1		0.097	0.103	
Valine.....g	0.191		0		1		0.147	0.157	
Arginine.....g	0.135		0		1		0.104	0.111	
Histidine.....g	0.091		0		1		0.070	0.075	
Alanine.....g	0.304		0		1		0.234	0.249	
Aspartic acid.....g	0.252		0		1		0.194	0.207	
Glutamic acid.....g	0.655		0		1		0.504	0.537	
Glycine.....g	0.131		0		1		0.101	0.107	
Proline.....g	0.301		0		1		0.232	0.247	
Serine.....g	0.158		0		1		0.122	0.130	
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	1		0	BFSN	4		0.559	0.595	
Carotene, alpha.....mcg	0		0	BFSN	4		0.041	0.044	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.365	0.389	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	43		0	BFSN	4		33.124	35.275	

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 = 77g: 1 ear, yields

Measure 2 = 82g: .5 cup cut

NDB No. 11902

Corn, sweet, white, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11901

Corn, sweet, white, cooked, boiled, drained, 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	0.374		0		1		0.288	0.307	
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	0.374		0		1		0.288	0.307	
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	0.603		0		1		0.464	0.494	
18:2 undifferentiated.....g	0.586		0		1		0.451	0.481	
18:3 undifferentiated.....g	0.018		0		1		0.014	0.015	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.018	0.019	
Threonine.....g	0.133		0		1		0.102	0.109	
Isoleucine.....g	0.133		0		1		0.102	0.109	
Leucine.....g	0.358		0		1		0.276	0.294	
Lysine.....g	0.141		0		1		0.109	0.116	
Methionine.....g	0.069		0		1		0.053	0.057	
Cystine.....g	0.027		0		1		0.021	0.022	
Phenylalanine.....g	0.155		0		1		0.119	0.127	
Tyrosine.....g	0.126		0		1		0.097	0.103	
Valine.....g	0.191		0		1		0.147	0.157	
Arginine.....g	0.135		0		1		0.104	0.111	
Histidine.....g	0.091		0		1		0.070	0.075	
Alanine.....g	0.304		0		1		0.234	0.249	
Aspartic acid.....g	0.252		0		1		0.194	0.207	
Glutamic acid.....g	0.655		0		1		0.504	0.537	
Glycine.....g	0.131		0		1		0.101	0.107	
Proline.....g	0.301		0		1		0.232	0.247	
Serine.....g	0.158		0		1		0.122	0.130	
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	1		0	BFSN	4		0.559	0.595	
Carotene, alpha.....mcg	0		0	BFSN	4		0.041	0.044	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.365	0.389	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	43		0	BFSN	4		33.124	35.275	

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 = 77g: 1 ear, yields

Measure 2 = 82g: .5 cup cut

NDB No. 11901

Corn, sweet, white, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11912

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, 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	0.126		0		1		0.358	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.126		1		1		0.358	0.103	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0		1		0.577	0.166	
18:2 undifferentiated.....g	0.197		1		1		0.559	0.162	
18:3 undifferentiated.....g	0.006		1		1		0.017	0.005	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.033		0		1		0.094	0.027	
Threonine.....g	0.124		0		1		0.352	0.102	
Isoleucine.....g	0.147		0		1		0.417	0.121	
Leucine.....g	0.270		0		1		0.767	0.221	
Lysine.....g	0.165		0		1		0.469	0.135	
Methionine.....g	0.073		0		1		0.207	0.060	
Cystine.....g	0.041		0		1		0.116	0.034	
Phenylalanine.....g	0.141		0		1		0.400	0.116	
Tyrosine.....g	0.114		0		1		0.324	0.093	
Valine.....g	0.180		0		1		0.511	0.148	
Arginine.....g	0.136		0		1		0.386	0.112	
Histidine.....g	0.072		0		1		0.204	0.059	
Alanine.....g	0.185		0		1		0.525	0.152	
Aspartic acid.....g	0.236		0		1		0.670	0.194	
Glutamic acid.....g	0.471		0		1		1.338	0.386	
Glycine.....g	0.092		0		1		0.261	0.075	
Proline.....g	0.195		0		1		0.554	0.160	
Serine.....g	0.168		0		1		0.477	0.138	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	BFSN	4		4.050	1.169	
Carotene, alpha.....mcg	0		0	BFSN	4		0.616	0.178	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		2.300	0.664	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	50		0	BFSN	4		142.287	41.083	

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 = 284g: 1 package (10 oz) yields

Measure 2 = 82g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11912

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11911

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, 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	0.126		0		1		0.358	0.103	
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	0.126		1		1		0.358	0.103	
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	0.203		0		1		0.577	0.166	
18:2 undifferentiated.....g	0.197		1		1		0.559	0.162	
18:3 undifferentiated.....g	0.006		1		1		0.017	0.005	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.033		0		1		0.094	0.027	
Threonine.....g	0.124		0		1		0.352	0.102	
Isoleucine.....g	0.147		0		1		0.417	0.121	
Leucine.....g	0.270		0		1		0.767	0.221	
Lysine.....g	0.165		0		1		0.469	0.135	
Methionine.....g	0.073		0		1		0.207	0.060	
Cystine.....g	0.041		0		1		0.116	0.034	
Phenylalanine.....g	0.141		0		1		0.400	0.116	
Tyrosine.....g	0.114		0		1		0.324	0.093	
Valine.....g	0.180		0		1		0.511	0.148	
Arginine.....g	0.136		0		1		0.386	0.112	
Histidine.....g	0.072		0		1		0.204	0.059	
Alanine.....g	0.185		0		1		0.525	0.152	
Aspartic acid.....g	0.236		0		1		0.670	0.194	
Glutamic acid.....g	0.471		0		1		1.338	0.386	
Glycine.....g	0.092		0		1		0.261	0.075	
Proline.....g	0.195		0		1		0.554	0.160	
Serine.....g	0.168		0		1		0.477	0.138	
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	1		0	BFSN	4		4.050	1.169	
Carotene, alpha.....mcg	0		0	BFSN	4		0.616	0.178	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		2.300	0.664	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	50		0	BFSN	4		142.287	41.083	

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 = 284g: 1 package (10 oz) yields
 Measure 2 = 82g: .5 cup

NDB No. 11911

Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11910

Corn, sweet, white, frozen, kernels cut off cob, unprepared

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	0.227		0		1		0.186	0.645	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.227		0		1		0.186	0.645	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.366		0		1		0.300	1.039	
18:2 undifferentiated.....g	0.355		0		1		0.291	1.008	
18:3 undifferentiated.....g	0.011		0		1		0.009	0.031	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.021		0		1		0.017	0.060	
Threonine.....g	0.121		0		1		0.099	0.344	
Isoleucine.....g	0.121		0		1		0.099	0.344	
Leucine.....g	0.326		0		1		0.267	0.926	
Lysine.....g	0.128		0		1		0.105	0.364	
Methionine.....g	0.063		0		1		0.052	0.179	
Cystine.....g	0.025		0		1		0.021	0.071	
Phenylalanine.....g	0.141		0		1		0.116	0.400	
Tyrosine.....g	0.115		0		1		0.094	0.327	
Valine.....g	0.173		0		1		0.142	0.491	
Arginine.....g	0.123		0		1		0.101	0.349	
Histidine.....g	0.083		0		1		0.068	0.236	
Alanine.....g	0.276		0		1		0.226	0.784	
Aspartic acid.....g	0.229		0		1		0.188	0.650	
Glutamic acid.....g	0.596		0		1		0.489	1.693	
Glycine.....g	0.119		0		1		0.098	0.338	
Proline.....g	0.274		0		1		0.225	0.778	
Serine.....g	0.143		0		1		0.117	0.406	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	2	0.239	5	A	1		1.260	4.365	
Carotene, alpha.....mcg	0	0.110	5	A	1		0.192	0.664	
Cryptoxanthin, beta.....mcg	1	0.198	5	A	1		0.716	2.479	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	54		5	A	1		44.279	153.355	

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 = 82g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11910

Corn, sweet, white, frozen, kernels cut off cob, unprepared

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11915

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, 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	0.216		0		1		0.136	0.177	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.216		0		1		0.136	0.177	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0		1		0.219	0.285	
18:2 undifferentiated.....g	0.338		0		1		0.213	0.277	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.008	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.022		0		1		0.014	0.018	
Threonine.....g	0.125		0		1		0.079	0.103	
Isoleucine.....g	0.125		0		1		0.079	0.103	
Leucine.....g	0.336		0		1		0.212	0.276	
Lysine.....g	0.132		0		1		0.083	0.108	
Methionine.....g	0.065		0		1		0.041	0.053	
Cystine.....g	0.025		0		1		0.016	0.021	
Phenylalanine.....g	0.145		0		1		0.091	0.119	
Tyrosine.....g	0.119		0		1		0.075	0.098	
Valine.....g	0.179		0		1		0.113	0.147	
Arginine.....g	0.126		0		1		0.079	0.103	
Histidine.....g	0.086		0		1		0.054	0.071	
Alanine.....g	0.285		0		1		0.180	0.234	
Aspartic acid.....g	0.236		0		1		0.149	0.194	
Glutamic acid.....g	0.615		0		1		0.387	0.504	
Glycine.....g	0.123		0		1		0.077	0.101	
Proline.....g	0.282		0		1		0.178	0.231	
Serine.....g	0.148		0		1		0.093	0.121	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2		0	BFSN	4		1.035	1.347	
Carotene, alpha.....mcg	0		0	BFSN	4		0.157	0.205	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		0.588	0.765	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	58		0	BFSN	4		36.352	47.315	

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 = 63g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11915

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11914

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, 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	0.216		0		1		0.136	0.177	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.216		0		1		0.136	0.177	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0		1		0.219	0.285	
18:2 undifferentiated.....g	0.338		0		1		0.213	0.277	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.008	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.022		0		1		0.014	0.018	
Threonine.....g	0.125		0		1		0.079	0.103	
Isoleucine.....g	0.125		0		1		0.079	0.103	
Leucine.....g	0.336		0		1		0.212	0.276	
Lysine.....g	0.132		0		1		0.083	0.108	
Methionine.....g	0.065		0		1		0.041	0.053	
Cystine.....g	0.025		0		1		0.016	0.021	
Phenylalanine.....g	0.145		0		1		0.091	0.119	
Tyrosine.....g	0.119		0		1		0.075	0.098	
Valine.....g	0.179		0		1		0.113	0.147	
Arginine.....g	0.126		0		1		0.079	0.103	
Histidine.....g	0.086		0		1		0.054	0.071	
Alanine.....g	0.285		0		1		0.180	0.234	
Aspartic acid.....g	0.236		0		1		0.149	0.194	
Glutamic acid.....g	0.615		0		1		0.387	0.504	
Glycine.....g	0.123		0		1		0.077	0.101	
Proline.....g	0.282		0		1		0.178	0.231	
Serine.....g	0.148		0		1		0.093	0.121	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2		0	BFSN	4		1.035	1.347	
Carotene, alpha.....mcg	0		0	BFSN	4		0.157	0.205	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		0.588	0.765	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	58		0	BFSN	4		36.352	47.315	

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 = 63g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11914

Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11913

Corn, sweet, white, frozen, kernels on cob, unprepared

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	0.228		0		1		0.285	0.187	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.228		0		1		0.285	0.187	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0		1		0.459	0.301	
18:2 undifferentiated.....g	0.356		0		1		0.445	0.292	
18:3 undifferentiated.....g	0.011		0		1		0.014	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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.029	0.019	
Threonine.....g	0.132		0		1		0.165	0.108	
Isoleucine.....g	0.132		0		1		0.165	0.108	
Leucine.....g	0.354		0		1		0.443	0.290	
Lysine.....g	0.139		0		1		0.174	0.114	
Methionine.....g	0.068		0		1		0.085	0.056	
Cystine.....g	0.027		0		1		0.034	0.022	
Phenylalanine.....g	0.152		0		1		0.190	0.125	
Tyrosine.....g	0.125		0		1		0.156	0.103	
Valine.....g	0.188		0		1		0.235	0.154	
Arginine.....g	0.133		0		1		0.166	0.109	
Histidine.....g	0.090		0		1		0.113	0.074	
Alanine.....g	0.300		0		1		0.375	0.246	
Aspartic acid.....g	0.248		0		1		0.310	0.203	
Glutamic acid.....g	0.647		0		1		0.809	0.531	
Glycine.....g	0.129		0		1		0.161	0.106	
Proline.....g	0.297		0		1		0.371	0.244	
Serine.....g	0.156		0		1		0.195	0.128	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	2		0	BFSN	4		2.161	1.418	
Carotene, alpha.....mcg	0		0	BFSN	4		0.329	0.216	
Cryptoxanthin, beta.....mcg	1		0	BFSN	4		1.227	0.805	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	61		0	BFSN	4		75.922	49.805	

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 = 125g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11913

Corn, sweet, white, frozen, kernels on cob, unprepared

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11900
Corn, sweet, white, raw

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	0.347		0		1		0.534	0.496	0.253
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.347		2		1		0.534	0.496	0.253
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0		1		0.861	0.799	0.408
18:2 undifferentiated.....g	0.542		2		1		0.835	0.775	0.396
18:3 undifferentiated.....g	0.016		2		1		0.025	0.023	0.012
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	Z	7		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.023		17		1		0.035	0.033	0.017
Threonine.....g	0.129		21		1		0.199	0.184	0.094
Isoleucine.....g	0.129		21		1		0.199	0.184	0.094
Leucine.....g	0.348		21		1		0.536	0.498	0.254
Lysine.....g	0.137		21		1		0.211	0.196	0.100
Methionine.....g	0.067		21		1		0.103	0.096	0.049
Cystine.....g	0.026		3		1		0.040	0.037	0.019
Phenylalanine.....g	0.150		21		1		0.231	0.215	0.110
Tyrosine.....g	0.123		5		1		0.189	0.176	0.090
Valine.....g	0.185		21		1		0.285	0.265	0.135
Arginine.....g	0.131		21		1		0.202	0.187	0.096
Histidine.....g	0.089		21		1		0.137	0.127	0.065
Alanine.....g	0.295		5		1		0.454	0.422	0.215
Aspartic acid.....g	0.244		5		1		0.376	0.349	0.178
Glutamic acid.....g	0.636		5		1		0.979	0.909	0.464
Glycine.....g	0.127		5		1		0.196	0.182	0.093
Proline.....g	0.292		5		1		0.450	0.418	0.213
Serine.....g	0.153		5		1		0.236	0.219	0.112
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	1	0.080	5	A	1		0.883	0.820	0.419
Carotene, alpha.....mcg	0	0.044	5	A	1		0.065	0.060	0.031
Cryptoxanthin, beta.....mcg	0	0.084	5	A	1		0.576	0.535	0.273
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	34		5	A	1		52.336	48.598	24.809

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Common Measures:

Measure 1 = 154g: 1 cup

Measure 2 = 143g: 1 ear, large (7-3/4" to 9" long) yields

Measure 3 = 73g: 1 ear, small (5-1/2" to 6-1/2" long)

NDB No. 11900
Corn, sweet, white, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11170

Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

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	0.071		0	BFFN	4		0.091	0.342	
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.005	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.144		0	BFFN	4		0.184	0.694	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.144		0	BFFN	4		0.184	0.694	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.233		0	BFFN	4		0.298	1.123	
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.291	1.094	
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.009	0.034	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		0	BFFN	4		0.018	0.067	
Threonine.....g	0.078		0	BFFN	4		0.100	0.376	
Isoleucine.....g	0.078		0	BFFN	4		0.100	0.376	
Leucine.....g	0.210		0	BFFN	4		0.269	1.012	
Lysine.....g	0.082		0	BFFN	4		0.105	0.395	
Methionine.....g	0.040		0	BFFN	4		0.051	0.193	
Cystine.....g	0.016		0	BFFN	4		0.020	0.077	
Phenylalanine.....g	0.090		0	BFFN	4		0.115	0.434	
Tyrosine.....g	0.074		0	BFFN	4		0.095	0.357	
Valine.....g	0.112		0	BFFN	4		0.143	0.540	
Arginine.....g	0.079		0	BFFN	4		0.101	0.381	
Histidine.....g	0.053		0	BFFN	4		0.068	0.255	
Alanine.....g	0.178		0	BFFN	4		0.228	0.858	
Aspartic acid.....g	0.148		0	BFFN	4		0.189	0.713	
Glutamic acid.....g	0.385		0	BFFN	4		0.493	1.856	
Glycine.....g	0.076		0	BFFN	4		0.097	0.366	
Proline.....g	0.177		0	BFFN	4		0.227	0.853	
Serine.....g	0.092		0	BFFN	4		0.118	0.443	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	26	18.000	7	A	1		33.280	125.320	
Carotene, alpha.....mcg	21	12.400	7	A	1		26.368	99.292	
Cryptoxanthin, beta.....mcg	5	5.000	7	A	1		6.400	24.100	
Lycopene.....mcg	0		3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	832	197.177	9	A	1		1065.387	4011.847	

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.

NDB No. 11170

Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids

Common Measures:

Measure 1 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11772

Corn, sweet, yellow, canned, cream style, no 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
16:0.....g	0.061		0		1		0.156	0.294	
17:0.....g									
18:0.....g	0.004		0		1		0.010	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.123		0		1		0.315	0.593	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.123		0		1		0.315	0.593	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0		1		0.507	0.954	
18:2 undifferentiated.....g	0.193		0		1		0.494	0.930	
18:3 undifferentiated.....g	0.006		0		1		0.015	0.029	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.031	0.058	
Threonine.....g	0.070		0		1		0.179	0.337	
Isoleucine.....g	0.070		0		1		0.179	0.337	
Leucine.....g	0.188		0		1		0.481	0.906	
Lysine.....g	0.074		0		1		0.189	0.357	
Methionine.....g	0.036		0		1		0.092	0.174	
Cystine.....g	0.014		0		1		0.036	0.067	
Phenylalanine.....g	0.081		0		1		0.207	0.390	
Tyrosine.....g	0.066		0		1		0.169	0.318	
Valine.....g	0.100		0		1		0.256	0.482	
Arginine.....g	0.071		0		1		0.182	0.342	
Histidine.....g	0.048		0		1		0.123	0.231	
Alanine.....g	0.159		0		1		0.407	0.766	
Aspartic acid.....g	0.132		0		1		0.338	0.636	
Glutamic acid.....g	0.343		0		1		0.878	1.653	
Glycine.....g	0.068		0		1		0.174	0.328	
Proline.....g	0.158		0		1		0.404	0.762	
Serine.....g	0.083		0		1		0.212	0.400	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	30		0	BFSN	4		75.870	142.849	
Carotene, alpha.....mcg	23		0	BFSN	4		60.112	113.180	
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		14.590	27.471	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	949		0	BFSN	4		2428.808	4572.989	

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.

NDB No. 11772

Corn, sweet, yellow, canned, cream style, no salt added

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11174

Corn, sweet, yellow, canned, cream style, regular pack

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	0.061		0		1		0.156	0.294	
17:0.....g									
18:0.....g	0.004		0		1		0.010	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.123		0		1		0.315	0.593	
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	0.123		0		1		0.315	0.593	
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	0.198		0		1		0.507	0.954	
18:2 undifferentiated.....g	0.193		0		1		0.494	0.930	
18:3 undifferentiated.....g	0.006		0		1		0.015	0.029	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.031	0.058	
Threonine.....g	0.070		0		1		0.179	0.337	
Isoleucine.....g	0.070		0		1		0.179	0.337	
Leucine.....g	0.188		0		1		0.481	0.906	
Lysine.....g	0.074		0		1		0.189	0.357	
Methionine.....g	0.036		0		1		0.092	0.174	
Cystine.....g	0.014		0		1		0.036	0.067	
Phenylalanine.....g	0.081		0		1		0.207	0.390	
Tyrosine.....g	0.066		0		1		0.169	0.318	
Valine.....g	0.100		0		1		0.256	0.482	
Arginine.....g	0.071		0		1		0.182	0.342	
Histidine.....g	0.048		0		1		0.123	0.231	
Alanine.....g	0.159		0		1		0.407	0.766	
Aspartic acid.....g	0.132		0		1		0.338	0.636	
Glutamic acid.....g	0.343		0		1		0.878	1.653	
Glycine.....g	0.068		0		1		0.174	0.328	
Proline.....g	0.158		0		1		0.404	0.762	
Serine.....g	0.083		0		1		0.212	0.400	
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	30		0	BFSN	4		75.870	142.849	
Carotene, alpha.....mcg	23		0	BFSN	4		60.112	113.180	
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		14.590	27.471	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	949		0	BFSN	4		2428.808	4572.989	

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.

NDB No. 11174

Corn, sweet, yellow, canned, cream style, regular pack

Common Measures:

Measure 1 = 256g: 1 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11771

Corn, sweet, yellow, canned, no salt added, solids and liquids

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	0.071		0	BFFN	4		0.091	0.342	
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.005	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.144		0	BFFN	4		0.184	0.694	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.144		0	BFFN	4		0.184	0.694	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.234		0	BFFN	4		0.300	1.128	
18:2 undifferentiated.....g	0.227		0	BFFN	4		0.291	1.094	
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.009	0.034	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		0	BFFN	4		0.018	0.067	
Threonine.....g	0.078		0	BFFN	4		0.100	0.376	
Isoleucine.....g	0.078		0	BFFN	4		0.100	0.376	
Leucine.....g	0.210		0	BFFN	4		0.269	1.012	
Lysine.....g	0.082		0	BFFN	4		0.105	0.395	
Methionine.....g	0.040		0	BFFN	4		0.051	0.193	
Cystine.....g	0.016		0	BFFN	4		0.020	0.077	
Phenylalanine.....g	0.090		0	BFFN	4		0.115	0.434	
Tyrosine.....g	0.074		0	BFFN	4		0.095	0.357	
Valine.....g	0.112		0	BFFN	4		0.143	0.540	
Arginine.....g	0.079		0	BFFN	4		0.101	0.381	
Histidine.....g	0.053		0	BFFN	4		0.068	0.255	
Alanine.....g	0.177		0	BFFN	4		0.227	0.853	
Aspartic acid.....g	0.148		0	BFFN	4		0.189	0.713	
Glutamic acid.....g	0.385		0	BFFN	4		0.493	1.856	
Glycine.....g	0.076		0	BFFN	4		0.097	0.366	
Proline.....g	0.177		0	BFFN	4		0.227	0.853	
Serine.....g	0.092		0	BFFN	4		0.118	0.443	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	26	18.000	7	A	1		33.280	125.320	
Carotene, alpha.....mcg	21	12.400	7	A	1		26.368	99.292	
Cryptoxanthin, beta.....mcg	5	5.000	7	A	1		6.400	24.100	
Lycopene.....mcg	0		3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	832	197.177	9	A	1		1065.387	4011.847	

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 = 128g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

NDB No. 11771

Corn, sweet, yellow, canned, no salt added, solids and liquids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11773

Corn, sweet, yellow, canned, vacuum pack, no 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
16:0.....g	0.073		0		1		0.077	0.248	
17:0.....g									
18:0.....g	0.005		0		1		0.005	0.017	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.147		0		1		0.154	0.500	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.147		0		1		0.154	0.500	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.237		0		1		0.249	0.806	
18:2 undifferentiated.....g	0.230		0		1		0.242	0.782	
18:3 undifferentiated.....g	0.007		0		1		0.007	0.024	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.018	0.058	
Threonine.....g	0.097		0		1		0.102	0.330	
Isoleucine.....g	0.097		0		1		0.102	0.330	
Leucine.....g	0.260		0		1		0.273	0.884	
Lysine.....g	0.102		0		1		0.107	0.347	
Methionine.....g	0.050		0		1		0.053	0.170	
Cystine.....g	0.020		0		1		0.021	0.068	
Phenylalanine.....g	0.112		0		1		0.118	0.381	
Tyrosine.....g	0.092		0		1		0.097	0.313	
Valine.....g	0.138		0		1		0.145	0.469	
Arginine.....g	0.098		0		1		0.103	0.333	
Histidine.....g	0.066		0		1		0.069	0.224	
Alanine.....g	0.220		0		1		0.231	0.748	
Aspartic acid.....g	0.182		0		1		0.191	0.619	
Glutamic acid.....g	0.475		0		1		0.499	1.615	
Glycine.....g	0.095		0		1		0.100	0.323	
Proline.....g	0.218		0		1		0.229	0.741	
Serine.....g	0.114		0		1		0.120	0.388	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	33		0	BFSN	4		34.264	110.950	
Carotene, alpha.....mcg	26		0	BFSN	4		27.148	87.907	
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		6.589	21.337	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1045		0	BFSN	4		1096.887	3551.824	

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.

NDB No. 11773

Corn, sweet, yellow, canned, vacuum pack, no salt added

Common Measures:

Measure 1 = 105g: .5 cup

Measure 2 = 340g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11176

Corn, sweet, yellow, canned, vacuum pack, regular pack

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	0.073		0		1		0.077	0.310	0.248
17:0.....g									
18:0.....g	0.005		0		1		0.005	0.021	0.017
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.147		0		1		0.154	0.625	0.500
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	0.147		0		1		0.154	0.625	0.500
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	0.237		0		1		0.249	1.007	0.806
18:2 undifferentiated.....g	0.230		0		1		0.242	0.978	0.782
18:3 undifferentiated.....g	0.007		0		1		0.007	0.030	0.024
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.018	0.072	0.058
Threonine.....g	0.097		0		1		0.102	0.412	0.330
Isoleucine.....g	0.097		0		1		0.102	0.412	0.330
Leucine.....g	0.260		0		1		0.273	1.105	0.884
Lysine.....g	0.102		0		1		0.107	0.434	0.347
Methionine.....g	0.050		0		1		0.053	0.213	0.170
Cystine.....g	0.020		0		1		0.021	0.085	0.068
Phenylalanine.....g	0.112		0		1		0.118	0.476	0.381
Tyrosine.....g	0.092		0		1		0.097	0.391	0.313
Valine.....g	0.138		0		1		0.145	0.587	0.469
Arginine.....g	0.098		0		1		0.103	0.417	0.333
Histidine.....g	0.066		0		1		0.069	0.281	0.224
Alanine.....g	0.220		0		1		0.231	0.935	0.748
Aspartic acid.....g	0.182		0		1		0.191	0.774	0.619
Glutamic acid.....g	0.475		0		1		0.499	2.019	1.615
Glycine.....g	0.095		0		1		0.100	0.404	0.323
Proline.....g	0.218		0		1		0.229	0.927	0.741
Serine.....g	0.114		0		1		0.120	0.485	0.388
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	33		0	BFSN	4		34.264	138.688	110.950
Carotene, alpha.....mcg	26		0	BFSN	4		27.148	109.883	87.907
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		6.589	26.671	21.337
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1045		0	BFSN	4		1096.887	4439.780	3551.824

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.

NDB No. 11176

Corn, sweet, yellow, canned, vacuum pack, regular pack

Common Measures:

Measure 1 = 105g: .5 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Measure 3 = 340g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11172

Corn, sweet, yellow, canned, whole kernel, drained solids

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	0.144		0		1		0.236	0.304	0.429
17:0.....g									
18:0.....g	0.010		0		1		0.016	0.021	0.030
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.292		0		1		0.479	0.616	0.870
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	0.292		0		1		0.479	0.616	0.870
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	0.471		0		1		0.772	0.994	1.404
18:2 undifferentiated.....g	0.457		0		1		0.749	0.964	1.362
18:3 undifferentiated.....g	0.014		0		1		0.023	0.030	0.042
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.018		0		1		0.030	0.038	0.054
Threonine.....g	0.105		0		1		0.172	0.222	0.313
Isoleucine.....g	0.105		0		1		0.172	0.222	0.313
Leucine.....g	0.284		0		1		0.466	0.599	0.846
Lysine.....g	0.112		0		1		0.184	0.236	0.334
Methionine.....g	0.055		0		1		0.090	0.116	0.164
Cystine.....g	0.021		0		1		0.034	0.044	0.063
Phenylalanine.....g	0.122		0		1		0.200	0.257	0.364
Tyrosine.....g	0.100		0		1		0.164	0.211	0.298
Valine.....g	0.151		0		1		0.248	0.319	0.450
Arginine.....g	0.107		0		1		0.175	0.226	0.319
Histidine.....g	0.072		0		1		0.118	0.152	0.215
Alanine.....g	0.240		0		1		0.394	0.506	0.715
Aspartic acid.....g	0.199		0		1		0.326	0.420	0.593
Glutamic acid.....g	0.518		0		1		0.850	1.093	1.544
Glycine.....g	0.103		0		1		0.169	0.217	0.307
Proline.....g	0.238		0		1		0.390	0.502	0.709
Serine.....g	0.125		0		1		0.205	0.264	0.373
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	32		0	BFSN	4		52.740	67.855	95.833
Carotene, alpha.....mcg	25		0	BFSN	4		41.786	53.762	75.929
Cryptoxanthin, beta.....mcg	6		0	BFSN	4		10.142	13.049	18.429
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1029		0	BFSN	4		1688.361	2172.221	3067.875

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.

NDB No. 11172

Corn, sweet, yellow, canned, whole kernel, drained solids

Common Measures:

Measure 1 = 164g: 1 cup

Measure 2 = 211g: 1 can (12 oz) yields

Measure 3 = 298g: 1 can (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11770

Corn, sweet, yellow, cooked, boiled, drained, 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
16:0.....g	0.185		0		1		0.303	0.142	0.152
17:0.....g									
18:0.....g	0.012		0		1		0.020	0.009	0.010
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.374		0		1		0.613	0.288	0.307
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.374		0		1		0.613	0.288	0.307
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.603		0		1		0.989	0.464	0.494
18:2 undifferentiated.....g	0.586		0		1		0.961	0.451	0.481
18:3 undifferentiated.....g	0.018		0		1		0.030	0.014	0.015
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	z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.038	0.018	0.019
Threonine.....g	0.133		0		1		0.218	0.102	0.109
Isoleucine.....g	0.133		0		1		0.218	0.102	0.109
Leucine.....g	0.358		0		1		0.587	0.276	0.294
Lysine.....g	0.141		0		1		0.231	0.109	0.116
Methionine.....g	0.069		0		1		0.113	0.053	0.057
Cystine.....g	0.027		0		1		0.044	0.021	0.022
Phenylalanine.....g	0.155		0		1		0.254	0.119	0.127
Tyrosine.....g	0.126		0		1		0.207	0.097	0.103
Valine.....g	0.191		0		1		0.313	0.147	0.157
Arginine.....g	0.135		0		1		0.221	0.104	0.111
Histidine.....g	0.091		0		1		0.149	0.070	0.075
Alanine.....g	0.304		0		1		0.499	0.234	0.249
Aspartic acid.....g	0.252		0		1		0.413	0.194	0.207
Glutamic acid.....g	0.655		0		1		1.074	0.504	0.537
Glycine.....g	0.131		0		1		0.215	0.101	0.107
Proline.....g	0.301		0		1		0.494	0.232	0.247
Serine.....g	0.158		0		1		0.259	0.122	0.130
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	66		0	BFSN	4		107.992	50.703	53.996
Carotene, alpha.....mcg	23		0	BFSN	4		37.484	17.599	18.742
Cryptoxanthin, beta.....mcg	161		0	BFSN	4		264.244	124.066	132.122
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	967		0	BFSN	4		1586.038	744.664	793.019

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 = 164g: 1 cup

Measure 2 = 77g: 1 ear, yields

NDB No. 11770

Corn, sweet, yellow, cooked, boiled, drained, with salt

Measure 3 = 82g: .5 cup cut

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11168

Corn, sweet, yellow, cooked, boiled, drained, 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	0.185		0		1		0.303	0.015	0.142
17:0.....g									
18:0.....g	0.012		0		1		0.020	0.001	0.009
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.374		0		1		0.613	0.030	0.288
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	0.374		0		1		0.613	0.030	0.288
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	0.603		0		1		0.989	0.048	0.464
18:2 undifferentiated.....g	0.586		0		1		0.961	0.047	0.451
18:3 undifferentiated.....g	0.018		0		1		0.030	0.001	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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.038	0.002	0.018
Threonine.....g	0.133		0		1		0.218	0.011	0.102
Isoleucine.....g	0.133		0		1		0.218	0.011	0.102
Leucine.....g	0.358		0		1		0.587	0.029	0.276
Lysine.....g	0.141		0		1		0.231	0.011	0.109
Methionine.....g	0.069		0		1		0.113	0.006	0.053
Cystine.....g	0.027		0		1		0.044	0.002	0.021
Phenylalanine.....g	0.155		0		1		0.254	0.012	0.119
Tyrosine.....g	0.126		0		1		0.207	0.010	0.097
Valine.....g	0.191		0		1		0.313	0.015	0.147
Arginine.....g	0.135		0		1		0.221	0.011	0.104
Histidine.....g	0.091		0		1		0.149	0.007	0.070
Alanine.....g	0.304		0		1		0.499	0.024	0.234
Aspartic acid.....g	0.252		0		1		0.413	0.020	0.194
Glutamic acid.....g	0.655		0		1		1.074	0.052	0.504
Glycine.....g	0.131		0		1		0.215	0.010	0.101
Proline.....g	0.301		0		1		0.494	0.024	0.232
Serine.....g	0.158		0		1		0.259	0.013	0.122
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	66		0	BFSN	4		107.992	5.268	50.703
Carotene, alpha.....mcg	23		0	BFSN	4		37.484	1.828	17.599
Cryptoxanthin, beta.....mcg	161		0	BFSN	4		264.244	12.890	124.066
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	967		0	BFSN	4		1586.038	77.368	744.664

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.

NDB No. 11168

Corn, sweet, yellow, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 164g: 1 cup

Measure 2 = 8.0g: 1 baby ear

Measure 3 = 77g: 1 ear, yields

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11179

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
16:0.....g	0.097		1		1		0.276	0.080	
17:0.....g									
18:0.....g	0.006		1		1		0.018	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.197		0	NC	4		0.560	0.162	
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	0.197		1		1		0.560	0.162	
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	0.318		0	NC	4		0.903	0.261	
18:2 undifferentiated.....g	0.309		1		1		0.876	0.253	
18:3 undifferentiated.....g	0.009		1		1		0.027	0.008	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0	DA	1		0.087	0.025	
Threonine.....g	0.115		0	DA	1		0.327	0.094	
Isoleucine.....g	0.137		0	DA	1		0.388	0.112	
Leucine.....g	0.251		0	DA	1		0.712	0.206	
Lysine.....g	0.153		0	DA	1		0.435	0.126	
Methionine.....g	0.068		0	DA	1		0.193	0.056	
Cystine.....g	0.038		0	DA	1		0.108	0.031	
Phenylalanine.....g	0.131		0	DA	1		0.372	0.107	
Tyrosine.....g	0.106		0	DA	1		0.301	0.087	
Valine.....g	0.167		0	DA	1		0.475	0.137	
Arginine.....g	0.126		0	DA	1		0.359	0.104	
Histidine.....g	0.067		0	DA	1		0.190	0.055	
Alanine.....g	0.172		0	DA	1		0.488	0.141	
Aspartic acid.....g	0.219		0	DA	1		0.623	0.180	
Glutamic acid.....g	0.438		0	DA	1		1.243	0.359	
Glycine.....g	0.085		0	DA	1		0.243	0.070	
Proline.....g	0.181		0	DA	1		0.514	0.149	
Serine.....g	0.156		0	DA	1		0.443	0.128	
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	50	1.736	4	JA	6		141.162	40.758	
Carotene, alpha.....mcg	17	2.515	4	JA	6		48.997	14.147	
Cryptoxanthin, beta.....mcg	122	5.627	4	JA	6		345.408	99.730	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	730	230.000	5	A	1		2073.200	598.600	

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.

NDB No. 11179

Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt

Common Measures:

Measure 1 = 284g: 1 package (10 oz) yields

Measure 2 = 82g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11178

Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

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	0.112		0		1		0.092	0.318	
17:0.....g									
18:0.....g	0.007		0		1		0.006	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.227		0		1		0.186	0.645	
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	0.227		0		1		0.186	0.645	
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	0.366		0		1		0.300	1.039	
18:2 undifferentiated.....g	0.355		0		1		0.291	1.008	
18:3 undifferentiated.....g	0.011		0		1		0.009	0.031	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.021		0		1		0.017	0.060	
Threonine.....g	0.121		0		1		0.099	0.344	
Isoleucine.....g	0.121		0		1		0.099	0.344	
Leucine.....g	0.326		0		1		0.267	0.926	
Lysine.....g	0.128		0		1		0.105	0.364	
Methionine.....g	0.063		0		1		0.052	0.179	
Cystine.....g	0.025		0		1		0.021	0.071	
Phenylalanine.....g	0.141		0		1		0.116	0.400	
Tyrosine.....g	0.115		0		1		0.094	0.327	
Valine.....g	0.173		0		1		0.142	0.491	
Arginine.....g	0.123		0		1		0.101	0.349	
Histidine.....g	0.083		0		1		0.068	0.236	
Alanine.....g	0.276		0		1		0.226	0.784	
Aspartic acid.....g	0.229		0		1		0.188	0.650	
Glutamic acid.....g	0.596		0		1		0.489	1.693	
Glycine.....g	0.119		0		1		0.098	0.338	
Proline.....g	0.274		0		1		0.225	0.778	
Serine.....g	0.143		0		1		0.117	0.406	
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	54		0	BFSN	4		44.503	154.131	
Carotene, alpha.....mcg	19		0	BFSN	4		15.447	53.499	
Cryptoxanthin, beta.....mcg	133		0	BFSN	4		108.893	377.142	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	797		0	BFSN	4		653.596	2263.673	

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.

NDB No. 11178

Corn, sweet, yellow, frozen, kernels cut off cob, unprepared

Common Measures:

Measure 1 = 82g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11775

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, 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
16:0.....g	0.107		0		1		0.067	0.088	
17:0.....g									
18:0.....g	0.007		0		1		0.004	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.216		0		1		0.136	0.177	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.216		0		1		0.136	0.177	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0		1		0.219	0.285	
18:2 undifferentiated.....g	0.338		0		1		0.213	0.277	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.008	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.014	0.018	
Threonine.....g	0.125		0		1		0.079	0.103	
Isoleucine.....g	0.125		0		1		0.079	0.103	
Leucine.....g	0.336		0		1		0.212	0.276	
Lysine.....g	0.132		0		1		0.083	0.108	
Methionine.....g	0.065		0		1		0.041	0.053	
Cystine.....g	0.025		0		1		0.016	0.021	
Phenylalanine.....g	0.145		0		1		0.091	0.119	
Tyrosine.....g	0.119		0		1		0.075	0.098	
Valine.....g	0.179		0		1		0.113	0.147	
Arginine.....g	0.126		0		1		0.079	0.103	
Histidine.....g	0.086		0		1		0.054	0.071	
Alanine.....g	0.285		0		1		0.180	0.234	
Aspartic acid.....g	0.236		0		1		0.149	0.194	
Glutamic acid.....g	0.615		0		1		0.387	0.504	
Glycine.....g	0.123		0		1		0.077	0.101	
Proline.....g	0.282		0		1		0.178	0.231	
Serine.....g	0.148		0		1		0.093	0.121	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	58		0	BFSN	4		36.536	47.555	
Carotene, alpha.....mcg	20		0	BFSN	4		12.682	16.506	
Cryptoxanthin, beta.....mcg	142		0	BFSN	4		89.399	116.361	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	852		0	BFSN	4		536.591	698.420	

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 = 63g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

NDB No. 11775

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11181

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, 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	0.107		0		1		0.067	0.088	
17:0.....g									
18:0.....g	0.007		0		1		0.004	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.216		0		1		0.136	0.177	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.216		0		1		0.136	0.177	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.348		0		1		0.219	0.285	
18:2 undifferentiated.....g	0.338		0		1		0.213	0.277	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.008	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.014	0.018	
Threonine.....g	0.125		0		1		0.079	0.103	
Isoleucine.....g	0.125		0		1		0.079	0.103	
Leucine.....g	0.336		0		1		0.212	0.276	
Lysine.....g	0.132		0		1		0.083	0.108	
Methionine.....g	0.065		0		1		0.041	0.053	
Cystine.....g	0.025		0		1		0.016	0.021	
Phenylalanine.....g	0.145		0		1		0.091	0.119	
Tyrosine.....g	0.119		0		1		0.075	0.098	
Valine.....g	0.179		0		1		0.113	0.147	
Arginine.....g	0.126		0		1		0.079	0.103	
Histidine.....g	0.086		0		1		0.054	0.071	
Alanine.....g	0.285		0		1		0.180	0.234	
Aspartic acid.....g	0.236		0		1		0.149	0.194	
Glutamic acid.....g	0.615		0		1		0.387	0.504	
Glycine.....g	0.123		0		1		0.077	0.101	
Proline.....g	0.282		0		1		0.178	0.231	
Serine.....g	0.148		0		1		0.093	0.121	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	58		0	BFSN	4		36.536	47.555	
Carotene, alpha.....mcg	20		0	BFSN	4		12.682	16.506	
Cryptoxanthin, beta.....mcg	142		0	BFSN	4		89.399	116.361	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	852		0	BFSN	4		536.591	698.420	

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 = 63g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

NDB No. 11181

Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11180

Corn, sweet, yellow, frozen, kernels on cob, unprepared

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	0.112		0		1		0.140	0.092	
17:0.....g									
18:0.....g	0.007		0		1		0.009	0.006	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.228		0		1		0.285	0.187	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.228		0		1		0.285	0.187	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0		1		0.459	0.301	
18:2 undifferentiated.....g	0.356		0		1		0.445	0.292	
18:3 undifferentiated.....g	0.011		0		1		0.014	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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.029	0.019	
Threonine.....g	0.132		0		1		0.165	0.108	
Isoleucine.....g	0.132		0		1		0.165	0.108	
Leucine.....g	0.354		0		1		0.443	0.290	
Lysine.....g	0.139		0		1		0.174	0.114	
Methionine.....g	0.068		0		1		0.085	0.056	
Cystine.....g	0.027		0		1		0.034	0.022	
Phenylalanine.....g	0.152		0		1		0.190	0.125	
Tyrosine.....g	0.125		0		1		0.156	0.103	
Valine.....g	0.188		0		1		0.235	0.154	
Arginine.....g	0.133		0		1		0.166	0.109	
Histidine.....g	0.090		0		1		0.113	0.074	
Alanine.....g	0.300		0		1		0.375	0.246	
Aspartic acid.....g	0.248		0		1		0.310	0.203	
Glutamic acid.....g	0.647		0		1		0.809	0.531	
Glycine.....g	0.129		0		1		0.161	0.106	
Proline.....g	0.297		0		1		0.371	0.244	
Serine.....g	0.156		0		1		0.195	0.128	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	61		0	BFSN	4		76.306	50.057	
Carotene, alpha.....mcg	21		0	BFSN	4		26.486	17.375	
Cryptoxanthin, beta.....mcg	149		0	BFSN	4		186.712	122.483	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	897		0	BFSN	4		1120.678	735.165	

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Common Measures:

Measure 1 = 125g: 1 ear, yields

Measure 2 = 82g: .5 cup kernels

NDB No. 11180

Corn, sweet, yellow, frozen, kernels on cob, unprepared

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11774

Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, 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
16:0.....g	0.062		1		1		0.176	0.051	
17:0.....g									
18:0.....g	0.004		1		1		0.011	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.126		0		1		0.358	0.103	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.126		1		1		0.358	0.103	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0		1		0.577	0.166	
18:2 undifferentiated.....g	0.197		1		1		0.559	0.162	
18:3 undifferentiated.....g	0.006		1		1		0.017	0.005	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0	DA	1		0.087	0.025	
Threonine.....g	0.115		0	DA	1		0.327	0.094	
Isoleucine.....g	0.137		0	DA	1		0.388	0.112	
Leucine.....g	0.251		0	DA	1		0.712	0.206	
Lysine.....g	0.153		0	DA	1		0.435	0.126	
Methionine.....g	0.068		0	DA	1		0.193	0.056	
Cystine.....g	0.038		0	DA	1		0.108	0.031	
Phenylalanine.....g	0.131		0	DA	1		0.372	0.107	
Tyrosine.....g	0.106		0	DA	1		0.301	0.087	
Valine.....g	0.167		0	DA	1		0.475	0.137	
Arginine.....g	0.126		0	DA	1		0.359	0.104	
Histidine.....g	0.067		0	DA	1		0.190	0.055	
Alanine.....g	0.172		0	DA	1		0.488	0.141	
Aspartic acid.....g	0.219		0	DA	1		0.623	0.180	
Glutamic acid.....g	0.438		0	DA	1		1.243	0.359	
Glycine.....g	0.085		0	DA	1		0.243	0.070	
Proline.....g	0.181		0	DA	1		0.514	0.149	
Serine.....g	0.156		0	DA	1		0.443	0.128	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	50	1.736	4	JA	6		141.162	40.758	
Carotene, alpha.....mcg	17	2.515	4	JA	6		48.997	14.147	
Cryptoxanthin, beta.....mcg	122	5.627	4	JA	6		345.408	99.730	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	730	230.000	5	A	1		2073.200	598.600	

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Common Measures:

Measure 1 = 284g: 1 package (10 oz) yields

Measure 2 = 82g: .5 cup

NDB No. 11774

Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11167
Corn, sweet, yellow, raw

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	0.171		2		1		0.263	0.245	0.154
17:0.....g									
18:0.....g	0.011		2		1		0.017	0.016	0.010
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.347		0		1		0.534	0.496	0.312
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	0.347		2		1		0.534	0.496	0.312
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	0.559		0		1		0.861	0.799	0.503
18:2 undifferentiated.....g	0.542		2		1		0.835	0.775	0.488
18:3 undifferentiated.....g	0.016		2		1		0.025	0.023	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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		17		1		0.035	0.033	0.021
Threonine.....g	0.129		21		1		0.199	0.184	0.116
Isoleucine.....g	0.129		21		1		0.199	0.184	0.116
Leucine.....g	0.348		21		1		0.536	0.498	0.313
Lysine.....g	0.137		21		1		0.211	0.196	0.123
Methionine.....g	0.067		21		1		0.103	0.096	0.060
Cystine.....g	0.026		3		1		0.040	0.037	0.023
Phenylalanine.....g	0.150		21		1		0.231	0.215	0.135
Tyrosine.....g	0.123		5		1		0.189	0.176	0.111
Valine.....g	0.185		21		1		0.285	0.265	0.167
Arginine.....g	0.131		21		1		0.202	0.187	0.118
Histidine.....g	0.089		21		1		0.137	0.127	0.080
Alanine.....g	0.295		5		1		0.454	0.422	0.266
Aspartic acid.....g	0.244		5		1		0.376	0.349	0.220
Glutamic acid.....g	0.636		5		1		0.979	0.909	0.572
Glycine.....g	0.127		5		1		0.196	0.182	0.114
Proline.....g	0.292		5		1		0.450	0.418	0.263
Serine.....g	0.153		5		1		0.236	0.219	0.138
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	52		0	BFSN	4		80.112	74.390	46.819
Carotene, alpha.....mcg	18		0	BFSN	4		27.807	25.821	16.251
Cryptoxanthin, beta.....mcg	127		0	BFSN	4		196.026	182.024	114.561
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	764		0	BFSN	4		1176.584	1092.542	687.614

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NDB No. 11167

Corn, sweet, yellow, raw

Common Measures:

Measure 1 = 154g: 1 cup

Measure 2 = 143g: 1 ear, large (7-3/4" to 9" long) yields

Measure 3 = 90g: 1 ear, medium (6-3/4" to 7-1/2" long) yields

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11190
Cornsalad, raw
Valerianella locusta

Refuse:

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	92.80		0		1		51.97		
Energy.....kcal	21		0	NC	4		12		
Energy.....kj	88				4		49		
Protein (N x 6.25).....g	2.00		0		1		1.12		
Total lipid (fat).....g	0.40		0		1		0.22		
Ash.....g	1.20		0		1		0.67		
Carbohydrate, by difference.....g	3.60		0	NC	4		2.02		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		0		4		21		
Iron, Fe.....mg	2.18		0		4		1.22		
Magnesium, Mg.....mg	13		0		4		7		
Phosphorus, P.....mg	53		0		4		30		
Potassium, K.....mg	459		0		4		257		
Sodium, Na.....mg	4		0		4		2		
Zinc, Zn.....mg	0.59		0		4		0.33		
Copper, Cu.....mg	0.134		0		4		0.075		
Manganese, Mn.....mg	0.359		0		4		0.201		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	38.2		0		4		21.4		
Thiamin.....mg	0.071		0		4		0.040		
Riboflavin.....mg	0.087		0		4		0.049		
Niacin.....mg	0.415		0		4		0.232		
Pantothenic acid.....mg	0.042		0		4		0.024		
Vitamin B-6.....mg	0.273		0		4		0.153		
Folate, total.....mcg	14		0		4		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	14		0		4		8		
Folate, DFE.....mcg_DFE	14		0	NC	4		8		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	7092		0		4		3972		
Vitamin A, RAE.....mcg_RAE	355		0		4		199		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.026		2		1		0.015		
Threonine.....g	0.075		6		1		0.042		
Isoleucine.....g	0.099		6		1		0.055		
Leucine.....g	0.133		6		1		0.074		
Lysine.....g	0.101		6		1		0.057		
Methionine.....g	0.025		6		1		0.014		
Cystine.....g	0.020		4		1		0.011		

NDB No. 11190
Corn salad, raw

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
Phenylalanine.....g	0.091		6		1		0.051		
Tyrosine.....g	0.036		4		1		0.020		
Valine.....g	0.099		6		1		0.055		
Arginine.....g	0.091		6		1		0.051		
Histidine.....g	0.036		6		1		0.020		
Alanine.....g	0.088		4		1		0.049		
Aspartic acid.....g	0.176		4		1		0.099		
Glutamic acid.....g	0.203		4		1		0.114		
Glycine.....g	0.079		4		1		0.044		
Proline.....g	0.078		4		1		0.044		
Serine.....g	0.063		4		1		0.035		
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 = 56g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11777

Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, 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	0.034		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.035		
20:1.....g									
22:1 undifferentiated.....g	0.012		0		1		0.020		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.266		
18:2 undifferentiated.....g	0.093		0		1		0.153		
18:3 undifferentiated.....g	0.068		0		1		0.112		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.037		0		1		0.061		
Threonine.....g	0.118		0		1		0.195		
Isoleucine.....g	0.170		0		1		0.281		
Leucine.....g	0.226		0		1		0.373		
Lysine.....g	0.209		0		1		0.345		
Methionine.....g	0.045		0		1		0.074		
Cystine.....g	0.047		0		1		0.078		
Phenylalanine.....g	0.174		0		1		0.287		
Tyrosine.....g	0.130		0		1		0.215		
Valine.....g	0.184		0		1		0.304		
Arginine.....g	0.222		0		1		0.366		
Histidine.....g	0.103		0		1		0.170		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	475		0	O	4		783.090		
Carotene, alpha.....mcg	0		0	T	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000		
Lycopene.....mcg	0		0	T	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	T	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 = 165g: 1 cup

NDB No. 11777

Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, with salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11192

Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, 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	0.034		0		1		0.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.035		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.012		0		1		0.020		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.266		
18:2 undifferentiated.....g	0.093		0		1		0.153		
18:3 undifferentiated.....g	0.068		0		1		0.112		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.037		0		1		0.061		
Threonine.....g	0.118		0		1		0.195		
Isoleucine.....g	0.170		0		1		0.281		
Leucine.....g	0.226		0		1		0.373		
Lysine.....g	0.209		0		1		0.345		
Methionine.....g	0.045		0		1		0.074		
Cystine.....g	0.047		0		1		0.078		
Phenylalanine.....g	0.174		0		1		0.287		
Tyrosine.....g	0.130		0		1		0.215		
Valine.....g	0.184		0		1		0.304		
Arginine.....g	0.222		0		1		0.366		
Histidine.....g	0.103		0		1		0.170		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	475		0	O	4		783.090		
Carotene, alpha.....mcg	0		0	T	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	T	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 = 165g: 1 cup

NDB No. 11192

Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11778

Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, 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	0.060		0		1		0.102		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.060		
20:1.....g									
22:1 undifferentiated.....g	0.021		0		1		0.036		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.476		
18:2 undifferentiated.....g	0.159		0		1		0.270		
18:3 undifferentiated.....g	0.116		0		1		0.197		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.098		0		1		0.167		
Threonine.....g	0.316		0		1		0.537		
Isoleucine.....g	0.455		0		1		0.774		
Leucine.....g	0.606		0		1		1.030		
Lysine.....g	0.558		0		1		0.949		
Methionine.....g	0.121		0		1		0.206		
Cystine.....g	0.126		0		1		0.214		
Phenylalanine.....g	0.466		0		1		0.792		
Tyrosine.....g	0.348		0		1		0.592		
Valine.....g	0.492		0		1		0.836		
Arginine.....g	0.595		0		1		1.012		
Histidine.....g	0.274		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	45		0	o	4		76.500		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 170g: 1 cup

NDB No. 11778

Cowpeas (Blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11195

Cowpeas (Blackeyes), immature seeds, frozen, unprepared

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	0.063		0		1		0.101	0.179	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.061	0.108	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.023		0		1		0.037	0.065	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.297		0		1		0.475	0.843	
18:2 undifferentiated.....g	0.168		0		1		0.269	0.477	
18:3 undifferentiated.....g	0.122		0		1		0.195	0.346	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.165	0.293	
Threonine.....g	0.335		0		1		0.536	0.951	
Isoleucine.....g	0.481		0		1		0.770	1.366	
Leucine.....g	0.640		0		1		1.024	1.818	
Lysine.....g	0.590		0		1		0.944	1.676	
Methionine.....g	0.128		0		1		0.205	0.364	
Cystine.....g	0.134		0		1		0.214	0.381	
Phenylalanine.....g	0.493		0		1		0.789	1.400	
Tyrosine.....g	0.368		0		1		0.589	1.045	
Valine.....g	0.520		0		1		0.832	1.477	
Arginine.....g	0.629		0		1		1.006	1.786	
Histidine.....g	0.290		0		1		0.464	0.824	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 160g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11196

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, 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	0.060		0		1		0.102		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.060		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.021		0		1		0.036		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280		0		1		0.476		
18:2 undifferentiated.....g	0.159		0		1		0.270		
18:3 undifferentiated.....g	0.116		0		1		0.197		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		1		0.167		
Threonine.....g	0.316		0		1		0.537		
Isoleucine.....g	0.455		0		1		0.774		
Leucine.....g	0.606		0		1		1.030		
Lysine.....g	0.558		0		1		0.949		
Methionine.....g	0.121		0		1		0.206		
Cystine.....g	0.126		0		1		0.214		
Phenylalanine.....g	0.466		0		1		0.792		
Tyrosine.....g	0.348		0		1		0.592		
Valine.....g	0.492		0		1		0.836		
Arginine.....g	0.595		0		1		1.012		
Histidine.....g	0.274		0		1		0.466		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	45		0	O	4		76.500		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 170g: 1 cup

NDB No. 11196

Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11191

Cowpeas (blackeyes), immature seeds, raw

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	0.032		0		1		0.046		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.019		1		1		0.028		
20:1.....g									
22:1 undifferentiated.....g	0.011		1		1		0.016		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.218		
18:2 undifferentiated.....g	0.087		1		1		0.126		
18:3 undifferentiated.....g	0.063		1		1		0.091		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.034		0		1		0.049		
Threonine.....g	0.110		0		1		0.160		
Isoleucine.....g	0.158		0		1		0.229		
Leucine.....g	0.211		0		1		0.306		
Lysine.....g	0.194		0		1		0.281		
Methionine.....g	0.042		0		1		0.061		
Cystine.....g	0.044		0		1		0.064		
Phenylalanine.....g	0.162		0		1		0.235		
Tyrosine.....g	0.121		0		1		0.175		
Valine.....g	0.171		0		1		0.248		
Arginine.....g	0.207		0		1		0.300		
Histidine.....g	0.095		0		1		0.138		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 145g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11780

Cowpeas, leafy tips, cooked, boiled, drained, 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	0.009		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.003		
20:1.....g									
22:1 undifferentiated.....g	0.003		0		1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.022		
18:2 undifferentiated.....g	0.024		0		1		0.013		
18:3 undifferentiated.....g	0.017		0		1		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	z	7		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 = 53g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11202

Cowpeas, leafy tips, cooked, boiled, drained, 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	0.009		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.003		
20:1.....g									
22:1 undifferentiated.....g	0.003		0		1		0.002		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.022		
18:2 undifferentiated.....g	0.024		0		1		0.013		
18:3 undifferentiated.....g	0.017		0		1		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	z	7		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 = 53g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11201
Cowpeas, leafy tips, raw

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	0.022		0		1		0.008	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.005	0.000	
20:1.....g									
22:1 undifferentiated.....g	0.008		0		1		0.003	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.038	0.003	
18:2 undifferentiated.....g	0.060		0		1		0.022	0.002	
18:3 undifferentiated.....g	0.044		0		1		0.016	0.001	
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	z	7		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 = 36g: 1 cup, chopped

Measure 2 = 3.0g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11779

Cowpeas, young pods with seeds, cooked, boiled, drained, 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	0.027		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g	0.010		0		1		0.010		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1		0.121		
18:2 undifferentiated.....g	0.072		0		1		0.068		
18:3 undifferentiated.....g	0.052		0		1		0.049		
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	z	7		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 = 95g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11198

Cowpeas, young pods with seeds, cooked, boiled, drained, 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	0.027		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g	0.010		0		1		0.010		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1		0.121		
18:2 undifferentiated.....g	0.072		0		1		0.068		
18:3 undifferentiated.....g	0.052		0		1		0.049		
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	z	7		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 = 95g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11197

Cowpeas, young pods with seeds, raw

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	0.027		0		1		0.025	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.015	0.002	
20:1.....g									
22:1 undifferentiated.....g	0.010		0		1		0.009	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1		0.119	0.015	
18:2 undifferentiated.....g	0.072		0		1		0.068	0.009	
18:3 undifferentiated.....g	0.052		0		1		0.049	0.006	
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	z	7		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 = 94g: 1 cup

Measure 2 = 12.0g: 1 pod

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11781

Cress, garden, cooked, boiled, drained, 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	0.205		0		1		0.277		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.075		0		1		0.101		
20:1.....g	0.052		0		1		0.070		
22:1 undifferentiated.....g	0.078		0		1		0.105		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.265		
18:2 undifferentiated.....g	0.130		0		1		0.176		
18:3 undifferentiated.....g	0.065		0		1		0.088		
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	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	2936		0	BFSN	4		3964.033		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	8844		0	BFSN	4		11939.858		

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 = 135g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11204

Cress, garden, cooked, boiled, drained, 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	0.205		0		1		0.277	0.139	
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	0.075		0		1		0.101	0.051	
20:1.....g	0.052		0		1		0.070	0.035	
22:1 undifferentiated.....g	0.078		0		1		0.105	0.053	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.265	0.133	
18:2 undifferentiated.....g	0.130		0		1		0.176	0.088	
18:3 undifferentiated.....g	0.065		0		1		0.088	0.044	
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	Z	7		0	0	
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	2936		0	BFSN	4		3964.033	1996.698	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	8844		0	BFSN	4		11939.858	6014.151	

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Common Measures:

Measure 1 = 135g: 1 cup

Measure 2 = 68g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11203
Cress, garden, raw

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	0.239		0		1		0.120	0.002	
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	0.087		0		1		0.044	0.001	
20:1.....g	0.061		0		1		0.031	0.001	
22:1 undifferentiated.....g	0.091		0		1		0.046	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.228		0		1		0.114	0.002	
18:2 undifferentiated.....g	0.152		0		1		0.076	0.002	
18:3 undifferentiated.....g	0.076		0		1		0.038	0.001	
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	Z	7		0	0	
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	4150		0	T	4		2075.000	41.500	
Carotene, alpha.....mcg	0		0	T	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	12500		0	T	4		6250.000	125.000	

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Common Measures:

Measure 1 = 50g: 1 cup

Measure 2 = 1.0g: 1 sprig

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11206
Cucumber, peeled, raw

Refuse: 27% Parings, ends and bruised spots

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	96.73	0.286	7	JO	11		128.65	115.11	270.84
Energy.....kcal	12		0	NC	4		17	15	35
Energy.....kj	52		0	NC	4		69	62	145
Protein.....g	0.59	0.077	4	A	1		0.79	0.71	1.66
Total lipid (fat).....g	0.16	0.029	11	JO	11		0.21	0.19	0.44
Ash.....g	0.36	0.009	4	A	1		0.48	0.43	1.01
Carbohydrate, by difference.....g	2.16		0	NC	4		2.87	2.57	6.04
Fiber, total dietary.....g	0.7		0		1		0.9	0.8	2.0
Sugars, total.....g	1.38		0	AS	1		1.83	1.64	3.86
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.63	0.089	4	A	1		0.84	0.75	1.76
Fructose.....g	0.75	0.061	4	A	1		0.99	0.89	2.09
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.08		2	A	1		0.11	0.10	0.23
Minerals:									
Calcium, Ca.....mg	14	1.018	51	JA	6		19	17	41
Iron, Fe.....mg	0.22	0.008	52	JA	6		0.30	0.27	0.62
Magnesium, Mg.....mg	12	0.664	52	JA	6		16	14	33
Phosphorus, P.....mg	21	0.664	51	JA	6		28	25	59
Potassium, K.....mg	136	8.210	52	JA	6		181	162	381
Sodium, Na.....mg	2	0.137	48		1		3	2	6
Zinc, Zn.....mg	0.17	0.013	52	JA	6		0.22	0.20	0.47
Copper, Cu.....mg	0.071	0.017	52	JA	6		0.094	0.084	0.199
Manganese, Mn.....mg	0.073	0.009	52	JA	6		0.098	0.087	0.206
Selenium, Se.....mcg	0.1	0.068	41	JA	6		0.1	0.1	0.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.2	0.740	4	A	1		4.2	3.8	8.9
Thiamin.....mg	0.031	0.008	4	A	1		0.041	0.037	0.087
Riboflavin.....mg	0.025	0.003	4	A	1		0.033	0.030	0.070
Niacin.....mg	0.037	0.000	4	A	1		0.049	0.044	0.103
Pantothenic acid.....mg	0.240	0.041	4	A	1		0.320	0.286	0.673
Vitamin B-6.....mg	0.051	0.018	4	A	1		0.068	0.060	0.142
Folate, total.....mcg	14	3.749	3	A	1		19	17	39
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14	3.749	3	A	1		19	17	39
Folate, DFE.....mcg_DFE	14		0	NC	4		19	17	39
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	72		0	NC	4		96	86	201
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		5	4	10
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.03	0.008	5	JO	11		0.05	0.04	0.10
Tocopherol, beta.....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.02	0.004	5	JO	11		0.02	0.02	0.05
Tocopherol, delta.....mg	0.00	0.000	5	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.2	0.450	6	JO	11		9.6	8.6	20.2
Lipids:									
Fatty acids, total saturated.....g	0.013		0	NC	4		0.018	0.016	0.037
4:0.....g	0.000		0	BFFN	4		0.000	0.000	0.000
6:0.....g	0.000		0	BFFN	4		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	0.002		2	A	1		0.002	0.002	0.005
15:0.....g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 11206
Cucumber, peeled, raw

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	0.010		2	A	1		0.013	0.012	0.028
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.002		2	A	1		0.002	0.002	0.005
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.002		0	NC	4		0.002	0.002	0.005
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.005
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0	NC	4		0.004	0.004	0.009
18:2 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.005
18:3 undifferentiated.....g	0.002		2	A	1		0.002	0.002	0.005
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
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	Z	7		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	31		2	A	1		40.725	36.438	85.736
Carotene, alpha.....mcg	8		2	A	1		10.108	9.044	21.280
Cryptoxanthin, beta.....mcg	18		0	T	4		23.275	20.825	49.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	16		0	T	4		21.280	19.040	44.800

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Common Measures:

- Measure 1 = 133g: 1 cup, pared, chopped
- Measure 2 = 119g: 1 cup, sliced
- Measure 3 = 280g: 1 large (8-1/4" long)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11205
Cucumber, with peel, raw
Cucumis sativus

Refuse: 3% Ends

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	95.23		2	JO	11		49.52	286.63	
Energy.....kcal	15		0	NC	4		8	47	
Energy.....kj	65		0	NC	4		34	195	
Protein (N x 6.25).....g	0.65		4	A	1		0.34	1.96	
Total lipid (fat).....g	0.11	0.004	9	JO	11		0.06	0.33	
Ash.....g	0.38		4	A	1		0.20	1.16	
Carbohydrate, by difference.....g	3.63		0	NC	4		1.89	10.92	
Fiber, total dietary.....g	0.5		1		1		0.3	1.6	
Sugars, total.....g	1.67		0	NC	4		0.87	5.03	
Sucrose.....g	0.03		4	A	1		0.02	0.10	
Glucose (dextrose).....g	0.76	0.043	7	JA	6		0.39	2.28	
Fructose.....g	0.87	0.097	7	JA	6		0.45	2.62	
Lactose.....g	0.00		4	A	1		0.00	0.00	
Maltose.....g	0.01	0.012	7	JA	6		0.01	0.04	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	0.83	0.000	4	A	1		0.43	2.51	
Minerals:									
Calcium, Ca.....mg	16		4	A	1		8	48	
Iron, Fe.....mg	0.28		4	A	1		0.15	0.85	
Magnesium, Mg.....mg	13		4	A	1		7	38	
Phosphorus, P.....mg	24		4	A	1		13	74	
Potassium, K.....mg	147		4	A	1		76	442	
Sodium, Na.....mg	2	0.261	54		1		1	6	
Zinc, Zn.....mg	0.20		4	A	1		0.10	0.60	
Copper, Cu.....mg	0.041	0.000	8	A	1		0.021	0.123	
Manganese, Mn.....mg	0.079		4	A	1		0.041	0.238	
Selenium, Se.....mcg	0.3		2	A	1		0.2	0.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.8		4	A	1		1.5	8.5	
Thiamin.....mg	0.027		4	A	1		0.014	0.080	
Riboflavin.....mg	0.033		4	A	1		0.017	0.100	
Niacin.....mg	0.098	0.000	8	A	1		0.051	0.295	
Pantothenic acid.....mg	0.259		4	A	1		0.135	0.780	
Vitamin B-6.....mg	0.040		4	A	1		0.021	0.121	
Folate, total.....mcg	7	0.000	8	A	1		4	22	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	7	0.000	8	A	1		4	22	
Folate, DFE.....mcg_DFE	7		0	NC	4		4	22	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	105		0	NC	4		55	316	
Vitamin A, RAE.....mcg_RAE	5		0	NC	4		3	16	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.03	0.001	5	JO	11		0.01	0.09	
Tocopherol, beta.....mg	0.01	0.005	3	JO	11		0.00	0.02	
Tocopherol, gamma.....mg	0.03	0.005	3	JO	11		0.02	0.11	
Tocopherol, delta.....mg	0.00	0.004	3	JO	11		0.00	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.4		4	A	1		8.5	49.4	
Lipids:									
Fatty acids, total saturated.....g	0.034		0		1		0.018	0.102	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.002		2	A	1		0.001	0.005	
15:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 11205
Cucumber, with peel, raw

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	0.010		2	A	1		0.005	0.030	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.002		2	A	1		0.001	0.005	
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	0.003		0		1		0.002	0.009	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
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	0.002		2	A	1		0.001	0.005	
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	0.053		0		1		0.028	0.160	
18:2 undifferentiated.....g	0.010		2	A	1		0.005	0.030	
18:3 undifferentiated.....g	0.002		2	A	1		0.001	0.005	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
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	0		0	Z	7		0	0	
Phytosterols.....mg	14		0		1		7	42	
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.003	0.015	
Threonine.....g	0.019		0		1		0.010	0.057	
Isoleucine.....g	0.021		0		1		0.011	0.063	
Leucine.....g	0.029		0		1		0.015	0.087	
Lysine.....g	0.029		0		1		0.015	0.087	
Methionine.....g	0.006		0		1		0.003	0.018	
Cystine.....g	0.004		0		1		0.002	0.012	
Phenylalanine.....g	0.019		0		1		0.010	0.057	
Tyrosine.....g	0.011		0		1		0.006	0.033	
Valine.....g	0.022		0		1		0.011	0.066	
Arginine.....g	0.044		0		1		0.023	0.132	
Histidine.....g	0.010		0		1		0.005	0.030	
Alanine.....g	0.024		0		1		0.012	0.072	
Aspartic acid.....g	0.041		0		1		0.021	0.123	
Glutamic acid.....g	0.196		0		1		0.102	0.590	
Glycine.....g	0.024		0		1		0.012	0.072	
Proline.....g	0.015		0		1		0.008	0.045	
Serine.....g	0.020		0		1		0.010	0.060	
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	45		0	BFSN	4		23.249	134.577	
Carotene, alpha.....mcg	11		0	BFSN	4		5.771	33.402	
Cryptoxanthin, beta.....mcg	26		0	BFSN	4		13.287	76.913	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	23		0	BFSN	4		12.148	70.321	

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NDB No. 11205

Cucumber, with peel, raw

Common Measures:

Measure 1 = 52g: .5 cup slices

Measure 2 = 301g: 1 cucumber (8-1/4")

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11782

Dandelion greens, cooked, boiled, drained, 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	89.80		0		1		94.29		
Energy.....kcal	33		0	NC	4		34		
Energy.....kj	137		0	NC	4		144		
Protein (N x 6.25).....g	2.00		0		1		2.10		
Total lipid (fat).....g	0.60		0		1		0.63		
Ash.....g	1.20		0		1		1.26		
Carbohydrate, by difference.....g	6.40		0	NC	4		6.72		
Fiber, total dietary.....g	2.9		0	BFZN	4		3.0		
Sugars, total.....g	2.73		0	BFSN	4		2.87		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	140		0		1		147		
Iron, Fe.....mg	1.80		0		1		1.89		
Magnesium, Mg.....mg	24		0		4		25		
Phosphorus, P.....mg	42		0		1		44		
Potassium, K.....mg	232		0		1		244		
Sodium, Na.....mg	280		0		4		294		
Zinc, Zn.....mg	0.28		0		4		0.29		
Copper, Cu.....mg	0.115		0		4		0.121		
Manganese, Mn.....mg	0.230		0		4		0.242		
Selenium, Se.....mcg	0.3		0	BFSN	4		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	18.0		0		1		18.9		
Thiamin.....mg	0.130		0		1		0.137		
Riboflavin.....mg	0.175		0		1		0.184		
Niacin.....mg	0.514		0		4		0.540		
Pantothenic acid.....mg	0.057		0		4		0.060		
Vitamin B-6.....mg	0.160		0		4		0.168		
Folate, total.....mcg	13		0		4		13		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	13		0		4		13		
Folate, DFE.....mcg_DFE	13		0	NC	4		13		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	9917		0	NC	4		10412		
Vitamin A, RAE.....mcg_RAE	496		0	NC	4		521		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	3.40		0	BFSN	4		3.57		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	193.9		0	BFSN	4		203.5		
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	5950		0	BFSN	4		6247.500		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	4709		0	BFSN	4		4944.650		

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.

NDB No. 11782

Dandelion greens, cooked, boiled, drained, with salt

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

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 = 105g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11208

Dandelion greens, cooked, boiled, drained, 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	0.012		0		4		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		4		0.013		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.262		0		4		0.275		
18:2 undifferentiated.....g	0.224		0		4		0.235		
18:3 undifferentiated.....g	0.038		0		4		0.040		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5950		0	BFSN	4		6247.500		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	4709		0	BFSN	4		4944.650		

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 = 105g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11207
Dandelion greens, raw

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	0.014		0		4		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		4		0.008		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.306		0		4		0.168		
18:2 undifferentiated.....g	0.261		0		4		0.144		
18:3 undifferentiated.....g	0.044		0		4		0.024		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	2959		0	BFSN	4		1627.238		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	6648		0	BFSN	4		3656.548		

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 = 55g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11925

Dock, cooked, boiled, drained, 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
Phenylalanine.....g	0.104		0			1			
Tyrosine.....g	0.075		0			1			
Valine.....g	0.121		0			1			
Arginine.....g	0.098		0			1			
Histidine.....g	0.049		0			1			
Alanine.....g	0.121		0			1			
Aspartic acid.....g	0.166		0			1			
Glutamic acid.....g	0.197		0			1			
Glycine.....g	0.104		0			1			
Proline.....g	0.106		0			1			
Serine.....g	0.070		0			1			
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11617

Dock, cooked, boiled, drained, 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
Phenylalanine.....g	0.104		0		1				
Tyrosine.....g	0.075		0		1				
Valine.....g	0.121		0		1				
Arginine.....g	0.098		0		1				
Histidine.....g	0.049		0		1				
Alanine.....g	0.121		0		1				
Aspartic acid.....g	0.166		0		1				
Glutamic acid.....g	0.197		0		1				
Glycine.....g	0.104		0		1				
Proline.....g	0.106		0		1				
Serine.....g	0.070		0		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11616

Dock, raw

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
Phenylalanine.....g	0.114		1		1		0.152		
Tyrosine.....g	0.083		1		1		0.110		
Valine.....g	0.133		1		1		0.177		
Arginine.....g	0.108		1		1		0.144		
Histidine.....g	0.054		1		1		0.072		
Alanine.....g	0.132		1		1		0.176		
Aspartic acid.....g	0.181		1		1		0.241		
Glutamic acid.....g	0.216		1		1		0.287		
Glycine.....g	0.114		1		1		0.152		
Proline.....g	0.116		1		1		0.154		
Serine.....g	0.077		1		1		0.102		
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 = 133g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11783

Eggplant, cooked, boiled, drained, 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	0.020		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.092		
18:2 undifferentiated.....g	0.078		0		1		0.077		
18:3 undifferentiated.....g	0.015		0		1		0.015		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.008		
Threonine.....g	0.030		0		1		0.030		
Isoleucine.....g	0.036		0		1		0.036		
Leucine.....g	0.052		0		1		0.051		
Lysine.....g	0.039		0		1		0.039		
Methionine.....g	0.009		0		1		0.009		
Cystine.....g	0.004		0		1		0.004		
Phenylalanine.....g	0.035		0		1		0.035		
Tyrosine.....g	0.022		0		1		0.022		
Valine.....g	0.043		0		1		0.043		
Arginine.....g	0.046		0		1		0.046		
Histidine.....g	0.019		0		1		0.019		
Alanine.....g	0.042		0		1		0.042		
Aspartic acid.....g	0.134		0		1		0.133		
Glutamic acid.....g	0.152		0		1		0.150		
Glycine.....g	0.033		0		1		0.033		
Proline.....g	0.034		0		1		0.034		
Serine.....g	0.034		0		1		0.034		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	22		0	BFSN	4		21.982		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 99g: 1 cup (1" cubes)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11210

Eggplant, cooked, boiled, drained, 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	0.020		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.018		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.093		0		1		0.092		
18:2 undifferentiated.....g	0.078		0		1		0.077		
18:3 undifferentiated.....g	0.015		0		1		0.015		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.008		
Threonine.....g	0.030		0		1		0.030		
Isoleucine.....g	0.036		0		1		0.036		
Leucine.....g	0.052		0		1		0.051		
Lysine.....g	0.039		0		1		0.039		
Methionine.....g	0.009		0		1		0.009		
Cystine.....g	0.004		0		1		0.004		
Phenylalanine.....g	0.035		0		1		0.035		
Tyrosine.....g	0.022		0		1		0.022		
Valine.....g	0.043		0		1		0.043		
Arginine.....g	0.046		0		1		0.046		
Histidine.....g	0.019		0		1		0.019		
Alanine.....g	0.042		0		1		0.042		
Aspartic acid.....g	0.134		0		1		0.133		
Glutamic acid.....g	0.152		0		1		0.150		
Glycine.....g	0.033		0		1		0.033		
Proline.....g	0.034		0		1		0.034		
Serine.....g	0.034		0		1		0.034		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	22		0	BFSN	4		21.982		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 99g: 1 cup (1" cubes)

NDB No. 11210

Eggplant, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 43146
Eggplant, pickled

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	0.063				4		0.086		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007				4		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.057				4		0.078		
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	0.294				4		0.400		
18:2 undifferentiated.....g	0.245				4		0.333		
18:3 undifferentiated.....g	0.049				4		0.067		
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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	30		0	BNA	4		40.800		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 136g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11209
Eggplant, raw

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	Measure 3
Fatty acids, total monounsaturated.....g	0.016		0		1		0.013	0.073	0.088
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.002	0.009	0.011
17:1.....g									
18:1 undifferentiated.....g	0.014		1		1		0.011	0.064	0.077
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	0.076		0		1		0.062	0.348	0.416
18:2 undifferentiated.....g	0.063		1		1		0.052	0.289	0.345
18:3 undifferentiated.....g	0.013		1		1		0.011	0.060	0.071
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	Z	7		0	0	0
Phytosterols.....mg	7		1		1		6	32	38
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0		1		0.007	0.041	0.049
Threonine.....g	0.037		0		1		0.030	0.169	0.203
Isoleucine.....g	0.045		0		1		0.037	0.206	0.247
Leucine.....g	0.064		0		1		0.052	0.293	0.351
Lysine.....g	0.047		0		1		0.039	0.215	0.258
Methionine.....g	0.011		0		1		0.009	0.050	0.060
Cystine.....g	0.006		0		1		0.005	0.027	0.033
Phenylalanine.....g	0.043		0		1		0.035	0.197	0.236
Tyrosine.....g	0.027		0		1		0.022	0.124	0.148
Valine.....g	0.053		0		1		0.043	0.243	0.290
Arginine.....g	0.057		0		1		0.047	0.261	0.312
Histidine.....g	0.023		0		1		0.019	0.105	0.126
Alanine.....g	0.051		0		1		0.042	0.234	0.279
Aspartic acid.....g	0.164		0		1		0.134	0.751	0.899
Glutamic acid.....g	0.186		0		1		0.153	0.852	1.019
Glycine.....g	0.041		0		1		0.034	0.188	0.225
Proline.....g	0.043		0		1		0.035	0.197	0.236
Serine.....g	0.042		0		1		0.034	0.192	0.230
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	16	9.558	4		1		13.379	74.728	89.413
Carotene, alpha.....mcg	0		0	T	4		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	T	4		0.000	0.000	0.000

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Common Measures:

Measure 1 = 82g: 1 cup, cubes

Measure 2 = 458g: 1 eggplant, peeled (yield from 1-1/4 lb)

Measure 3 = 548g: 1 eggplant, unpeeled (approx 1-1/4 lb)

NDB No. 11209
Eggplant, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11213

Endive, raw

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	0.004		0		1		0.021	0.001	
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	0.004		0		1		0.021	0.001	
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	0.087		0		1		0.446	0.022	
18:2 undifferentiated.....g	0.075		0		1		0.385	0.019	
18:3 undifferentiated.....g	0.013		0		1		0.067	0.003	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		5		1		0.026	0.001	
Threonine.....g	0.050		7		1		0.257	0.013	
Isoleucine.....g	0.072		7		1		0.369	0.018	
Leucine.....g	0.098		7		1		0.503	0.025	
Lysine.....g	0.063		7		1		0.323	0.016	
Methionine.....g	0.014		7		1		0.072	0.004	
Cystine.....g	0.010		3		1		0.051	0.003	
Phenylalanine.....g	0.053		7		1		0.272	0.013	
Tyrosine.....g	0.040		3		1		0.205	0.010	
Valine.....g	0.063		7		1		0.323	0.016	
Arginine.....g	0.062		7		1		0.318	0.016	
Histidine.....g	0.023		7		1		0.118	0.006	
Alanine.....g	0.062		3		1		0.318	0.016	
Aspartic acid.....g	0.130		3		1		0.667	0.033	
Glutamic acid.....g	0.166		3		1		0.852	0.042	
Glycine.....g	0.058		3		1		0.298	0.015	
Proline.....g	0.059		3		1		0.303	0.015	
Serine.....g	0.049		3		1		0.251	0.012	
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	1300		0	T	4		6669.000	325.000	
Carotene, alpha.....mcg	0		0	T	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000	0.000	
Lycopene.....mcg	0		0	T	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	T	4		0.000	0.000	

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Common Measures:

Measure 1 = 513g: 1 head

Measure 2 = 25g: .5 cup, chopped

NDB No. 11213
Endive, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11984
Epazote, raw

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	Measure 3
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 0.8g: 1 tbsp

Measure 2 = 2.0g: 1 sprig

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11618
Eppaw, raw
Perideridia oregana

Refuse:

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	60.00		1		1		60.00		
Energy.....kcal	150		0	NC	4		150		
Energy.....kj	628				4		628		
Protein (N x 6.25).....g	4.60		1		1		4.60		
Total lipid (fat).....g	1.80		1		1		1.80		
Ash.....g	1.92		0		1		1.92		
Carbohydrate, by difference.....g	31.68		0	NC	4		31.68		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	110		1		1		110		
Iron, Fe.....mg	1.15		0		1		1.15		
Magnesium, Mg.....mg	32		1		1		32		
Phosphorus, P.....mg	165		1		1		165		
Potassium, K.....mg	340		1		1		340		
Sodium, Na.....mg	12		1		1		12		
Zinc, Zn.....mg	1.15		0		4		1.15		
Copper, Cu.....mg	0.234		0		4		0.234		
Manganese, Mn.....mg	1.094		0		4		1.094		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.0		1		1		13.0		
Thiamin.....mg	0.110		1		1		0.110		
Riboflavin.....mg	0.120		1		1		0.120		
Niacin.....mg	0.300		1		1		0.300		
Pantothenic acid.....mg	1.172		0		4		1.172		
Vitamin B-6.....mg	0.176		0		4		0.176		
Folate, total.....mcg	24		0		4		24		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	24		0		4		24		
Folate, DFE.....mcg_DFE	24		0	NC	4		24		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		1		1		0		
Vitamin A, RAE.....mcg_RAE	0		1		1		0		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 100g: 1 cup

NDB No. 11618
Eppaw, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11957
Fennel, bulb, raw
Foeniculum vulgare

Refuse: 28% Stalk, leaves and core

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	90.21		2		1		78.48	211.09	
Energy.....kcal	31		0	NC	4		27	73	
Energy.....kj	130				4		113	304	
Protein (N x 6.25).....g	1.24		2		1		1.08	2.90	
Total lipid (fat).....g	0.20		2		1		0.17	0.47	
Ash.....g	1.05		2		1		0.91	2.46	
Carbohydrate, by difference.....g	7.29		0	NC	4		6.34	17.06	
Fiber, total dietary.....g	3.1		0		4		2.7	7.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		2		1		43	115	
Iron, Fe.....mg	0.73		1		1		0.63	1.70	
Magnesium, Mg.....mg	17		2		1		15	40	
Phosphorus, P.....mg	50		2		1		44	117	
Potassium, K.....mg	414		2		1		360	969	
Sodium, Na.....mg	52		2		1		45	122	
Zinc, Zn.....mg	0.20		2		1		0.17	0.47	
Copper, Cu.....mg	0.066		2		1		0.057	0.154	
Manganese, Mn.....mg	0.191		2		1		0.166	0.447	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.6	1.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.0		2		1		10.4	28.1	
Thiamin.....mg	0.010		2		1		0.009	0.023	
Riboflavin.....mg	0.032		2		1		0.028	0.075	
Niacin.....mg	0.640		2		1		0.557	1.498	
Pantothenic acid.....mg	0.232		2		1		0.202	0.543	
Vitamin B-6.....mg	0.047		2		1		0.041	0.110	
Folate, total.....mcg	27		2		1		23	63	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	27		2		1		23	63	
Folate, DFE.....mcg_DFE	27		0	NC	4		23	63	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	134	0.000	4		1		117	314	
Vitamin A, RAE.....mcg_RAE	7	0.000	4		1		6	16	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 87g: 1 cup, sliced

NDB No. 11957

Fennel, bulb, raw

Measure 2 = 234g: 1 bulb

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11996

Fiddlehead ferns, frozen, unprepared

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	88.91	0.045	5	A					
Energy.....kcal	34		0	NC					
Energy.....kj	142		0	NC					
Protein (N x 6.25).....g	4.31	0.018	5	A					
Total lipid (fat).....g	0.35	0.004	5	A					
Ash.....g	0.69	0.018	5	A					
Carbohydrate, by difference.....g	5.74		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		2	A					
Iron, Fe.....mg	0.73		2	A					
Magnesium, Mg.....mg	19		2	A					
Phosphorus, P.....mg	58		2	A					
Potassium, K.....mg	129		2	A					
Sodium, Na.....mg	0		2	A					
Zinc, Zn.....mg	0.71		2	A					
Copper, Cu.....mg	0.220		2	A					
Manganese, Mn.....mg	0.940		2	A					
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	17.8	0.850	5	A					
Thiamin.....mg	0.014	0.000	5	A					
Riboflavin.....mg	0.130	0.009	5	A					
Niacin.....mg	3.260	0.054	5	A					
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z					7
Vitamin A, IU.....IU	3350		0	AS					1
Vitamin A, RAE.....mcg_RAE	168		0	AS					1
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					7
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	1870		5	A					1
Carotene, alpha.....mcg	280		5	A					1
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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.

NDB No. 11996

Fiddlehead ferns, frozen, unprepared

Common Measures:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11995
Fiddlehead ferns, raw
Matteuccia struthioeris

Refuse:

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	88.68	0.295	5	A	1				
Energy.....kcal	34		0	NC	4				
Energy.....kj	143		0	NC	4				
Protein (N x 6.25).....g	4.55	0.013	5	A	1				
Total lipid (fat).....g	0.40	0.009	5	A	1				
Ash.....g	0.83	0.013	5	A	1				
Carbohydrate, by difference.....g	5.54		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		2	A	1				
Iron, Fe.....mg	1.31		2	A	1				
Magnesium, Mg.....mg	34		2	A	1				
Phosphorus, P.....mg	101		2	A	1				
Potassium, K.....mg	370		2	A	1				
Sodium, Na.....mg	1		2	A	1				
Zinc, Zn.....mg	0.83		2	A	1				
Copper, Cu.....mg	0.320		2	A	1				
Manganese, Mn.....mg	0.510		2	A	1				
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	26.6	2.415	5	A	1				
Thiamin.....mg	0.020	0.001	5	A	1				
Riboflavin.....mg	0.210	0.013	5	A	1				
Niacin.....mg	4.980	0.085	5	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z	7				
Vitamin A, IU.....IU	3617		0	AS	1				
Vitamin A, RAE.....mcg_RAE	181		0	AS	1				
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	2040	10.000	8	A	1				
Carotene, alpha.....mcg	261	70.500	8	A	1				
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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.

NDB No. 11995
Fiddlehead ferns, raw

Common Measures:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11985
Fireweed, leaves, raw
Epilobium angustifolium

Refuse: 65% Stems and flowers

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	70.78		2	A	1		16.28	15.57	
Energy.....kcal	103		0	NC	4		24	23	
Energy.....kj	431				4		99	95	
Protein (N x 6.25).....g	4.71		2	A	1		1.08	1.04	
Total lipid (fat).....g	2.75		2	A	1		0.63	0.61	
Ash.....g	2.54		2	A	1		0.58	0.56	
Carbohydrate, by difference.....g	19.22		0	NC	4		4.42	4.23	
Fiber, total dietary.....g	10.6		2	A	1		2.4	2.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	429		2	A	1		99	94	
Iron, Fe.....mg	2.40		1	A	1		0.55	0.53	
Magnesium, Mg.....mg	156		2	A	1		36	34	
Phosphorus, P.....mg	108		2	A	1		25	24	
Potassium, K.....mg	494		2	A	1		114	109	
Sodium, Na.....mg	34		2	A	1		8	7	
Zinc, Zn.....mg	2.66		2	A	1		0.61	0.59	
Copper, Cu.....mg	0.320		1	A	1		0.074	0.070	
Manganese, Mn.....mg	6.704		2	A	1		1.542	1.475	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.2		1	A	1		0.5	0.5	
Thiamin.....mg	0.033		1	A	1		0.008	0.007	
Riboflavin.....mg	0.137		2	A	1		0.032	0.030	
Niacin.....mg	4.674		2	A	1		1.075	1.028	
Pantothenic acid.....mg	1.356		2	A	1		0.312	0.298	
Vitamin B-6.....mg	0.632		2	A	1		0.145	0.139	
Folate, total.....mcg	112		2	A	1		26	25	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	112		2	A	1		26	25	
Folate, DFE.....mcg_DFE	112		0	NC	4		26	25	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	3598		1	A	1		828	792	
Vitamin A, RAE.....mcg_RAE	180		1	A	1		41	40	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
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.

NDB No. 11985

Fireweed, leaves, raw

Common Measures:

Measure 1 = 23g: 1 cup, chopped

Measure 2 = 22g: 1 plant

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11988
Fungi, Cloud ears, dried

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	14.80		2	A	1		4.14	0.67	
Energy.....kcal	284		0	NC	4		80	13	
Energy.....kj	1188				4		333	53	
Protein (N x 6.25).....g	9.25		2	A	1		2.59	0.42	
Total lipid (fat).....g	0.73		2	A	1		0.20	0.03	
Ash.....g	2.21		2	A	1		0.62	0.10	
Carbohydrate, by difference.....g	73.00		0	NC	4		20.44	3.29	
Fiber, total dietary.....g	70.1		2	A	1		19.6	3.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	159		2	A	1		45	7	
Iron, Fe.....mg	5.88		2	A	1		1.65	0.26	
Magnesium, Mg.....mg	83		2	A	1		23	4	
Phosphorus, P.....mg	184		2	A	1		52	8	
Potassium, K.....mg	754		2	A	1		211	34	
Sodium, Na.....mg	35		2	A	1		10	2	
Zinc, Zn.....mg	1.32		2	A	1		0.37	0.06	
Copper, Cu.....mg	0.183		2	A	1		0.051	0.008	
Manganese, Mn.....mg	1.951		2	A	1		0.546	0.088	
Selenium, Se.....mcg	128.0		0	BFSN	4		35.8	5.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.015		2	A	1		0.004	0.001	
Riboflavin.....mg	0.844		2	A	1		0.236	0.038	
Niacin.....mg	6.267		2	A	1		1.755	0.282	
Pantothenic acid.....mg	0.481		2	A	1		0.135	0.022	
Vitamin B-6.....mg	0.112		2	A	1		0.031	0.005	
Folate, total.....mcg	38		2	A	1		11	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	38		2	A	1		11	2	
Folate, DFE.....mcg_DFE	38		0	NC	4		11	2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		2	A	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		2	A	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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Common Measures:

Measure 1 = 28g: 1 cup

NDB No. 11988

Fungi, Cloud ears, dried

Measure 2 = 4.5g: 1 piece

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11215

Garlic, raw

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	0.011		0		1		0.015	0.000	0.000
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	0.011		0		1		0.015	0.000	0.000
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	0.249		0		1		0.339	0.007	0.007
18:2 undifferentiated.....g	0.229		0		1		0.311	0.006	0.007
18:3 undifferentiated.....g	0.020		0		1		0.027	0.001	0.001
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		1		1		0.090	0.002	0.002
Threonine.....g	0.157		1		1		0.214	0.004	0.005
Isoleucine.....g	0.217		1		1		0.295	0.006	0.007
Leucine.....g	0.308		1		1		0.419	0.009	0.009
Lysine.....g	0.273		1		1		0.371	0.008	0.008
Methionine.....g	0.076		1		1		0.103	0.002	0.002
Cystine.....g	0.065		1		1		0.088	0.002	0.002
Phenylalanine.....g	0.183		1		1		0.249	0.005	0.005
Tyrosine.....g	0.081		1		1		0.110	0.002	0.002
Valine.....g	0.291		1		1		0.396	0.008	0.009
Arginine.....g	0.634		1		1		0.862	0.018	0.019
Histidine.....g	0.113		1		1		0.154	0.003	0.003
Alanine.....g	0.132		1		1		0.180	0.004	0.004
Aspartic acid.....g	0.489		1		1		0.665	0.014	0.015
Glutamic acid.....g	0.805		1		1		1.095	0.023	0.024
Glycine.....g	0.200		1		1		0.272	0.006	0.006
Proline.....g	0.100		1		1		0.136	0.003	0.003
Serine.....g	0.190		1		1		0.258	0.005	0.006
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	26		0	BFSN	4		34.993	0.720	0.772

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Common Measures:

Measure 1 = 136g: 1 cup

Measure 2 = 2.8g: 1 tsp

Measure 3 = 3.0g: 1 clove

NDB No. 11215
Garlic, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11216
Ginger root, raw

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
Fatty acids, total monounsaturated.....g	0.154		0		1		0.003	0.037	0.017
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		1		1		0.000	0.005	0.002
17:1.....g									
18:1 undifferentiated.....g	0.119		1		1		0.002	0.029	0.013
20:1.....g	0.007		1		1		0.000	0.002	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.154		0		1		0.003	0.037	0.017
18:2 undifferentiated.....g	0.120		1		1		0.002	0.029	0.013
18:3 undifferentiated.....g	0.034		1		1		0.001	0.008	0.004
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	15		1		1		0	4	2
Amino Acids:									
Tryptophan.....g	0.012		1		1		0.000	0.003	0.001
Threonine.....g	0.036		1		1		0.001	0.009	0.004
Isoleucine.....g	0.051		1		1		0.001	0.012	0.006
Leucine.....g	0.074		1		1		0.001	0.018	0.008
Lysine.....g	0.057		1		1		0.001	0.014	0.006
Methionine.....g	0.013		1		1		0.000	0.003	0.001
Cystine.....g	0.008		1		1		0.000	0.002	0.001
Phenylalanine.....g	0.045		1		1		0.001	0.011	0.005
Tyrosine.....g	0.020		1		1		0.000	0.005	0.002
Valine.....g	0.073		1		1		0.001	0.018	0.008
Arginine.....g	0.043		1		1		0.001	0.010	0.005
Histidine.....g	0.030		1		1		0.001	0.007	0.003
Alanine.....g	0.031		1		1		0.001	0.007	0.003
Aspartic acid.....g	0.208		1		1		0.004	0.050	0.023
Glutamic acid.....g	0.162		1		1		0.003	0.039	0.018
Glycine.....g	0.043		1		1		0.001	0.010	0.005
Proline.....g	0.041		1		1		0.001	0.010	0.005
Serine.....g	0.045		1		1		0.001	0.011	0.005
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 = 2.0g: 1 tsp

Measure 2 = 24g: .25 cup slices (1" dia)

Measure 3 = 11.0g: 5 slices (1" dia)

NDB No. 11216
Ginger root, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11785

Gourd, dishcloth (towelgourd), cooked, boiled, drained, 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	0.063		0		1		0.112	0.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.063		0		1		0.112	0.056	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		1		0.263	0.132	
18:2 undifferentiated.....g	0.148		0		1		0.263	0.132	
18:3 undifferentiated.....g									
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	Z	7		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 = 178g: 1 cup (1" pieces)

Measure 2 = 89g: .5 cup (1" slices)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11221

Gourd, dishcloth (towelgourd), cooked, boiled, drained, 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	0.063		0		1		0.112	0.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.063		0		1		0.112	0.056	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		1		0.263	0.132	
18:2 undifferentiated.....g	0.148		0		1		0.263	0.132	
18:3 undifferentiated.....g									
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	Z	7		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 = 178g: 1 cup (1" pieces)

Measure 2 = 89g: .5 cup (1" slices)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11220

Gourd, dishcloth (towelgourd), raw

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	0.037		0		1		0.035	0.066	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.035	0.066	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.083	0.155	
18:2 undifferentiated.....g	0.087		0		1		0.083	0.155	
18:3 undifferentiated.....g									
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	Z	7		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 = 95g: 1 cup (1" pieces)

Measure 2 = 178g: 1 gourd

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11784

Gourd, white-flowered (calabash), cooked, boiled, drained, 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	0.004		0		1		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.013		
18:2 undifferentiated.....g	0.009		0		1		0.013		
18:3 undifferentiated.....g									
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.003		0		1		0.004		
Threonine.....g	0.017		0		1		0.025		
Isoleucine.....g	0.032		0		1		0.047		
Leucine.....g	0.035		0		1		0.051		
Lysine.....g	0.020		0		1		0.029		
Methionine.....g	0.004		0		1		0.006		
Cystine.....g									
Phenylalanine.....g	0.014		0		1		0.020		
Tyrosine.....g									
Valine.....g	0.026		0		1		0.038		
Arginine.....g	0.014		0		1		0.020		
Histidine.....g	0.004		0		1		0.006		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 146g: 1 cup (1" cubes)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11219

Gourd, white-flowered (calabash), cooked, boiled, drained, 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	0.004		0		1		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.013		
18:2 undifferentiated.....g	0.009		0		1		0.013		
18:3 undifferentiated.....g									
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.003		0		1		0.004		
Threonine.....g	0.017		0		1		0.025		
Isoleucine.....g	0.032		0		1		0.047		
Leucine.....g	0.035		0		1		0.051		
Lysine.....g	0.020		0		1		0.029		
Methionine.....g	0.004		0		1		0.006		
Cystine.....g									
Phenylalanine.....g	0.014		0		1		0.020		
Tyrosine.....g									
Valine.....g	0.026		0		1		0.038		
Arginine.....g	0.014		0		1		0.020		
Histidine.....g	0.004		0		1		0.006		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 146g: 1 cup (1" cubes)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11218

Gourd, white-flowered (calabash), raw

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	0.004		0		1		0.002	0.031	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.002	0.031	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.009		0		1		0.005	0.069	
18:2 undifferentiated.....g	0.009		0		1		0.005	0.069	
18:3 undifferentiated.....g									
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.003		2		1		0.002	0.023	
Threonine.....g	0.018		2		1		0.010	0.139	
Isoleucine.....g	0.033		2		1		0.019	0.254	
Leucine.....g	0.036		2		1		0.021	0.278	
Lysine.....g	0.021		2		1		0.012	0.162	
Methionine.....g	0.004		2		1		0.002	0.031	
Cystine.....g									
Phenylalanine.....g	0.015		2		1		0.009	0.116	
Tyrosine.....g									
Valine.....g	0.027		2		1		0.016	0.208	
Arginine.....g	0.014		2		1		0.008	0.108	
Histidine.....g	0.004		2		1		0.002	0.031	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 58g: .5 cup (1" pieces)

Measure 2 = 771g: 1 gourd

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11975
Grape leaves, canned

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	76.10		2	A	1		3.04		
Energy.....kcal	69		0	NC	4		3		
Energy.....kj	287		0	NC	4		11		
Protein (N x 6.25).....g	4.27		2	A	1		0.17		
Total lipid (fat).....g	1.97		2	A	1		0.08		
Ash.....g	5.95		2	A	1		0.24		
Carbohydrate, by difference.....g	11.71		0	NC	4		0.47		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	289		2	A	1		12		
Iron, Fe.....mg	2.98		2	A	1		0.12		
Magnesium, Mg.....mg	14		2	A	1		1		
Phosphorus, P.....mg	34		2	A	1		1		
Potassium, K.....mg	29		2	A	1		1		
Sodium, Na.....mg	2853		2	A	1		114		
Zinc, Zn.....mg	0.40		2	A	1		0.02		
Copper, Cu.....mg	1.841		2	A	1		0.074		
Manganese, Mn.....mg	0.290		2	A	1		0.012		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.3		1	A	1		0.5		
Thiamin.....mg	0.064		2	A	1		0.003		
Riboflavin.....mg	0.364		2	A	1		0.015		
Niacin.....mg	4.505		2	A	1		0.180		
Pantothenic acid.....mg	4.274		2	A	1		0.171		
Vitamin B-6.....mg	0.136		2	A	1		0.005		
Folate, total.....mcg	78		2	A	1		3		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	78		2	A	1		3		
Folate, DFE.....mcg_DFE	78		0	NC	4		3		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	5253		0	AS	1		210		
Vitamin A, RAE.....mcg_RAE	263		0	AS	1		11		
Retinol.....mcg	0		0	Z	7		0		
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	0.312		1	A	1		0.012		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g									
13:0.....g									
14:0.....g	0.005		1	A	1		0.000		
15:0.....g	0.009		1	A	1		0.000		
16:0.....g	0.240		1	A	1		0.010		
17:0.....g	0.002		1	A	1		0.000		
18:0.....g	0.025		1	A	1		0.001		
20:0.....g	0.011		1	A	1		0.000		
22:0.....g	0.008		1	A	1		0.000		
24:0.....g	0.012		1	A	1		0.000		

NDB No. 11975
Grape leaves, canned

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	0.076		1	A	1		0.003		
14:1.....g	0.003		1	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.034		1	A	1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.039		1	A	1		0.002		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.989		1	A	1		0.040		
18:2 undifferentiated.....g	0.146		1	A	1		0.006		
18:3 undifferentiated.....g	0.843		1	A	1		0.034		
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	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	2838		2	A	1		113.508		
Carotene, alpha.....mcg	629		2	A	1		25.152		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 4.0g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11974
Grape leaves, raw
Vitis vinifera

Refuse: 5% Tough stems

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	73.32		2	A	1		10.26	2.20	
Energy.....kcal	93		0	NC	4		13	3	
Energy.....kj	390		0	NC	4		55	12	
Protein (N x 6.25).....g	5.60		2	A	1		0.78	0.17	
Total lipid (fat).....g	2.12		2	A	1		0.30	0.06	
Ash.....g	1.65		2	A	1		0.23	0.05	
Carbohydrate, by difference.....g	17.31		0	NC	4		2.42	0.52	
Fiber, total dietary.....g	11.0		0		1		1.5	0.3	
Sugars, total.....g	6.30		0	O	4		0.88	0.19	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	363		2	A	1		51	11	
Iron, Fe.....mg	2.63		2	A	1		0.37	0.08	
Magnesium, Mg.....mg	95		2	A	1		13	3	
Phosphorus, P.....mg	91		2	A	1		13	3	
Potassium, K.....mg	272		2	A	1		38	8	
Sodium, Na.....mg	9		2	A	1		1	0	
Zinc, Zn.....mg	0.67		2	A	1		0.09	0.02	
Copper, Cu.....mg	0.415		2	A	1		0.058	0.012	
Manganese, Mn.....mg	2.855		2	A	1		0.400	0.086	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	11.1		2	A	1		1.6	0.3	
Thiamin.....mg	0.040		2	A	1		0.006	0.001	
Riboflavin.....mg	0.354		2	A	1		0.050	0.011	
Niacin.....mg	2.362		2	A	1		0.331	0.071	
Pantothenic acid.....mg	0.231		2	A	1		0.032	0.007	
Vitamin B-6.....mg	0.400		2	A	1		0.056	0.012	
Folate, total.....mcg	83		2	A	1		12	2	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	83		2	A	1		12	2	
Folate, DFE.....mcg_DFE	83		0	NC	4		12	2	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	27521		0	NC	4		3853	826	
Vitamin A, RAE.....mcg_RAE	1376		0	NC	4		193	41	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	2.00		0	O	4		0.28	0.06	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.6		0	O	4		15.2	3.3	
Lipids:									
Fatty acids, total saturated.....g	0.336		1	A	1		0.047	0.010	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.005		1	A	1		0.001	0.000	
15:0.....g	0.010		1	A	1		0.001	0.000	
16:0.....g	0.243		1	A	1		0.034	0.007	
17:0.....g	0.002		1	A	1		0.000	0.000	
18:0.....g	0.026		1	A	1		0.004	0.001	
20:0.....g	0.012		1	A	1		0.002	0.000	
22:0.....g	0.008		1	A	1		0.001	0.000	
24:0.....g	0.013		1	A	1		0.002	0.000	

NDB No. 11974
Grape leaves, raw

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	0.081		1	A	1		0.011	0.002	
14:1.....g	0.003		1	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.035		1	A	1		0.005	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.039		1	A	1		0.005	0.001	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.065		1	A	1		0.149	0.032	
18:2 undifferentiated.....g	0.148		1	A	1		0.021	0.004	
18:3 undifferentiated.....g	0.856		1	A	1		0.120	0.026	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
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		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	21		1	A	1		3	1	
Stigmasterol.....mg	2		1	A	1		0	0	
Campesterol.....mg									
Beta-sitosterol.....mg	20		1	A	1		3	1	
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	16194		2	A	1		2267.150	485.818	
Carotene, alpha.....mcg	629		0	T	4		88.060	18.870	
Cryptoxanthin, beta.....mcg	9		2	A	1		1.243	0.266	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	1747		0	O	4		244.580	52.410	

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 cup

Measure 2 = 3.0g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11961
Hearts of palm, canned

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	0.103		0		1		0.150	0.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.103		1		1		0.150	0.034	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.202		0		1		0.295	0.067	
18:2 undifferentiated.....g	0.183		1		1		0.267	0.060	
18:3 undifferentiated.....g	0.019		1		1		0.028	0.006	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.023		2		1		0.034	0.008	
Threonine.....g	0.097		2		1		0.142	0.032	
Isoleucine.....g	0.101		2		1		0.147	0.033	
Leucine.....g	0.169		2		1		0.247	0.056	
Lysine.....g	0.091		2		1		0.133	0.030	
Methionine.....g	0.042		2		1		0.061	0.014	
Cystine.....g	0.019		2		1		0.028	0.006	
Phenylalanine.....g	0.098		2		1		0.143	0.032	
Tyrosine.....g	0.049		2		1		0.072	0.016	
Valine.....g	0.114		2		1		0.166	0.038	
Arginine.....g	0.178		2		1		0.260	0.059	
Histidine.....g	0.055		2		1		0.080	0.018	
Alanine.....g	0.111		2		1		0.162	0.037	
Aspartic acid.....g	0.168		2		1		0.245	0.055	
Glutamic acid.....g	0.296		2		1		0.432	0.098	
Glycine.....g	0.108		2		1		0.158	0.036	
Proline.....g	0.088		2		1		0.128	0.029	
Serine.....g	0.081		2		1		0.118	0.027	
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 = 146g: 1 cup

Measure 2 = 33g: 1 piece

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11222
Horseradish-tree leafy tips, raw
Moringa oleifera

Refuse: 38% Stems

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	78.66		1		1		16.52		
Energy.....kcal	64		0	NC	4		13		
Energy.....kj	268				4		56		
Protein (N x 6.25).....g	9.40		0		1		1.97		
Total lipid (fat).....g	1.40		0		1		0.29		
Ash.....g	2.26		0		1		0.47		
Carbohydrate, by difference.....g	8.28		0	NC	4		1.74		
Fiber, total dietary.....g	2.0		0		4		0.4		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	185		0		4		39		
Iron, Fe.....mg	4.00		0		1		0.84		
Magnesium, Mg.....mg	147		1		1		31		
Phosphorus, P.....mg	112		0		1		24		
Potassium, K.....mg	337		1		1		71		
Sodium, Na.....mg	9		1		1		2		
Zinc, Zn.....mg	0.60		0		4		0.13		
Copper, Cu.....mg	0.105		0		4		0.022		
Manganese, Mn.....mg	1.063		0		4		0.223		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	51.7		0		1		10.9		
Thiamin.....mg	0.257		0		1		0.054		
Riboflavin.....mg	0.660		0		1		0.139		
Niacin.....mg	2.220		0		1		0.466		
Pantothenic acid.....mg	0.125		0		4		0.026		
Vitamin B-6.....mg	1.200		0		1		0.252		
Folate, total.....mcg	40		0		4		8		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	40		0		4		8		
Folate, DFE.....mcg_DFE	40		0	NC	4		8		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	7564		0		1		1588		
Vitamin A, RAE.....mcg_RAE	378		0		1		79		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.144		3		1		0.030		
Threonine.....g	0.411		3		1		0.086		
Isoleucine.....g	0.451		3		1		0.095		
Leucine.....g	0.791		3		1		0.166		
Lysine.....g	0.537		3		1		0.113		
Methionine.....g	0.123		3		1		0.026		
Cystine.....g	0.140		3		1		0.029		

NDB No. 11222
Horseradish-tree leafy tips, raw

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
Phenylalanine.....g	0.487		3		1		0.102		
Tyrosine.....g	0.347		1		1		0.073		
Valine.....g	0.611		3		1		0.128		
Arginine.....g	0.532		3		1		0.112		
Histidine.....g	0.196		3		1		0.041		
Alanine.....g	0.705		1		1		0.148		
Aspartic acid.....g	0.920		1		1		0.193		
Glutamic acid.....g	1.035		1		1		0.217		
Glycine.....g	0.517		1		1		0.109		
Proline.....g	0.451		1		1		0.095		
Serine.....g	0.414		1		1		0.087		
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 = 21g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11786

Horseradish-tree, leafy tips, cooked, boiled, drained, 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	81.65		1		1		34.29		
Energy.....kcal	60		0	NC	4		25		
Energy.....kj	253		0	NC	4		106		
Protein (N x 6.25).....g	5.27		1		1		2.21		
Total lipid (fat).....g	0.93		1		1		0.39		
Ash.....g	1.00		1		1		0.42		
Carbohydrate, by difference.....g	11.15		0	NC	4		4.68		
Fiber, total dietary.....g	2.0		0	BFZN	4		0.8		
Sugars, total.....g	1.00		0	O	4		0.42		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	151		0		4		63		
Iron, Fe.....mg	2.32		1		1		0.97		
Magnesium, Mg.....mg	151		1		1		63		
Phosphorus, P.....mg	67		1		1		28		
Potassium, K.....mg	344		1		1		144		
Sodium, Na.....mg	245		0		4		103		
Zinc, Zn.....mg	0.49		0		4		0.21		
Copper, Cu.....mg	0.086		0		4		0.036		
Manganese, Mn.....mg	0.868		0		4		0.365		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	31.0		0		1		13.0		
Thiamin.....mg	0.222		0		1		0.093		
Riboflavin.....mg	0.509		0		1		0.214		
Niacin.....mg	1.995		0		1		0.838		
Pantothenic acid.....mg	0.102		0		4		0.043		
Vitamin B-6.....mg	0.929		0		4		0.390		
Folate, total.....mcg	23		0		4		9		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	23		0		4		9		
Folate, DFE.....mcg_DFE	23		0	NC	4		9		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	7013		0	NC	4		2945		
Vitamin A, RAE.....mcg_RAE	351		0	NC	4		147		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.10		0	O	4		0.04		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.0		0	O	4		45.4		
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.034		
Threonine.....g	0.230		0		1		0.097		
Isoleucine.....g	0.253		0		1		0.106		
Leucine.....g	0.443		0		1		0.186		
Lysine.....g	0.301		0		1		0.126		
Methionine.....g	0.069		0		1		0.029		
Cystine.....g	0.078		0		1		0.033		

NDB No. 11786

Horseradish-tree, leafy tips, cooked, boiled, drained, 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
Phenylalanine.....g	0.273		0		1		0.115		
Tyrosine.....g	0.195		0		1		0.082		
Valine.....g	0.342		0		1		0.144		
Arginine.....g	0.298		0		1		0.125		
Histidine.....g	0.110		0		1		0.046		
Alanine.....g	0.395		0		1		0.166		
Aspartic acid.....g	0.516		0		1		0.217		
Glutamic acid.....g	0.580		0		1		0.244		
Glycine.....g	0.290		0		1		0.122		
Proline.....g	0.253		0		1		0.106		
Serine.....g	0.232		0		1		0.097		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	4208		0	O	4		1767.276		
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	1747		0	O	4		733.740		

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 = 42g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11223

Horseradish-tree, leafy tips, cooked, boiled, drained, 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	0.473		0		4		0.199		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.473		0		4		0.199		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		4		0.006		
18:2 undifferentiated.....g	0.015		0		4		0.006		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.034		
Threonine.....g	0.230		0		1		0.097		
Isoleucine.....g	0.253		0		1		0.106		
Leucine.....g	0.443		0		1		0.186		
Lysine.....g	0.301		0		1		0.126		
Methionine.....g	0.069		0		1		0.029		
Cystine.....g	0.078		0		1		0.033		
Phenylalanine.....g	0.273		0		1		0.115		
Tyrosine.....g	0.195		0		1		0.082		
Valine.....g	0.342		0		1		0.144		
Arginine.....g	0.298		0		1		0.125		
Histidine.....g	0.110		0		1		0.046		
Alanine.....g	0.395		0		1		0.166		
Aspartic acid.....g	0.516		0		1		0.217		
Glutamic acid.....g	0.580		0		1		0.244		
Glycine.....g	0.290		0		1		0.122		
Proline.....g	0.253		0		1		0.106		
Serine.....g	0.232		0		1		0.097		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	4208		0	O	4		1767.276		
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	1747		0	O	4		733.740		

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 = 42g: 1 cup, chopped

NDB No. 11223

Horseradish-tree, leafy tips, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11787

Horseradish-tree, pods, cooked, boiled, drained, 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	88.42		1		1		104.34		
Energy.....kcal	36		0	NC	4		42		
Energy.....kj	151				4		178		
Protein (N x 6.25).....g	2.09		1		1		2.47		
Total lipid (fat).....g	0.19		1		1		0.22		
Ash.....g	1.12		1		1		1.32		
Carbohydrate, by difference.....g	8.18		0	NC	4		9.65		
Fiber, total dietary.....g	4.2		0	BF2N	4		5.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		1		1		24		
Iron, Fe.....mg	0.45		1		1		0.53		
Magnesium, Mg.....mg	42		1		1		50		
Phosphorus, P.....mg	49		1		1		58		
Potassium, K.....mg	457		1		1		539		
Sodium, Na.....mg	279		0		4		329		
Zinc, Zn.....mg	0.42		0		4		0.50		
Copper, Cu.....mg	0.078		0		4		0.092		
Manganese, Mn.....mg	0.241		0		4		0.284		
Selenium, Se.....mcg	0.7		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	97.0		0		4		114.5		
Thiamin.....mg	0.046		0		1		0.054		
Riboflavin.....mg	0.068		0		1		0.080		
Niacin.....mg	0.590		0		1		0.696		
Pantothenic acid.....mg	0.701		0		4		0.827		
Vitamin B-6.....mg	0.112		0		4		0.132		
Folate, total.....mcg	30		0		4		36		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	30		0		4		36		
Folate, DFE.....mcg_DFE	30		0	NC	4		36		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	70		0		1		83		
Vitamin A, RAE.....mcg_RAE	4		0		1		4		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 118g: 1 cup slices

NDB No. 11787

Horseradish-tree, pods, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11621

Horseradish-tree, pods, cooked, boiled, drained, 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	0.097		0		4		0.114		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.097		0		4		0.114		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		4		0.004		
18:2 undifferentiated.....g	0.003		0		4		0.004		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		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 = 118g: 1 cup, sliced

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11620
Horseradish-tree, pods, raw
Moringa oleifera

Refuse: 48% Hard outer covering and fibers

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	88.20		1		1		88.20	9.70	
Energy.....kcal	37		0	NC	4		37	4	
Energy.....kj	155				4		155	17	
Protein (N x 6.25).....g	2.10		0		1		2.10	0.23	
Total lipid (fat).....g	0.20		0		1		0.20	0.02	
Ash.....g	0.97		0		1		0.97	0.11	
Carbohydrate, by difference.....g	8.53		0	NC	4		8.53	0.94	
Fiber, total dietary.....g	3.2		0		4		3.2	0.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		0		1		30	3	
Iron, Fe.....mg	0.36		0		1		0.36	0.04	
Magnesium, Mg.....mg	45		1		1		45	5	
Phosphorus, P.....mg	50		0		1		50	6	
Potassium, K.....mg	461		1		1		461	51	
Sodium, Na.....mg	42		1		1		42	5	
Zinc, Zn.....mg	0.45		0		4		0.45	0.05	
Copper, Cu.....mg	0.084		0		4		0.084	0.009	
Manganese, Mn.....mg	0.259		0		4		0.259	0.028	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.7	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	141.0		0		4		141.0	15.5	
Thiamin.....mg	0.053		0		1		0.053	0.006	
Riboflavin.....mg	0.074		0		1		0.074	0.008	
Niacin.....mg	0.620		0		1		0.620	0.068	
Pantothenic acid.....mg	0.794		0		4		0.794	0.087	
Vitamin B-6.....mg	0.120		1		1		0.120	0.013	
Folate, total.....mcg	44		0		4		44	5	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	44		0		4		44	5	
Folate, DFE.....mcg_DFE	44		0	NC	4		44	5	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	74		0		1		74	8	
Vitamin A, RAE.....mcg_RAE	4		0		1		4	0	
Retinol.....mcg	0		0	Z	7		0	0	
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	0.033		0	BFFN	4		0.033	0.004	
Fatty acids, total monounsaturated.....g	0.102		0	BFFN	4		0.102	0.011	
Fatty acids, total polyunsaturated.....g	0.003		0	BFFN	4		0.003	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
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.

NDB No. 11620

Horseradish-tree, pods, raw

Common Measures:

Measure 1 = 100g: 1 cup slices

Measure 2 = 11.0g: 1 pod (15-1/3" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11788

Hyacinth-beans, immature seeds, cooked, boiled, drained, 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	0.129		0		1		0.112		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.128		0		1		0.111		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.009		
18:2 undifferentiated.....g	0.002		0		1		0.002		
18:3 undifferentiated.....g	0.009		0		1		0.008		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.124		0		1		0.108		
Isoleucine.....g	0.201		0		1		0.175		
Leucine.....g	0.307		0		1		0.267		
Lysine.....g	0.203		0		1		0.177		
Methionine.....g	0.026		0		1		0.023		
Cystine.....g	0.020		0		1		0.017		
Phenylalanine.....g	0.065		0		1		0.057		
Tyrosine.....g	0.053		0		1		0.046		
Valine.....g	0.218		0		1		0.190		
Arginine.....g	0.201		0		1		0.175		
Histidine.....g	0.124		0		1		0.108		
Alanine.....g	0.153		0		1		0.133		
Aspartic acid.....g	0.059		0		1		0.051		
Glutamic acid.....g	0.360		0		1		0.313		
Glycine.....g	0.242		0		1		0.211		
Proline.....g									
Serine.....g	0.150		0		1		0.131		
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 = 87g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11225

Hyacinth-beans, immature seeds, cooked, boiled, drained, 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	0.129		0		1		0.112		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.128		0		1		0.111		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.009		
18:2 undifferentiated.....g	0.002		0		1		0.002		
18:3 undifferentiated.....g	0.009		0		1		0.008		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.124		0		1		0.108		
Isoleucine.....g	0.201		0		1		0.175		
Leucine.....g	0.307		0		1		0.267		
Lysine.....g	0.203		0		1		0.177		
Methionine.....g	0.026		0		1		0.023		
Cystine.....g	0.020		0		1		0.017		
Phenylalanine.....g	0.065		0		1		0.057		
Tyrosine.....g	0.053		0		1		0.046		
Valine.....g	0.218		0		1		0.190		
Arginine.....g	0.201		0		1		0.175		
Histidine.....g	0.124		0		1		0.108		
Alanine.....g	0.153		0		1		0.133		
Aspartic acid.....g	0.059		0		1		0.051		
Glutamic acid.....g	0.360		0		1		0.313		
Glycine.....g	0.242		0		1		0.211		
Proline.....g									
Serine.....g	0.150		0		1		0.131		
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 = 87g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11224

Hyacinth-beans, immature seeds, raw

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	0.095		0		1		0.076		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.095		0		1		0.076		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.008		0		1		0.006		
18:2 undifferentiated.....g	0.001		0		1		0.001		
18:3 undifferentiated.....g	0.007		0		1		0.006		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.088		1		1		0.070		
Isoleucine.....g	0.143		1		1		0.114		
Leucine.....g	0.218		1		1		0.174		
Lysine.....g	0.145		1		1		0.116		
Methionine.....g	0.019		1		1		0.015		
Cystine.....g	0.014		1		1		0.011		
Phenylalanine.....g	0.046		1		1		0.037		
Tyrosine.....g	0.038		1		1		0.030		
Valine.....g	0.155		1		1		0.124		
Arginine.....g	0.143		1		1		0.114		
Histidine.....g	0.088		1		1		0.070		
Alanine.....g	0.109		1		1		0.087		
Aspartic acid.....g	0.042		1		1		0.034		
Glutamic acid.....g	0.256		1		1		0.205		
Glycine.....g	0.172		1		1		0.138		
Proline.....g									
Serine.....g	0.107		1		1		0.086		
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 = 80g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11226
Jerusalem-artichokes, raw

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	0.004		0		1		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.004		1		1		0.006		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.001		0		1		0.002		
18:2 undifferentiated.....g	0.001		1		1		0.002		
18:3 undifferentiated.....g	0.000		1		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	12		0	O	4		18.000		
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 = 150g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11230
Jew's ear, (pepeao), dried

Refuse: 13% Stems and defects

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	11.14		2		1		2.67		
Energy.....kcal	298		0	NC	4		72		
Energy.....kj	1247				4		299		
Protein (N x 6.25).....g	4.82		1		1		1.16		
Total lipid (fat).....g	0.44		1		1		0.11		
Ash.....g	2.57		1		1		0.62		
Carbohydrate, by difference.....g	81.04		0	NC	4		19.45		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	113		1		1		27		
Iron, Fe.....mg	6.14		1		1		1.47		
Magnesium, Mg.....mg	146		1		1		35		
Phosphorus, P.....mg	116		1		1		28		
Potassium, K.....mg	708		1		1		170		
Sodium, Na.....mg	70		1		1		17		
Zinc, Zn.....mg	7.52		0		4		1.80		
Copper, Cu.....mg	5.070		0		4		1.217		
Manganese, Mn.....mg	1.151		0		4		0.276		
Selenium, Se.....mcg	133.1		0	BFSN	4		31.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		1		1		0.3		
Thiamin.....mg	0.826		0		4		0.198		
Riboflavin.....mg	0.350		1		1		0.084		
Niacin.....mg	3.000		1		1		0.720		
Pantothenic acid.....mg	21.477		0		4		5.154		
Vitamin B-6.....mg	0.950		0		4		0.228		
Folate, total.....mcg	160		0		4		38		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	160		0		4		38		
Folate, DFE.....mcg_DFE	160		0	NC	4		38		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0		1		0		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 24g: 1 cup

NDB No. 11230
Jew's ear, (pepeao), dried

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11228
Jew's ear, (pepeao), raw
Auricularia polytricha

Refuse: 2% Stem end

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	92.59		1		1		91.66	5.56	
Energy.....kcal	25		0	NC	4		25	2	
Energy.....kj	105				4		104	6	
Protein (N x 6.25).....g	0.48		1		1		0.48	0.03	
Total lipid (fat).....g	0.04		1		1		0.04	0.00	
Ash.....g	0.15		1		1		0.15	0.01	
Carbohydrate, by difference.....g	6.75		0	NC	4		6.68	0.41	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		1		1		16	1	
Iron, Fe.....mg	0.56		1		1		0.55	0.03	
Magnesium, Mg.....mg	25		1		1		25	2	
Phosphorus, P.....mg	14		1		1		14	1	
Potassium, K.....mg	43		1		1		43	3	
Sodium, Na.....mg	9		1		1		9	1	
Zinc, Zn.....mg	0.66		0		4		0.65	0.04	
Copper, Cu.....mg	0.445		0		4		0.441	0.027	
Manganese, Mn.....mg	0.101		0		4		0.100	0.006	
Selenium, Se.....mcg	11.1		0	BFSN	4		11.0	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		1		1		0.6	0.0	
Thiamin.....mg	0.081		1		1		0.080	0.005	
Riboflavin.....mg	0.204		1		1		0.202	0.012	
Niacin.....mg	0.070		1		1		0.069	0.004	
Pantothenic acid.....mg	1.990		0		4		1.970	0.119	
Vitamin B-6.....mg	0.088		0		4		0.087	0.005	
Folate, total.....mcg	19		0		4		19	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	19		0		4		19	1	
Folate, DFE.....mcg_DFE	19		0	NC	4		19	1	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 99g: 1 cup slices

NDB No. 11228

Jew's ear, (pepeao), raw

Measure 2 = 6.0g: 1 piece

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11789

Jute, potherb, cooked, boiled, drained, 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	0.014		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.010		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.096		0		1		0.084		
18:2 undifferentiated.....g	0.094		0		1		0.082		
18:3 undifferentiated.....g	0.002		0		1		0.002		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.024		0		1		0.021		
Threonine.....g	0.130		0		1		0.113		
Isoleucine.....g	0.175		0		1		0.152		
Leucine.....g	0.306		0		1		0.266		
Lysine.....g	0.173		0		1		0.151		
Methionine.....g	0.051		0		1		0.044		
Cystine.....g	0.032		0		1		0.028		
Phenylalanine.....g	0.168		0		1		0.146		
Tyrosine.....g	0.116		0		1		0.101		
Valine.....g	0.196		0		1		0.171		
Arginine.....g	0.196		0		1		0.171		
Histidine.....g	0.087		0		1		0.076		
Alanine.....g	0.202		0		1		0.176		
Aspartic acid.....g	0.448		0		1		0.390		
Glutamic acid.....g	0.389		0		1		0.338		
Glycine.....g	0.169		0		1		0.147		
Proline.....g	0.195		0		1		0.170		
Serine.....g	0.143		0		1		0.124		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	3111		0	o	4		2706.570		
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	1747		0	o	4		1519.890		

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 = 87g: 1 cup

NDB No. 11789

Jute, potherb, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11232

Jute, potherb, cooked, boiled, drained, 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	0.014		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.096		0		1		0.084		
18:2 undifferentiated.....g	0.094		0		1		0.082		
18:3 undifferentiated.....g	0.002		0		1		0.002		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.024		0		1		0.021		
Threonine.....g	0.130		0		1		0.113		
Isoleucine.....g	0.175		0		1		0.152		
Leucine.....g	0.306		0		1		0.266		
Lysine.....g	0.173		0		1		0.151		
Methionine.....g	0.051		0		1		0.044		
Cystine.....g	0.032		0		1		0.028		
Phenylalanine.....g	0.168		0		1		0.146		
Tyrosine.....g	0.116		0		1		0.101		
Valine.....g	0.196		0		1		0.171		
Arginine.....g	0.196		0		1		0.171		
Histidine.....g	0.087		0		1		0.076		
Alanine.....g	0.202		0		1		0.176		
Aspartic acid.....g	0.448		0		1		0.390		
Glutamic acid.....g	0.389		0		1		0.338		
Glycine.....g	0.169		0		1		0.147		
Proline.....g	0.195		0		1		0.170		
Serine.....g	0.143		0		1		0.124		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3111		0	O	4		2706.570		
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	1747		0	O	4		1519.890		

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 = 87g: 1 cup

NDB No. 11232

Jute, potherb, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11231
Jute, potherb, raw

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	0.017		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.034		
18:2 undifferentiated.....g	0.117		0		1		0.033		
18:3 undifferentiated.....g	0.002		0		1		0.001		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.030		3		1		0.008		
Threonine.....g	0.164		3		1		0.046		
Isoleucine.....g	0.221		3		1		0.062		
Leucine.....g	0.388		3		1		0.109		
Lysine.....g	0.219		3		1		0.061		
Methionine.....g	0.065		3		1		0.018		
Cystine.....g	0.040		3		1		0.011		
Phenylalanine.....g	0.212		3		1		0.059		
Tyrosine.....g	0.147		3		1		0.041		
Valine.....g	0.248		3		1		0.069		
Arginine.....g	0.248		3		1		0.069		
Histidine.....g	0.110		3		1		0.031		
Alanine.....g	0.256		1		1		0.072		
Aspartic acid.....g	0.567		1		1		0.159		
Glutamic acid.....g	0.493		1		1		0.138		
Glycine.....g	0.214		1		1		0.060		
Proline.....g	0.246		1		1		0.069		
Serine.....g	0.182		1		1		0.051		
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 = 28g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11790

Kale, cooked, boiled, drained, 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	0.030		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.251		
18:2 undifferentiated.....g	0.079		0		1		0.103		
18:3 undifferentiated.....g	0.103		0		1		0.134		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.023		0		1		0.030		
Threonine.....g	0.085		0		1		0.111		
Isoleucine.....g	0.114		0		1		0.148		
Leucine.....g	0.133		0		1		0.173		
Lysine.....g	0.114		0		1		0.148		
Methionine.....g	0.018		0		1		0.023		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.097		0		1		0.126		
Tyrosine.....g	0.067		0		1		0.087		
Valine.....g	0.104		0		1		0.135		
Arginine.....g	0.106		0		1		0.138		
Histidine.....g	0.040		0		1		0.052		
Alanine.....g	0.096		0		1		0.125		
Aspartic acid.....g	0.170		0		1		0.221		
Glutamic acid.....g	0.216		0		1		0.281		
Glycine.....g	0.092		0		1		0.120		
Proline.....g	0.113		0		1		0.147		
Serine.....g	0.080		0		1		0.104		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	8173	4427.500	4	A	1		10624.250		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg	0	0.000	4	A	1		0.000		
Lutein + zeaxanthin.....mcg	18246	7344.000	4	A	1		23719.800		

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 = 130g: 1 cup, chopped

NDB No. 11790

Kale, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11234

Kale, cooked, boiled, drained, 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	0.030		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.036		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.193		0		1		0.251		
18:2 undifferentiated.....g	0.079		0		1		0.103		
18:3 undifferentiated.....g	0.103		0		1		0.134		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.030		
Threonine.....g	0.085		0		1		0.111		
Isoleucine.....g	0.114		0		1		0.148		
Leucine.....g	0.133		0		1		0.173		
Lysine.....g	0.114		0		1		0.148		
Methionine.....g	0.018		0		1		0.023		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.097		0		1		0.126		
Tyrosine.....g	0.067		0		1		0.087		
Valine.....g	0.104		0		1		0.135		
Arginine.....g	0.106		0		1		0.138		
Histidine.....g	0.040		0		1		0.052		
Alanine.....g	0.096		0		1		0.125		
Aspartic acid.....g	0.170		0		1		0.221		
Glutamic acid.....g	0.216		0		1		0.281		
Glycine.....g	0.092		0		1		0.120		
Proline.....g	0.113		0		1		0.147		
Serine.....g	0.080		0		1		0.104		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	8173	4427.500	4	A	1		10624.250		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg	0	0.000	4	A	1		0.000		
Lutein + zeaxanthin.....mcg	18246	7344.000	4	A	1		23719.800		

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 = 130g: 1 cup, chopped

NDB No. 11234

Kale, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11791

Kale, frozen, cooked, boiled, drained, 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	0.036		0		1		0.047		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.044		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.235		0		1		0.306		
18:2 undifferentiated.....g	0.096		0		1		0.125		
18:3 undifferentiated.....g	0.125		0		1		0.163		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.035		0		1		0.046		
Threonine.....g	0.127		0		1		0.165		
Isoleucine.....g	0.170		0		1		0.221		
Leucine.....g	0.199		0		1		0.259		
Lysine.....g	0.170		0		1		0.221		
Methionine.....g	0.027		0		1		0.035		
Cystine.....g	0.038		0		1		0.049		
Phenylalanine.....g	0.146		0		1		0.190		
Tyrosine.....g	0.101		0		1		0.131		
Valine.....g	0.156		0		1		0.203		
Arginine.....g	0.158		0		1		0.205		
Histidine.....g	0.060		0		1		0.078		
Alanine.....g	0.143		0		1		0.186		
Aspartic acid.....g	0.254		0		1		0.330		
Glutamic acid.....g	0.323		0		1		0.420		
Glycine.....g	0.137		0		1		0.178		
Proline.....g	0.169		0		1		0.220		
Serine.....g	0.120		0		1		0.156		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	8823		0	BFSN	4		11469.361		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	19697		0	BFSN	4		25606.602		

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 = 130g: 1 cup, chopped

NDB No. 11791

Kale, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11236

Kale, frozen, cooked, boiled, drained, 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	0.036		0		1		0.047	0.023	
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	0.034		0		1		0.044	0.022	
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	0.235		0		1		0.306	0.153	
18:2 undifferentiated.....g	0.096		0		1		0.125	0.062	
18:3 undifferentiated.....g	0.125		0		1		0.163	0.081	
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	0.001		0		1		0.001	0.001	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0		1		0.046	0.023	
Threonine.....g	0.127		0		1		0.165	0.083	
Isoleucine.....g	0.170		0		1		0.221	0.111	
Leucine.....g	0.199		0		1		0.259	0.129	
Lysine.....g	0.170		0		1		0.221	0.111	
Methionine.....g	0.027		0		1		0.035	0.018	
Cystine.....g	0.038		0		1		0.049	0.025	
Phenylalanine.....g	0.146		0		1		0.190	0.095	
Tyrosine.....g	0.101		0		1		0.131	0.066	
Valine.....g	0.156		0		1		0.203	0.101	
Arginine.....g	0.158		0		1		0.205	0.103	
Histidine.....g	0.060		0		1		0.078	0.039	
Alanine.....g	0.143		0		1		0.186	0.093	
Aspartic acid.....g	0.254		0		1		0.330	0.165	
Glutamic acid.....g	0.323		0		1		0.420	0.210	
Glycine.....g	0.137		0		1		0.178	0.089	
Proline.....g	0.169		0		1		0.220	0.110	
Serine.....g	0.120		0		1		0.156	0.078	
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	8823		0	BFSN	4		11469.361	5734.680	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	19697		0	BFSN	4		25606.602	12803.301	

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 = 130g: 1 cup, chopped

Measure 2 = 65g: .5 cup, chopped or diced

NDB No. 11236

Kale, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11235
Kale, frozen, unprepared

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	0.034		0		1		0.097	0.032	
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	0.032		0		1		0.091	0.030	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.219		0		1		0.622	0.206	
18:2 undifferentiated.....g	0.090		0		1		0.256	0.085	
18:3 undifferentiated.....g	0.117		0		1		0.332	0.110	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.003	0.001	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0		1		0.091	0.030	
Threonine.....g	0.119		0		1		0.338	0.112	
Isoleucine.....g	0.159		0		1		0.452	0.149	
Leucine.....g	0.186		0		1		0.528	0.175	
Lysine.....g	0.159		0		1		0.452	0.149	
Methionine.....g	0.026		0		1		0.074	0.024	
Cystine.....g	0.035		0		1		0.099	0.033	
Phenylalanine.....g	0.136		0		1		0.386	0.128	
Tyrosine.....g	0.094		0		1		0.267	0.088	
Valine.....g	0.145		0		1		0.412	0.136	
Arginine.....g	0.148		0		1		0.420	0.139	
Histidine.....g	0.056		0		1		0.159	0.053	
Alanine.....g	0.134		0		1		0.381	0.126	
Aspartic acid.....g	0.238		0		1		0.676	0.224	
Glutamic acid.....g	0.301		0		1		0.855	0.283	
Glycine.....g	0.128		0		1		0.364	0.120	
Proline.....g	0.158		0		1		0.449	0.149	
Serine.....g	0.112		0		1		0.318	0.105	
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 = 284g: 1 package (10 oz)
 Measure 2 = 94g: .333 package (10 oz)

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 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	0.052		0		1		0.035		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.049		0		1		0.033		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.338		0		1		0.226		
18:2 undifferentiated.....g	0.138		0		1		0.092		
18:3 undifferentiated.....g	0.180		0		1		0.121		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.001		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		57		1		0.027		
Threonine.....g	0.147		57		1		0.098		
Isoleucine.....g	0.197		57		1		0.132		
Leucine.....g	0.231		57		1		0.155		
Lysine.....g	0.197		57		1		0.132		
Methionine.....g	0.032		57		1		0.021		
Cystine.....g	0.044		3		1		0.029		
Phenylalanine.....g	0.169		57		1		0.113		
Tyrosine.....g	0.117		3		1		0.078		
Valine.....g	0.181		57		1		0.121		
Arginine.....g	0.184		57		1		0.123		
Histidine.....g	0.069		57		1		0.046		
Alanine.....g	0.166		3		1		0.111		
Aspartic acid.....g	0.295		3		1		0.198		
Glutamic acid.....g	0.374		3		1		0.251		
Glycine.....g	0.159		3		1		0.107		
Proline.....g	0.196		2		1		0.131		
Serine.....g	0.139		3		1		0.093		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	9226	2884.992	4	A	1		6181.197		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	39550		1	A	1		26498.500		

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Common Measures:

Measure 1 = 67g: 1 cup, chopped

NDB No. 11233
Kale, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11792

Kale, scotch, cooked, boiled, drained, 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	0.030		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.255		
18:2 undifferentiated.....g	0.080		0		1		0.104		
18:3 undifferentiated.....g	0.104		0		1		0.135		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.023		0		1		0.030		
Threonine.....g	0.085		0		1		0.111		
Isoleucine.....g	0.113		0		1		0.147		
Leucine.....g	0.132		0		1		0.172		
Lysine.....g	0.113		0		1		0.147		
Methionine.....g	0.018		0		1		0.023		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.097		0		1		0.126		
Tyrosine.....g	0.067		0		1		0.087		
Valine.....g	0.104		0		1		0.135		
Arginine.....g	0.105		0		1		0.137		
Histidine.....g	0.040		0		1		0.052		
Alanine.....g	0.095		0		1		0.124		
Aspartic acid.....g	0.169		0		1		0.220		
Glutamic acid.....g	0.215		0		1		0.280		
Glycine.....g	0.091		0		1		0.118		
Proline.....g	0.112		0		1		0.146		
Serine.....g	0.080		0		1		0.104		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 130g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11623

Kale, scotch, cooked, boiled, drained, 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	0.030		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.255		
18:2 undifferentiated.....g	0.080		0		1		0.104		
18:3 undifferentiated.....g	0.104		0		1		0.135		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.023		0		1		0.030		
Threonine.....g	0.085		0		1		0.111		
Isoleucine.....g	0.113		0		1		0.147		
Leucine.....g	0.132		0		1		0.172		
Lysine.....g	0.113		0		1		0.147		
Methionine.....g	0.018		0		1		0.023		
Cystine.....g	0.025		0		1		0.033		
Phenylalanine.....g	0.097		0		1		0.126		
Tyrosine.....g	0.067		0		1		0.087		
Valine.....g	0.104		0		1		0.135		
Arginine.....g	0.105		0		1		0.137		
Histidine.....g	0.040		0		1		0.052		
Alanine.....g	0.095		0		1		0.124		
Aspartic acid.....g	0.169		0		1		0.220		
Glutamic acid.....g	0.215		0		1		0.280		
Glycine.....g	0.091		0		1		0.118		
Proline.....g	0.112		0		1		0.146		
Serine.....g	0.080		0		1		0.104		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 130g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11622
Kale, scotch, raw

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	0.045		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.028		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.289		0		1		0.194		
18:2 undifferentiated.....g	0.118		0		1		0.079		
18:3 undifferentiated.....g	0.154		0		1		0.103		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.034		0		1		0.023		
Threonine.....g	0.125		0		1		0.084		
Isoleucine.....g	0.168		0		1		0.113		
Leucine.....g	0.196		0		1		0.131		
Lysine.....g	0.168		0		1		0.113		
Methionine.....g	0.027		0		1		0.018		
Cystine.....g	0.037		0		1		0.025		
Phenylalanine.....g	0.143		0		1		0.096		
Tyrosine.....g	0.099		0		1		0.066		
Valine.....g	0.153		0		1		0.103		
Arginine.....g	0.156		0		1		0.105		
Histidine.....g	0.059		0		1		0.040		
Alanine.....g	0.141		0		1		0.094		
Aspartic acid.....g	0.250		0		1		0.168		
Glutamic acid.....g	0.318		0		1		0.213		
Glycine.....g	0.135		0		1		0.090		
Proline.....g	0.166		0		1		0.111		
Serine.....g	0.118		0		1		0.079		
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 = 67g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11237
Kanpyo, (dried gourd strips)

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	0.103		0		1		0.006	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.103		0		1		0.006	0.028	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.244		0		1		0.015	0.066	
18:2 undifferentiated.....g	0.244		0		1		0.015	0.066	
18:3 undifferentiated.....g									
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	Z	7		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 = 6.3g: 1 strip

Measure 2 = 27g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11793

Kohlrabi, cooked, boiled, drained, 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	0.008		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.013		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0		1		0.087		
18:2 undifferentiated.....g	0.022		0		1		0.036		
18:3 undifferentiated.....g	0.028		0		1		0.046		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.011		0		1		0.018		
Threonine.....g	0.052		0		1		0.086		
Isoleucine.....g	0.083		0		1		0.137		
Leucine.....g	0.071		0		1		0.117		
Lysine.....g	0.059		0		1		0.097		
Methionine.....g	0.014		0		1		0.023		
Cystine.....g	0.007		0		1		0.012		
Phenylalanine.....g	0.041		0		1		0.068		
Tyrosine.....g									
Valine.....g	0.053		0		1		0.087		
Arginine.....g	0.111		0		1		0.183		
Histidine.....g	0.020		0		1		0.033		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	21		0	BFSY	4		34.571		
Carotene, alpha.....mcg	0		0	BFSY	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 165g: 1 cup slices

NDB No. 11793

Kohlrabi, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11242

Kohlrabi, cooked, boiled, drained, 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	0.008		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.013		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0		1		0.087		
18:2 undifferentiated.....g	0.022		0		1		0.036		
18:3 undifferentiated.....g	0.028		0		1		0.046		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.018		
Threonine.....g	0.052		0		1		0.086		
Isoleucine.....g	0.083		0		1		0.137		
Leucine.....g	0.071		0		1		0.117		
Lysine.....g	0.059		0		1		0.097		
Methionine.....g	0.014		0		1		0.023		
Cystine.....g	0.007		0		1		0.012		
Phenylalanine.....g	0.041		0		1		0.068		
Tyrosine.....g									
Valine.....g	0.053		0		1		0.087		
Arginine.....g	0.111		0		1		0.183		
Histidine.....g	0.020		0		1		0.033		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	21		0	BFSY	4		34.571		
Carotene, alpha.....mcg	0		0	BFSY	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 165g: 1 cup, sliced

NDB No. 11242

Kohlrabi, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11241
Kohlrabi, raw

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	0.007		0		1		0.009	0.001	
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	0.007		0		1		0.009	0.001	
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	0.048		0		1		0.065	0.008	
18:2 undifferentiated.....g	0.020		0		1		0.027	0.003	
18:3 undifferentiated.....g	0.026		0		1		0.035	0.004	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		2		1		0.014	0.002	
Threonine.....g	0.049		2		1		0.066	0.008	
Isoleucine.....g	0.078		2		1		0.105	0.012	
Leucine.....g	0.067		2		1		0.090	0.011	
Lysine.....g	0.056		2		1		0.076	0.009	
Methionine.....g	0.013		2		1		0.018	0.002	
Cystine.....g	0.007		2		1		0.009	0.001	
Phenylalanine.....g	0.039		2		1		0.053	0.006	
Tyrosine.....g									
Valine.....g	0.050		2		1		0.068	0.008	
Arginine.....g	0.105		2		1		0.142	0.017	
Histidine.....g	0.019		2		1		0.026	0.003	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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	22		0	O	4		29.160	3.456	
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 = 135g: 1 cup

Measure 2 = 16g: 1 slice

NDB No. 11241
Kohlrabi, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11794

Lambs quarters, cooked, boiled, drained, 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	0.131		0		1		0.236		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.101		0		1		0.182		
20:1.....g	0.011		0		1		0.020		
22:1 undifferentiated.....g	0.018		0		1		0.032		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.307		0		1		0.553		
18:2 undifferentiated.....g	0.274		0		1		0.493		
18:3 undifferentiated.....g	0.032		0		1		0.058		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.052		
Threonine.....g	0.124		0		1		0.223		
Isoleucine.....g	0.193		0		1		0.347		
Leucine.....g	0.267		0		1		0.481		
Lysine.....g	0.270		0		1		0.486		
Methionine.....g	0.037		0		1		0.067		
Cystine.....g	0.068		0		1		0.122		
Phenylalanine.....g	0.126		0		1		0.227		
Tyrosine.....g	0.134		0		1		0.241		
Valine.....g	0.172		0		1		0.310		
Arginine.....g	0.193		0		1		0.347		
Histidine.....g	0.088		0		1		0.158		
Alanine.....g	0.245		0		1		0.441		
Aspartic acid.....g	0.329		0		1		0.592		
Glutamic acid.....g	0.397		0		1		0.715		
Glycine.....g	0.190		0		1		0.342		
Proline.....g	0.170		0		1		0.306		
Serine.....g	0.152		0		1		0.274		
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 = 180g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11245

Lambquarters, cooked, boiled, drained, 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	0.131		0		1		0.236		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.101		0		1		0.182		
20:1.....g	0.011		0		1		0.020		
22:1 undifferentiated.....g	0.018		0		1		0.032		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.307		0		1		0.553		
18:2 undifferentiated.....g	0.274		0		1		0.493		
18:3 undifferentiated.....g	0.032		0		1		0.058		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.052		
Threonine.....g	0.124		0		1		0.223		
Isoleucine.....g	0.193		0		1		0.347		
Leucine.....g	0.267		0		1		0.481		
Lysine.....g	0.270		0		1		0.486		
Methionine.....g	0.037		0		1		0.067		
Cystine.....g	0.068		0		1		0.122		
Phenylalanine.....g	0.126		0		1		0.227		
Tyrosine.....g	0.134		0		1		0.241		
Valine.....g	0.172		0		1		0.310		
Arginine.....g	0.193		0		1		0.347		
Histidine.....g	0.088		0		1		0.158		
Alanine.....g	0.245		0		1		0.441		
Aspartic acid.....g	0.329		0		1		0.592		
Glutamic acid.....g	0.397		0		1		0.715		
Glycine.....g	0.190		0		1		0.342		
Proline.....g	0.170		0		1		0.306		
Serine.....g	0.152		0		1		0.274		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5820		0	O	4		10476.000		
Carotene, alpha.....mcg	4		0	BFSN	4		7.717		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	1857		0	BFSN	4		3342.695		

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 = 180g: 1 cup, chopped

NDB No. 11245

Lambsquarters, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11244
Lambsquarters, raw

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	0.150		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.115		0		1				
20:1.....g	0.013		0		1				
22:1 undifferentiated.....g	0.020		0		1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.351		0		1				
18:2 undifferentiated.....g	0.313		0		1				
18:3 undifferentiated.....g	0.036		0		1				
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.038		2		1				
Threonine.....g	0.163		2		1				
Isoleucine.....g	0.253		2		1				
Leucine.....g	0.350		2		1				
Lysine.....g	0.354		3		1				
Methionine.....g	0.049		3		1				
Cystine.....g	0.089		1		1				
Phenylalanine.....g	0.166		2		1				
Tyrosine.....g	0.175		1		1				
Valine.....g	0.226		2		1				
Arginine.....g	0.253		1		1				
Histidine.....g	0.116		1		1				
Alanine.....g	0.322		1		1				
Aspartic acid.....g	0.431		1		1				
Glutamic acid.....g	0.521		1		1				
Glycine.....g	0.249		1		1				
Proline.....g	0.223		1		1				
Serine.....g	0.200		1		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11795

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, 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	0.003		0		1		0.004	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.004	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0		1		0.138	0.029	
18:2 undifferentiated.....g	0.045		0		1		0.056	0.012	
18:3 undifferentiated.....g	0.066		0		1		0.082	0.017	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.006		0		1		0.007	0.002	
Threonine.....g	0.034		0		1		0.042	0.009	
Isoleucine.....g	0.028		0		1		0.035	0.007	
Leucine.....g	0.052		0		1		0.064	0.014	
Lysine.....g	0.042		0		1		0.052	0.011	
Methionine.....g	0.010		0		1		0.012	0.003	
Cystine.....g	0.014		0		1		0.017	0.004	
Phenylalanine.....g	0.030		0		1		0.037	0.008	
Tyrosine.....g	0.022		0		1		0.027	0.006	
Valine.....g	0.031		0		1		0.038	0.008	
Arginine.....g	0.042		0		1		0.052	0.011	
Histidine.....g	0.014		0		1		0.017	0.004	
Alanine.....g	0.040		0		1		0.050	0.010	
Aspartic acid.....g	0.076		0		1		0.094	0.020	
Glutamic acid.....g	0.123		0		1		0.153	0.032	
Glycine.....g	0.037		0		1		0.046	0.010	
Proline.....g	0.036		0		1		0.045	0.009	
Serine.....g	0.050		0		1		0.062	0.013	
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 = 124g: 1 leek

Measure 2 = 26g: .25 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11247

Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, 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	0.003		0		1		0.004	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.004	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0		1		0.138	0.029	
18:2 undifferentiated.....g	0.045		0		1		0.056	0.012	
18:3 undifferentiated.....g	0.066		0		1		0.082	0.017	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.006		0		1		0.007	0.002	
Threonine.....g	0.034		0		1		0.042	0.009	
Isoleucine.....g	0.028		0		1		0.035	0.007	
Leucine.....g	0.052		0		1		0.064	0.014	
Lysine.....g	0.042		0		1		0.052	0.011	
Methionine.....g	0.010		0		1		0.012	0.003	
Cystine.....g	0.014		0		1		0.017	0.004	
Phenylalanine.....g	0.030		0		1		0.037	0.008	
Tyrosine.....g	0.022		0		1		0.027	0.006	
Valine.....g	0.031		0		1		0.038	0.008	
Arginine.....g	0.042		0		1		0.052	0.011	
Histidine.....g	0.014		0		1		0.017	0.004	
Alanine.....g	0.040		0		1		0.050	0.010	
Aspartic acid.....g	0.076		0		1		0.094	0.020	
Glutamic acid.....g	0.123		0		1		0.153	0.032	
Glycine.....g	0.037		0		1		0.046	0.010	
Proline.....g	0.036		0		1		0.045	0.009	
Serine.....g	0.050		0		1		0.062	0.013	
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 = 124g: 1 leek

Measure 2 = 26g: .25 cup, chopped or diced

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11246

Leeks, (bulb and lower leaf-portion), raw

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	0.004		0		1		0.004	0.004	0.000
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	0.004		1		1		0.004	0.004	0.000
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	0.166		0		1		0.148	0.148	0.010
18:2 undifferentiated.....g	0.067		1		1		0.060	0.060	0.004
18:3 undifferentiated.....g	0.099		1		1		0.088	0.088	0.006
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		5		1		0.011	0.011	0.001
Threonine.....g	0.063		9		1		0.056	0.056	0.004
Isoleucine.....g	0.052		9		1		0.046	0.046	0.003
Leucine.....g	0.096		9		1		0.085	0.085	0.006
Lysine.....g	0.078		12		1		0.069	0.069	0.005
Methionine.....g	0.018		12		1		0.016	0.016	0.001
Cystine.....g	0.025		7		1		0.022	0.022	0.002
Phenylalanine.....g	0.055		9		1		0.049	0.049	0.003
Tyrosine.....g	0.041		8		1		0.036	0.036	0.002
Valine.....g	0.056		9		1		0.050	0.050	0.003
Arginine.....g	0.078		9		1		0.069	0.069	0.005
Histidine.....g	0.025		9		1		0.022	0.022	0.002
Alanine.....g	0.074		8		1		0.066	0.066	0.004
Aspartic acid.....g	0.140		8		1		0.125	0.125	0.008
Glutamic acid.....g	0.226		8		1		0.201	0.201	0.014
Glycine.....g	0.069		8		1		0.061	0.061	0.004
Proline.....g	0.066		8		1		0.059	0.059	0.004
Serine.....g	0.092		8		1		0.082	0.082	0.006
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	1000		0	T	4		890.000	890.000	60.000
Carotene, alpha.....mcg	0		0	T	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	T	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1900		0	T	4		1691.000	1691.000	114.000

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 = 89g: 1 cup
- Measure 2 = 89g: 1 leek
- Measure 3 = 6.0g: 1 slice

NDB No. 11246

Leeks, (bulb and lower leaf-portion), raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11624

Leeks, (bulb and lower-leaf portion), freeze-dried

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	0.029		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.000	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.161		0		1		0.002	0.009	
18:2 undifferentiated.....g	0.470		0		1		0.001	0.004	
18:3 undifferentiated.....g	0.691		0		1		0.001	0.006	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.117		0		1		0.000	0.001	
Threonine.....g	0.640		0		1		0.001	0.005	
Isoleucine.....g	0.525		0		1		0.001	0.004	
Leucine.....g	0.973		0		1		0.002	0.008	
Lysine.....g	0.786		0		1		0.002	0.006	
Methionine.....g	0.180		0		1		0.000	0.001	
Cystine.....g	0.253		0		1		0.001	0.002	
Phenylalanine.....g	0.559		0		1		0.001	0.004	
Tyrosine.....g	0.413		0		1		0.001	0.003	
Valine.....g	0.572		0		1		0.001	0.005	
Arginine.....g	0.790		0		1		0.002	0.006	
Histidine.....g	0.253		0		1		0.001	0.002	
Alanine.....g	0.749		0		1		0.001	0.006	
Aspartic acid.....g	1.420		0		1		0.003	0.011	
Glutamic acid.....g	2.293		0		1		0.005	0.018	
Glycine.....g	0.698		0		1		0.001	0.006	
Proline.....g	0.674		0		1		0.001	0.005	
Serine.....g	0.936		0		1		0.002	0.007	
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 = 0.2g: 1 tbsp

Measure 2 = 0.8g: .25 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11972
Lemon grass (citronella), raw

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	0.054		1	A	1		0.036	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		1	A	1		0.008	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.042		1	A	1		0.028	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		1	A	1		0.114	0.008	
18:2 undifferentiated.....g	0.138		1	A	1		0.092	0.007	
18:3 undifferentiated.....g	0.031		1	A	1		0.021	0.001	
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	Z	7		0	0	
Phytosterols.....mg	6		1	A	1		4	0	
Stigmasterol.....mg	1		1	A	1		0	0	
Campesterol.....mg	1		1	A	1		1	0	
Beta-sitosterol.....mg	4		1	A	1		3	0	
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 = 67g: 1 cup

Measure 2 = 4.8g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11997
Lemon grass (citronella), raw

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	0.054		1	A	1		0.036	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		1	A	1		0.008	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.042		1	A	1		0.028	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		1	A	1		0.114	0.008	
18:2 undifferentiated.....g	0.138		1	A	1		0.092	0.007	
18:3 undifferentiated.....g	0.031		1	A	1		0.021	0.001	
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		1	Z	7		0	0	
Phytosterols.....mg	6		1	A	1		4	0	
Stigmasterol.....mg	1		1	A	1		0	0	
Campesterol.....mg	1		1	A	1		1	0	
Beta-sitosterol.....mg	4		1	A	1		3	0	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	3		2	A	1		2.291	0.164	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 67g: 1 cup

Measure 2 = 4.8g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11926

Lentils, sprouted, cooked, stir-fried, 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	0.095		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.095		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1				
18:2 undifferentiated.....g	0.166		0		1				
18:3 undifferentiated.....g	0.035		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.322		0		1				
Isoleucine.....g	0.320		0		1				
Leucine.....g	0.617		0		1				
Lysine.....g	0.698		0		1				
Methionine.....g	0.103		0		1				
Cystine.....g	0.328		0		1				
Phenylalanine.....g	0.434		0		1				
Tyrosine.....g	0.248		0		1				
Valine.....g	0.391		0		1				
Arginine.....g	0.600		0		1				
Histidine.....g	0.252		0		1				
Alanine.....g	0.349		0		1				
Aspartic acid.....g	1.407		0		1				
Glutamic acid.....g	1.235		0		1				
Glycine.....g	0.313		0		1				
Proline.....g	0.349		0		1				
Serine.....g	0.486		0		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11249

Lentils, sprouted, cooked, stir-fried, 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	0.095		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.095		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1				
18:2 undifferentiated.....g	0.166		0		1				
18:3 undifferentiated.....g	0.035		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.322		0		1				
Isoleucine.....g	0.320		0		1				
Leucine.....g	0.617		0		1				
Lysine.....g	0.698		0		1				
Methionine.....g	0.103		0		1				
Cystine.....g	0.328		0		1				
Phenylalanine.....g	0.434		0		1				
Tyrosine.....g	0.248		0		1				
Valine.....g	0.391		0		1				
Arginine.....g	0.600		0		1				
Histidine.....g	0.252		0		1				
Alanine.....g	0.349		0		1				
Aspartic acid.....g	1.407		0		1				
Glutamic acid.....g	1.235		0		1				
Glycine.....g	0.313		0		1				
Proline.....g	0.349		0		1				
Serine.....g	0.486		0		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11248
Lentils, sprouted, raw

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	0.104		0		1		0.080		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.104		1		1		0.080		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.219		0		1		0.169		
18:2 undifferentiated.....g	0.181		1		1		0.139		
18:3 undifferentiated.....g	0.038		1		1		0.029		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.328		1		1		0.253		
Isoleucine.....g	0.326		1		1		0.251		
Leucine.....g	0.628		1		1		0.484		
Lysine.....g	0.712		1		1		0.548		
Methionine.....g	0.105		1		1		0.081		
Cystine.....g	0.334		1		1		0.257		
Phenylalanine.....g	0.442		1		1		0.340		
Tyrosine.....g	0.252		1		1		0.194		
Valine.....g	0.399		1		1		0.307		
Arginine.....g	0.611		1		1		0.470		
Histidine.....g	0.257		1		1		0.198		
Alanine.....g	0.356		1		1		0.274		
Aspartic acid.....g	1.433		1		1		1.103		
Glutamic acid.....g	1.258		1		1		0.969		
Glycine.....g	0.319		1		1		0.246		
Proline.....g	0.356		1		1		0.274		
Serine.....g	0.495		1		1		0.381		
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 = 77g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11250

Lettuce, butterhead (includes boston and bibb types), raw

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	0.026		0		1		0.014	0.042	0.004
17:0.....g									
18:0.....g	0.003		0		1		0.002	0.005	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.008		0		1		0.004	0.013	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.003	0.000
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.003	0.010	0.001
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	0.117		0		1		0.064	0.191	0.018
18:2 undifferentiated.....g	0.034		0		1		0.019	0.055	0.005
18:3 undifferentiated.....g	0.083		0		1		0.046	0.135	0.012
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		97		1		0.005	0.015	0.001
Threonine.....g	0.059		100		1		0.032	0.096	0.009
Isoleucine.....g	0.083		100		1		0.046	0.135	0.012
Leucine.....g	0.078		100		1		0.043	0.127	0.012
Lysine.....g	0.084		104		1		0.046	0.137	0.013
Methionine.....g	0.016		104		1		0.009	0.026	0.002
Cystine.....g	0.015		3		1		0.008	0.024	0.002
Phenylalanine.....g	0.054		100		1		0.030	0.088	0.008
Tyrosine.....g	0.032		8		1		0.018	0.052	0.005
Valine.....g	0.069		100		1		0.038	0.112	0.010
Arginine.....g	0.070		100		1		0.039	0.114	0.011
Histidine.....g	0.022		100		1		0.012	0.036	0.003
Alanine.....g	0.055		7		1		0.030	0.090	0.008
Aspartic acid.....g	0.141		7		1		0.078	0.230	0.021
Glutamic acid.....g	0.180		7		1		0.099	0.293	0.027
Glycine.....g	0.057		7		1		0.031	0.093	0.009
Proline.....g	0.048		7		1		0.026	0.078	0.007
Serine.....g	0.039		7		1		0.021	0.064	0.006
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	1987		2	A	1		1092.947	3239.097	298.076
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1223		2	A	1		672.899	1994.227	183.518

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.

NDB No. 11250

Lettuce, butterhead (includes boston and bibb types), raw

Common Measures:

Measure 1 = 55g: 1 cup, shredded or chopped

Measure 2 = 163g: 1 head (5" dia)

Measure 3 = 15.0g: 1 leaf, large

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11251
Lettuce, cos or romaine, raw

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	0.035		0		1		0.003	0.010	
17:0.....g									
18:0.....g	0.005		0		1		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.012		0	NC	4		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.001	0.003	
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	0.160		0	NC	4		0.016	0.045	
18:2 undifferentiated.....g	0.047		0		1		0.005	0.013	
18:3 undifferentiated.....g	0.113		0		1		0.011	0.032	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.003	
Threonine.....g	0.074		0		1		0.007	0.021	
Isoleucine.....g	0.105		0		1		0.011	0.029	
Leucine.....g	0.098		0		1		0.010	0.027	
Lysine.....g	0.105		0		1		0.011	0.029	
Methionine.....g	0.020		0		1		0.002	0.006	
Cystine.....g	0.019		0		1		0.002	0.005	
Phenylalanine.....g	0.068		0		1		0.007	0.019	
Tyrosine.....g	0.040		0		1		0.004	0.011	
Valine.....g	0.087		0		1		0.009	0.024	
Arginine.....g	0.088		0		1		0.009	0.025	
Histidine.....g	0.028		0		1		0.003	0.008	
Alanine.....g	0.070		0		1		0.007	0.020	
Aspartic acid.....g	0.177		0		1		0.018	0.050	
Glutamic acid.....g	0.227		0		1		0.023	0.064	
Glycine.....g	0.071		0		1		0.007	0.020	
Proline.....g	0.060		0		1		0.006	0.017	
Serine.....g	0.049		0		1		0.005	0.014	
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	3484	340.182	9	JA	6		348.441	975.636	
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	2312	331.464	6	A	1		231.249	647.497	

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NDB No. 11251

Lettuce, cos or romaine, raw

Common Measures:

Measure 1 = 10.0g: 1 inner leaf

Measure 2 = 28g: .5 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11253
Lettuce, green leaf, raw

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		0		1		0.002	0.005	
17:0.....g									
18:0.....g	0.002		0		1		0.000	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0	NC	4		0.001	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.000	0.001	
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	0.082		0	NC	4		0.008	0.023	
18:2 undifferentiated.....g	0.024		0		1		0.002	0.007	
18:3 undifferentiated.....g	0.058		0		1		0.006	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	0		0	Z	7		0	0	
Phytosterols.....mg	38		0		1		4	11	
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.001	0.003	
Threonine.....g	0.059		0		1		0.006	0.017	
Isoleucine.....g	0.084		0		1		0.008	0.024	
Leucine.....g	0.079		0		1		0.008	0.022	
Lysine.....g	0.084		0		1		0.008	0.024	
Methionine.....g	0.016		0		1		0.002	0.004	
Cystine.....g	0.016		0		1		0.002	0.004	
Phenylalanine.....g	0.055		0		1		0.006	0.015	
Tyrosine.....g	0.032		0		1		0.003	0.009	
Valine.....g	0.070		0		1		0.007	0.020	
Arginine.....g	0.071		0		1		0.007	0.020	
Histidine.....g	0.022		0		1		0.002	0.006	
Alanine.....g	0.056		0		1		0.006	0.016	
Aspartic acid.....g	0.142		0		1		0.014	0.040	
Glutamic acid.....g	0.182		0		1		0.018	0.051	
Glycine.....g	0.057		0		1		0.006	0.016	
Proline.....g	0.048		0		1		0.005	0.013	
Serine.....g	0.039		0		1		0.004	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	4443	418.138	6	A	1		444.303	1244.049	
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	1730		2	A	1		173.011	484.432	

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.

NDB No. 11253

Lettuce, green leaf, raw

Common Measures:

Measure 1 = 10.0g: 1 leaf

Measure 2 = 28g: .5 cup, shredded

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11252

Lettuce, iceberg (includes crisphead types), raw

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	0.012		0		1		0.007	0.092	0.002
17:0.....g									
18:0.....g	0.002		0		1		0.001	0.013	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.004		0	NC	4		0.002	0.034	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.008	0.000
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.002	0.025	0.000
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	0.055		0	NC	4		0.031	0.419	0.008
18:2 undifferentiated.....g	0.016		0		1		0.009	0.121	0.002
18:3 undifferentiated.....g	0.039		0		1		0.022	0.297	0.006
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	Z	7		0	0	0
Phytosterols.....mg	10		0		1		6	76	2
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.004	0.060	0.001
Threonine.....g	0.053		0		1		0.029	0.400	0.008
Isoleucine.....g	0.075		0		1		0.041	0.566	0.011
Leucine.....g	0.070		0		1		0.039	0.529	0.011
Lysine.....g	0.075		0		1		0.041	0.566	0.011
Methionine.....g	0.014		0		1		0.008	0.106	0.002
Cystine.....g	0.014		0		1		0.008	0.106	0.002
Phenylalanine.....g	0.049		0		1		0.027	0.370	0.007
Tyrosine.....g	0.029		0		1		0.016	0.219	0.004
Valine.....g	0.062		0		1		0.034	0.468	0.009
Arginine.....g	0.063		0		1		0.035	0.476	0.009
Histidine.....g	0.020		0		1		0.011	0.151	0.003
Alanine.....g	0.050		0		1		0.028	0.378	0.008
Aspartic acid.....g	0.127		0		1		0.070	0.959	0.019
Glutamic acid.....g	0.162		0		1		0.089	1.223	0.024
Glycine.....g	0.051		0		1		0.028	0.385	0.008
Proline.....g	0.043		0		1		0.024	0.325	0.006
Serine.....g	0.035		0		1		0.019	0.264	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	192	69.060	47	A	1		105.704	1451.034	28.828
Carotene, alpha.....mcg	2	2.215	45	A	1		1.218	16.723	0.332
Cryptoxanthin, beta.....mcg	0	0.000	45	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		3	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	352		3	A	1		193.600	2657.600	52.800

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NDB No. 11252

Lettuce, iceberg (includes crisphead types), raw

Common Measures:

Measure 1 = 55g: 1 cup, shredded or chopped

Measure 2 = 755g: 1 head, large

Measure 3 = 15.0g: 1 leaf, large

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11257
Lettuce, red leaf, raw

Refuse: 20% Core and damaged outer leaves

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	95.64	0.170	8	A	1		16.26	2.49	26.78
Energy.....kcal	16		0	NC	4		3	0	5
Energy.....kj	68		0	NC	4		12	2	19
Protein.....g	1.33	0.026	8	A	1		0.23	0.03	0.37
Total lipid (fat).....g	0.22	0.033	8	A	1		0.04	0.01	0.06
Ash.....g	0.55	0.025	8	A	1		0.09	0.01	0.15
Carbohydrate, by difference.....g	2.26		0	NC	4		0.38	0.06	0.63
Fiber, total dietary.....g	0.9	0.253	4	A	1		0.2	0.0	0.3
Sugars, total.....g	0.48	0.054	4	A	1		0.08	0.01	0.14
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	0.20	0.026	4	A	1		0.03	0.01	0.06
Fructose.....g	0.28	0.029	4	A	1		0.05	0.01	0.08
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	33	2.597	8	A	1		6	1	9
Iron, Fe.....mg	1.20	0.306	8	A	1		0.20	0.03	0.34
Magnesium, Mg.....mg	12	1.065	8	A	1		2	0	3
Phosphorus, P.....mg	28	2.657	8	A	1		5	1	8
Potassium, K.....mg	187	15.381	8	A	1		32	5	52
Sodium, Na.....mg	25	3.557	8	A	1		4	1	7
Zinc, Zn.....mg	0.20	0.020	8	A	1		0.03	0.01	0.06
Copper, Cu.....mg	0.028	0.004	8	A	1		0.005	0.001	0.008
Manganese, Mn.....mg	0.203	0.019	8	A	1		0.035	0.005	0.057
Selenium, Se.....mcg	1.5	0.905	4	A	1		0.2	0.0	0.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.7	0.643	8	A	1		0.6	0.1	1.0
Thiamin.....mg	0.064	0.003	8	A	1		0.011	0.002	0.018
Riboflavin.....mg	0.077	0.002	8	A	1		0.013	0.002	0.021
Niacin.....mg	0.321	0.009	8	A	1		0.055	0.008	0.090
Pantothenic acid.....mg	0.144	0.008	8	A	1		0.025	0.004	0.040
Vitamin B-6.....mg	0.100	0.019	8	A	1		0.017	0.003	0.028
Folate, total.....mcg	36	2.090	8	A	1		6	1	10
Folic acid.....mcg									
Folate, food.....mcg	36	2.090	8	A	1		6	1	10
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	7492		6	AS	1		1274	195	2098
Vitamin A, RAE.....mcg_RAE	375		6	AS	1		64	10	105
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	0.15	0.055	4	A	1		0.03	0.00	0.04
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.24	0.052	4	A	1		0.04	0.01	0.07
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	140.3	16.093	8	A	1		23.9	3.6	39.3
Carotenoids:									
Carotene, beta.....mcg	4495	536.758	6	A	1		764.220	116.881	1258.715
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1724		2	A	1		293.022	44.815	482.625

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.

NDB No. 11257
Lettuce, red leaf, raw

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

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 = 17g: 1 leaf outer
- Measure 2 = 2.6g: 1 leaf inner
- Measure 3 = 28g: 1 cup shredded

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11715

Lima beans, immature seeds, canned, no salt added, solids and liquids

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	0.016		0	BFFN	4		0.020	0.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.016		0	BFFN	4		0.020	0.073	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.139		0	BFFN	4		0.172	0.631	
18:2 undifferentiated.....g	0.094		0	BFFN	4		0.117	0.427	
18:3 undifferentiated.....g	0.045		0	BFFN	4		0.056	0.204	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0	BFFN	4		0.067	0.245	
Threonine.....g	0.173		0	BFFN	4		0.215	0.785	
Isoleucine.....g	0.261		0	BFFN	4		0.324	1.185	
Leucine.....g	0.319		0	BFFN	4		0.396	1.448	
Lysine.....g	0.268		0	BFFN	4		0.332	1.217	
Methionine.....g	0.040		0	BFFN	4		0.050	0.182	
Cystine.....g	0.049		0	BFFN	4		0.061	0.222	
Phenylalanine.....g	0.200		0	BFFN	4		0.248	0.908	
Tyrosine.....g	0.131		0	BFFN	4		0.162	0.595	
Valine.....g	0.254		0	BFFN	4		0.315	1.153	
Arginine.....g	0.272		0	BFFN	4		0.337	1.235	
Histidine.....g	0.138		0	BFFN	4		0.171	0.627	
Alanine.....g	0.154		0	BFFN	4		0.191	0.699	
Aspartic acid.....g	0.436		0	BFFN	4		0.541	1.979	
Glutamic acid.....g	0.523		0	BFFN	4		0.649	2.374	
Glycine.....g	0.163		0	BFFN	4		0.202	0.740	
Proline.....g	0.068		0	BFFN	4		0.084	0.309	
Serine.....g	0.254		0	BFFN	4		0.315	1.153	
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	90		0	O	4		111.600	408.600	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 124g: .5 cup

Measure 2 = 454g: 1 can (303 x 406)

NDB No. 11715

Lima beans, immature seeds, canned, no salt added, solids and liquids

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11714

Lima beans, immature seeds, cooked, boiled, drained, 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	0.019		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.032		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.154		0		1		0.262		
18:2 undifferentiated.....g	0.104		0		1		0.177		
18:3 undifferentiated.....g	0.050		0		1		0.085		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.089		0		1		0.151		
Threonine.....g	0.289		0		1		0.491		
Isoleucine.....g	0.438		0		1		0.745		
Leucine.....g	0.535		0		1		0.910		
Lysine.....g	0.450		0		1		0.765		
Methionine.....g	0.068		0		1		0.116		
Cystine.....g	0.083		0		1		0.141		
Phenylalanine.....g	0.336		0		1		0.571		
Tyrosine.....g	0.219		0		1		0.372		
Valine.....g	0.425		0		1		0.723		
Arginine.....g	0.456		0		1		0.775		
Histidine.....g	0.231		0		1		0.393		
Alanine.....g	0.258		0		1		0.439		
Aspartic acid.....g	0.731		0		1		1.243		
Glutamic acid.....g	0.877		0		1		1.491		
Glycine.....g	0.273		0		1		0.464		
Proline.....g	0.101		0		1		0.172		
Serine.....g	0.425		0		1		0.723		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	NR	4		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	222		0	O	4		377.400		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 170g: 1 cup

NDB No. 11714

Lima beans, immature seeds, cooked, boiled, drained, with salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11032

Lima beans, immature seeds, cooked, boiled, drained, 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	0.019		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.032		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.154		0		1		0.262		
18:2 undifferentiated.....g	0.104		0		1		0.177		
18:3 undifferentiated.....g	0.050		0		1		0.085		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.089		0		1		0.151		
Threonine.....g	0.289		0		1		0.491		
Isoleucine.....g	0.438		0		1		0.745		
Leucine.....g	0.535		0		1		0.910		
Lysine.....g	0.450		0		1		0.765		
Methionine.....g	0.068		0		1		0.116		
Cystine.....g	0.083		0		1		0.141		
Phenylalanine.....g	0.336		0		1		0.571		
Tyrosine.....g	0.219		0		1		0.372		
Valine.....g	0.425		0		1		0.723		
Arginine.....g	0.456		0		1		0.775		
Histidine.....g	0.231		0		1		0.393		
Alanine.....g	0.258		0		1		0.439		
Aspartic acid.....g	0.731		0		1		1.243		
Glutamic acid.....g	0.877		0		1		1.491		
Glycine.....g	0.273		0		1		0.464		
Proline.....g	0.101		0		1		0.172		
Serine.....g	0.425		0		1		0.723		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	222		0	O	4		377.400		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 170g: 1 cup

NDB No. 11032

Lima beans, immature seeds, cooked, boiled, drained, without salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11716

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, 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	0.017		0		1		0.053	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.053	0.015	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145		0		1		0.451	0.131	
18:2 undifferentiated.....g	0.098		0		1		0.305	0.088	
18:3 undifferentiated.....g	0.047		0		1		0.146	0.042	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.087		0		1		0.271	0.078	
Threonine.....g	0.282		0		1		0.877	0.254	
Isoleucine.....g	0.428		0		1		1.331	0.385	
Leucine.....g	0.522		0		1		1.623	0.470	
Lysine.....g	0.439		0		1		1.365	0.395	
Methionine.....g	0.066		0		1		0.205	0.059	
Cystine.....g	0.081		0		1		0.252	0.073	
Phenylalanine.....g	0.328		0		1		1.020	0.295	
Tyrosine.....g	0.214		0		1		0.666	0.193	
Valine.....g	0.415		0		1		1.291	0.374	
Arginine.....g	0.445		0		1		1.384	0.401	
Histidine.....g	0.226		0		1		0.703	0.203	
Alanine.....g	0.252		0		1		0.784	0.227	
Aspartic acid.....g	0.714		0		1		2.221	0.643	
Glutamic acid.....g	0.857		0		1		2.665	0.771	
Glycine.....g	0.266		0		1		0.827	0.239	
Proline.....g	0.099		0		1		0.308	0.089	
Serine.....g	0.415		0		1		1.291	0.374	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	100		0	O	4		311.622	90.180	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 311g: 1 package (10 oz) yields

Measure 2 = 90g: .5 cup

NDB No. 11716

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11040

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, 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	0.017		0		1		0.053	0.015	
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	0.017		0		1		0.053	0.015	
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	0.145		0		1		0.451	0.131	
18:2 undifferentiated.....g	0.098		0		1		0.305	0.088	
18:3 undifferentiated.....g	0.047		0		1		0.146	0.042	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.087		0		1		0.271	0.078	
Threonine.....g	0.282		0		1		0.877	0.254	
Isoleucine.....g	0.428		0		1		1.331	0.385	
Leucine.....g	0.522		0		1		1.623	0.470	
Lysine.....g	0.439		0		1		1.365	0.395	
Methionine.....g	0.066		0		1		0.205	0.059	
Cystine.....g	0.081		0		1		0.252	0.073	
Phenylalanine.....g	0.328		0		1		1.020	0.295	
Tyrosine.....g	0.214		0		1		0.666	0.193	
Valine.....g	0.415		0		1		1.291	0.374	
Arginine.....g	0.445		0		1		1.384	0.401	
Histidine.....g	0.226		0		1		0.703	0.203	
Alanine.....g	0.252		0		1		0.784	0.227	
Aspartic acid.....g	0.714		0		1		2.221	0.643	
Glutamic acid.....g	0.857		0		1		2.665	0.771	
Glycine.....g	0.266		0		1		0.827	0.239	
Proline.....g	0.099		0		1		0.308	0.089	
Serine.....g	0.415		0		1		1.291	0.374	
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	100		0	O	4		311.622	90.180	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 311g: 1 package (10 oz) yields

Measure 2 = 90g: .5 cup

NDB No. 11040

Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11039

Lima beans, immature seeds, frozen, baby, unprepared

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	0.026		0		1		0.021	0.074	
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	0.026		0		1		0.021	0.074	
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	0.216		0		1		0.177	0.613	
18:2 undifferentiated.....g	0.146		0		1		0.120	0.415	
18:3 undifferentiated.....g	0.070		0		1		0.057	0.199	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.100		0		1		0.082	0.284	
Threonine.....g	0.322		0		1		0.264	0.914	
Isoleucine.....g	0.488		0		1		0.400	1.386	
Leucine.....g	0.597		0		1		0.490	1.695	
Lysine.....g	0.502		0		1		0.412	1.426	
Methionine.....g	0.075		0		1		0.062	0.213	
Cystine.....g	0.092		0		1		0.075	0.261	
Phenylalanine.....g	0.374		0		1		0.307	1.062	
Tyrosine.....g	0.244		0		1		0.200	0.693	
Valine.....g	0.474		0		1		0.389	1.346	
Arginine.....g	0.508		0		1		0.417	1.443	
Histidine.....g	0.258		0		1		0.212	0.733	
Alanine.....g	0.288		0		1		0.236	0.818	
Aspartic acid.....g	0.815		0		1		0.668	2.315	
Glutamic acid.....g	0.978		0		1		0.802	2.778	
Glycine.....g	0.304		0		1		0.249	0.863	
Proline.....g	0.113		0		1		0.093	0.321	
Serine.....g	0.474		0		1		0.389	1.346	
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 = 82g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11717

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, 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
16:0.....g	0.067		0		1		0.208	0.057	
17:0.....g									
18:0.....g	0.008		0		1		0.025	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.062	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.062	0.017	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.163		0		1		0.507	0.139	
18:2 undifferentiated.....g	0.110		0		1		0.342	0.094	
18:3 undifferentiated.....g	0.053		0		1		0.165	0.045	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.249	0.068	
Threonine.....g	0.257		0		1		0.799	0.218	
Isoleucine.....g	0.390		0		1		1.213	0.332	
Leucine.....g	0.477		0		1		1.483	0.405	
Lysine.....g	0.401		0		1		1.247	0.341	
Methionine.....g	0.060		0		1		0.187	0.051	
Cystine.....g	0.074		0		1		0.230	0.063	
Phenylalanine.....g	0.299		0		1		0.930	0.254	
Tyrosine.....g	0.195		0		1		0.606	0.166	
Valine.....g	0.379		0		1		1.179	0.322	
Arginine.....g	0.406		0		1		1.263	0.345	
Histidine.....g	0.206		0		1		0.641	0.175	
Alanine.....g	0.230		0		1		0.715	0.196	
Aspartic acid.....g	0.652		0		1		2.028	0.554	
Glutamic acid.....g	0.782		0		1		2.432	0.665	
Glycine.....g	0.243		0		1		0.756	0.207	
Proline.....g	0.090		0		1		0.280	0.077	
Serine.....g	0.379		0		1		1.179	0.322	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	114		0	O	4		354.540	96.900	
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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NDB No. 11717

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 311g: 1 package (10 oz) yields

Measure 2 = 85g: .5 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11038

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, 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	0.067		0		1		0.208	0.057	
17:0.....g									
18:0.....g	0.008		0		1		0.025	0.007	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.020		0		1		0.062	0.017	
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	0.020		0		1		0.062	0.017	
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	0.163		0		1		0.507	0.139	
18:2 undifferentiated.....g	0.110		0		1		0.342	0.094	
18:3 undifferentiated.....g	0.053		0		1		0.165	0.045	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.249	0.068	
Threonine.....g	0.257		0		1		0.799	0.218	
Isoleucine.....g	0.390		0		1		1.213	0.332	
Leucine.....g	0.477		0		1		1.483	0.405	
Lysine.....g	0.401		0		1		1.247	0.341	
Methionine.....g	0.060		0		1		0.187	0.051	
Cystine.....g	0.074		0		1		0.230	0.063	
Phenylalanine.....g	0.299		0		1		0.930	0.254	
Tyrosine.....g	0.195		0		1		0.606	0.166	
Valine.....g	0.379		0		1		1.179	0.322	
Arginine.....g	0.406		0		1		1.263	0.345	
Histidine.....g	0.206		0		1		0.641	0.175	
Alanine.....g	0.230		0		1		0.715	0.196	
Aspartic acid.....g	0.652		0		1		2.028	0.554	
Glutamic acid.....g	0.782		0		1		2.432	0.665	
Glycine.....g	0.243		0		1		0.756	0.207	
Proline.....g	0.090		0		1		0.280	0.077	
Serine.....g	0.379		0		1		1.179	0.322	
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	114		0	O	4		354.540	96.900	
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.

NDB No. 11038

Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 311g: 1 package (10 oz) yields

Measure 2 = 85g: .5 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11037

Lima beans, immature seeds, frozen, fordhook, unprepared

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	0.021		0		1		0.017	0.060	
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	0.021		0		1		0.017	0.060	
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	0.172		0		1		0.138	0.488	
18:2 undifferentiated.....g	0.116		0		1		0.093	0.329	
18:3 undifferentiated.....g	0.056		0		1		0.045	0.159	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.067	0.239	
Threonine.....g	0.271		0		1		0.217	0.770	
Isoleucine.....g	0.412		0		1		0.330	1.170	
Leucine.....g	0.503		0		1		0.402	1.429	
Lysine.....g	0.423		0		1		0.338	1.201	
Methionine.....g	0.063		0		1		0.050	0.179	
Cystine.....g	0.078		0		1		0.062	0.222	
Phenylalanine.....g	0.315		0		1		0.252	0.895	
Tyrosine.....g	0.206		0		1		0.165	0.585	
Valine.....g	0.399		0		1		0.319	1.133	
Arginine.....g	0.428		0		1		0.342	1.216	
Histidine.....g	0.217		0		1		0.174	0.616	
Alanine.....g	0.243		0		1		0.194	0.690	
Aspartic acid.....g	0.687		0		1		0.550	1.951	
Glutamic acid.....g	0.824		0		1		0.659	2.340	
Glycine.....g	0.256		0		1		0.205	0.727	
Proline.....g	0.095		0		1		0.076	0.270	
Serine.....g	0.399		0		1		0.319	1.133	
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	134		0	O	4		107.040	379.992	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 80g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

NDB No. 11037

Lima beans, immature seeds, frozen, fordhook, unprepared

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11031

Lima beans, immature seeds, raw

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	0.050		0		1		0.078		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.050		3		1		0.078		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.419		0		1		0.654		
18:2 undifferentiated.....g	0.283		3		1		0.441		
18:3 undifferentiated.....g	0.136		3		1		0.212		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		32		1		0.140		
Threonine.....g	0.290		32		1		0.452		
Isoleucine.....g	0.440		32		1		0.686		
Leucine.....g	0.538		32		1		0.839		
Lysine.....g	0.452		32		1		0.705		
Methionine.....g	0.068		32		1		0.106		
Cystine.....g	0.083		4		1		0.129		
Phenylalanine.....g	0.337		32		1		0.526		
Tyrosine.....g	0.220		4		1		0.343		
Valine.....g	0.427		32		1		0.666		
Arginine.....g	0.458		29		1		0.714		
Histidine.....g	0.232		32		1		0.362		
Alanine.....g	0.260		1		1		0.406		
Aspartic acid.....g	0.735		1		1		1.147		
Glutamic acid.....g	0.881		1		1		1.374		
Glycine.....g	0.274		1		1		0.427		
Proline.....g	0.102		1		1		0.159		
Serine.....g	0.427		1		1		0.666		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	182		0	O	4		283.608		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 156g: 1 cup

NDB No. 11031

Lima beans, immature seeds, raw

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11796

Lotus root, cooked, boiled, drained, 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	0.014		0		1		0.008	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.006	0.009	
20:1.....g	0.002		0		1		0.001	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0		1		0.008	0.012	
18:2 undifferentiated.....g	0.010		0		1		0.006	0.009	
18:3 undifferentiated.....g	0.004		0		1		0.002	0.004	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0		1		0.007	0.011	
Threonine.....g	0.031		0		1		0.019	0.028	
Isoleucine.....g	0.033		0		1		0.020	0.029	
Leucine.....g	0.042		0		1		0.025	0.037	
Lysine.....g	0.057		0		1		0.034	0.051	
Methionine.....g	0.014		0		1		0.008	0.012	
Cystine.....g	0.014		0		1		0.008	0.012	
Phenylalanine.....g	0.028		0		1		0.017	0.025	
Tyrosine.....g	0.017		0		1		0.010	0.015	
Valine.....g	0.034		0		1		0.020	0.030	
Arginine.....g	0.053		0		1		0.032	0.047	
Histidine.....g	0.023		0		1		0.014	0.020	
Alanine.....g	0.033		0		1		0.020	0.029	
Aspartic acid.....g	0.223		0		1		0.134	0.198	
Glutamic acid.....g	0.084		0		1		0.050	0.075	
Glycine.....g	0.095		0		1		0.057	0.085	
Proline.....g	0.082		0		1		0.049	0.073	
Serine.....g	0.037		0		1		0.022	0.033	
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 = 60g: .5 cup

Measure 2 = 89g: 10 slices (2-1/2" dia)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11255

Lotus root, cooked, boiled, drained, 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	0.014		0		1		0.008	0.012	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.006	0.009	
20:1.....g	0.002		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.014		0		1		0.008	0.012	
18:2 undifferentiated.....g	0.010		0		1		0.006	0.009	
18:3 undifferentiated.....g	0.004		0		1		0.002	0.004	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.007	0.011	
Threonine.....g	0.031		0		1		0.019	0.028	
Isoleucine.....g	0.033		0		1		0.020	0.029	
Leucine.....g	0.042		0		1		0.025	0.037	
Lysine.....g	0.057		0		1		0.034	0.051	
Methionine.....g	0.014		0		1		0.008	0.012	
Cystine.....g	0.014		0		1		0.008	0.012	
Phenylalanine.....g	0.028		0		1		0.017	0.025	
Tyrosine.....g	0.017		0		1		0.010	0.015	
Valine.....g	0.034		0		1		0.020	0.030	
Arginine.....g	0.053		0		1		0.032	0.047	
Histidine.....g	0.023		0		1		0.014	0.020	
Alanine.....g	0.033		0		1		0.020	0.029	
Aspartic acid.....g	0.223		0		1		0.134	0.198	
Glutamic acid.....g	0.084		0		1		0.050	0.075	
Glycine.....g	0.095		0		1		0.057	0.085	
Proline.....g	0.082		0		1		0.049	0.073	
Serine.....g	0.037		0		1		0.022	0.033	
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 = 60g: .5 cup

Measure 2 = 89g: 10 slices (2-1/2" dia)

NDB No. 11255

Lotus root, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11254

Lotus root, raw

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	0.020		0		1		0.016	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.011	0.016	
20:1.....g	0.002		0		1		0.002	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.016	0.023	
18:2 undifferentiated.....g	0.014		0		1		0.011	0.016	
18:3 undifferentiated.....g	0.006		0		1		0.005	0.007	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		4		1		0.016	0.023	
Threonine.....g	0.051		3		1		0.041	0.059	
Isoleucine.....g	0.054		3		1		0.044	0.062	
Leucine.....g	0.069		3		1		0.056	0.079	
Lysine.....g	0.094		4		1		0.076	0.108	
Methionine.....g	0.022		4		1		0.018	0.025	
Cystine.....g	0.022		2		1		0.018	0.025	
Phenylalanine.....g	0.047		3		1		0.038	0.054	
Tyrosine.....g	0.029		2		1		0.023	0.033	
Valine.....g	0.055		3		1		0.045	0.063	
Arginine.....g	0.088		2		1		0.071	0.101	
Histidine.....g	0.038		2		1		0.031	0.044	
Alanine.....g	0.054		2		1		0.044	0.062	
Aspartic acid.....g	0.369		2		1		0.299	0.424	
Glutamic acid.....g	0.139		2		1		0.113	0.160	
Glycine.....g	0.156		2		1		0.126	0.179	
Proline.....g	0.136		2		1		0.110	0.156	
Serine.....g	0.060		2		1		0.049	0.069	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	NR	4		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	

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 = 81g: 10 slices (2-1/2" dia)

Measure 2 = 115g: 1 root (9-1/2" long)

NDB No. 11254
Lotus root, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11986
Malabar spinach, cooked

Refuse: 30% Stems

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	92.50		2	A	1		40.70	15.73	
Energy.....kcal	23		0	NC	4		10	4	
Energy.....kj	96				4		42	16	
Protein (N x 6.25).....g	2.98		2	A	1		1.31	0.51	
Total lipid (fat).....g	0.78		2	A	1		0.34	0.13	
Ash.....g	1.04		2	A	1		0.46	0.18	
Carbohydrate, by difference.....g	2.71		0	NC	4		1.19	0.46	
Fiber, total dietary.....g	2.1		2	A	1		0.9	0.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	124		2	A	1		55	21	
Iron, Fe.....mg	1.48		2	A	1		0.65	0.25	
Magnesium, Mg.....mg	48		2	A	1		21	8	
Phosphorus, P.....mg	36		2	A	1		16	6	
Potassium, K.....mg	256		2	A	1		113	44	
Sodium, Na.....mg	55		2	A	1		24	9	
Zinc, Zn.....mg	0.30		2	A	1		0.13	0.05	
Copper, Cu.....mg	0.111		1	A	1		0.049	0.019	
Manganese, Mn.....mg	0.255		2	A	1		0.112	0.043	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.4	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.9		1	A	1		2.6	1.0	
Thiamin.....mg	0.106		2	A	1		0.047	0.018	
Riboflavin.....mg	0.129		2	A	1		0.057	0.022	
Niacin.....mg	0.787		2	A	1		0.346	0.134	
Pantothenic acid.....mg	0.135		2	A	1		0.059	0.023	
Vitamin B-6.....mg	0.086		2	A	1		0.038	0.015	
Folate, total.....mcg	114		2	A	1		50	19	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	114		2	A	1		50	19	
Folate, DFE.....mcg_DFE	114		0	NC	4		50	19	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1158		1	A	1		510	197	
Vitamin A, RAE.....mcg_RAE	58		1	A	1		25	10	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 44g: 1 cup

NDB No. 11986

Malabar spinach, cooked

Measure 2 = 17g: 1 bunch

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11927

Mountain yam, hawaii, cooked, steamed, 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	0.003		0		1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.052		
18:2 undifferentiated.....g	0.030		0		1		0.044		
18:3 undifferentiated.....g	0.006		0		1		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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.014		0		1		0.020		
Threonine.....g	0.061		0		1		0.088		
Isoleucine.....g	0.059		0		1		0.086		
Leucine.....g	0.109		0		1		0.158		
Lysine.....g	0.067		0		1		0.097		
Methionine.....g	0.023		0		1		0.033		
Cystine.....g	0.021		0		1		0.030		
Phenylalanine.....g	0.080		0		1		0.116		
Tyrosine.....g	0.046		0		1		0.067		
Valine.....g	0.070		0		1		0.102		
Arginine.....g	0.144		0		1		0.209		
Histidine.....g	0.038		0		1		0.055		
Alanine.....g	0.071		0		1		0.103		
Aspartic acid.....g	0.175		0		1		0.254		
Glutamic acid.....g	0.205		0		1		0.297		
Glycine.....g	0.060		0		1		0.087		
Proline.....g	0.061		0		1		0.088		
Serine.....g	0.092		0		1		0.133		
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 = 145g: 1 cup, cubes

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11259

Mountain yam, hawaii, cooked, steamed, 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	0.003		0		1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.052		
18:2 undifferentiated.....g	0.030		0		1		0.044		
18:3 undifferentiated.....g	0.006		0		1		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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.014		0		1		0.020		
Threonine.....g	0.061		0		1		0.088		
Isoleucine.....g	0.059		0		1		0.086		
Leucine.....g	0.109		0		1		0.158		
Lysine.....g	0.067		0		1		0.097		
Methionine.....g	0.023		0		1		0.033		
Cystine.....g	0.021		0		1		0.030		
Phenylalanine.....g	0.080		0		1		0.116		
Tyrosine.....g	0.046		0		1		0.067		
Valine.....g	0.070		0		1		0.102		
Arginine.....g	0.144		0		1		0.209		
Histidine.....g	0.038		0		1		0.055		
Alanine.....g	0.071		0		1		0.103		
Aspartic acid.....g	0.175		0		1		0.254		
Glutamic acid.....g	0.205		0		1		0.297		
Glycine.....g	0.060		0		1		0.087		
Proline.....g	0.061		0		1		0.088		
Serine.....g	0.092		0		1		0.133		
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 = 145g: 1 cup, cubes

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11258
Mountain yam, hawaii, raw

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	0.004		0		1		0.003	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.003	0.017	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0		1		0.031	0.189	
18:2 undifferentiated.....g	0.038		0		1		0.026	0.160	
18:3 undifferentiated.....g	0.007		0		1		0.005	0.029	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.011		0		1		0.007	0.046	
Threonine.....g	0.047		0		1		0.032	0.197	
Isoleucine.....g	0.045		0		1		0.031	0.189	
Leucine.....g	0.084		0		1		0.057	0.353	
Lysine.....g	0.052		0		1		0.035	0.218	
Methionine.....g	0.018		0		1		0.012	0.076	
Cystine.....g	0.016		0		1		0.011	0.067	
Phenylalanine.....g	0.062		0		1		0.042	0.260	
Tyrosine.....g	0.035		0		1		0.024	0.147	
Valine.....g	0.054		0		1		0.037	0.227	
Arginine.....g	0.112		0		1		0.076	0.470	
Histidine.....g	0.030		0		1		0.020	0.126	
Alanine.....g	0.055		0		1		0.037	0.231	
Aspartic acid.....g	0.136		0		1		0.092	0.571	
Glutamic acid.....g	0.159		0		1		0.108	0.668	
Glycine.....g	0.046		0		1		0.031	0.193	
Proline.....g	0.048		0		1		0.033	0.202	
Serine.....g	0.071		0		1		0.048	0.298	
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 = 68g: .5 cup, cubes
 Measure 2 = 420g: 1 yam

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11718

Mung beans, mature seeds, sprouted, cooked, boiled, drained, 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	0.012		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.015		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.032		0		1		0.040		
18:2 undifferentiated.....g	0.023		0		1		0.029		
18:3 undifferentiated.....g	0.009		0		1		0.011		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.035		
Threonine.....g	0.058		0		1		0.072		
Isoleucine.....g	0.098		0		1		0.122		
Leucine.....g	0.130		0		1		0.161		
Lysine.....g	0.123		0		1		0.153		
Methionine.....g	0.025		0		1		0.031		
Cystine.....g	0.012		0		1		0.015		
Phenylalanine.....g	0.086		0		1		0.107		
Tyrosine.....g	0.038		0		1		0.047		
Valine.....g	0.097		0		1		0.120		
Arginine.....g	0.146		0		1		0.181		
Histidine.....g	0.052		0		1		0.064		
Alanine.....g	0.073		0		1		0.091		
Aspartic acid.....g	0.355		0		1		0.440		
Glutamic acid.....g	0.120		0		1		0.149		
Glycine.....g	0.046		0		1		0.057		
Proline.....g									
Serine.....g	0.024		0		1		0.030		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	4		0	BFSY	4		4.841		
Carotene, alpha.....mcg	4		0	BFSY	4		4.841		
Cryptoxanthin, beta.....mcg	4		0	BFSY	4		4.841		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 124g: 1 cup

NDB No. 11718

Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11044

Mung beans, mature seeds, sprouted, cooked, boiled, drained, 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	0.012		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.015		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.032		0		1		0.040		
18:2 undifferentiated.....g	0.023		0		1		0.029		
18:3 undifferentiated.....g	0.009		0		1		0.011		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.035		
Threonine.....g	0.058		0		1		0.072		
Isoleucine.....g	0.098		0		1		0.122		
Leucine.....g	0.130		0		1		0.161		
Lysine.....g	0.123		0		1		0.153		
Methionine.....g	0.025		0		1		0.031		
Cystine.....g	0.012		0		1		0.015		
Phenylalanine.....g	0.086		0		1		0.107		
Tyrosine.....g	0.038		0		1		0.047		
Valine.....g	0.097		0		1		0.120		
Arginine.....g	0.146		0		1		0.181		
Histidine.....g	0.052		0		1		0.064		
Alanine.....g	0.073		0		1		0.091		
Aspartic acid.....g	0.355		0		1		0.440		
Glutamic acid.....g	0.120		0		1		0.149		
Glycine.....g	0.046		0		1		0.057		
Proline.....g									
Serine.....g	0.024		0		1		0.030		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	4		0	BFSY	4		4.841		
Carotene, alpha.....mcg	4		0	BFSY	4		4.841		
Cryptoxanthin, beta.....mcg	4		0	BFSY	4		4.841		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 124g: 1 cup

NDB No. 11044

Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11045

Mung beans, mature seeds, sprouted, cooked, stir-fried

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	0.056		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1		0.069		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.068		0		1		0.084		
18:2 undifferentiated.....g	0.058		0		1		0.072		
18:3 undifferentiated.....g	0.011		0		1		0.014		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.058		0		1		0.072		
Threonine.....g	0.122		0		1		0.151		
Isoleucine.....g	0.207		0		1		0.257		
Leucine.....g	0.275		0		1		0.341		
Lysine.....g	0.261		0		1		0.324		
Methionine.....g	0.053		0		1		0.066		
Cystine.....g	0.026		0		1		0.032		
Phenylalanine.....g	0.183		0		1		0.227		
Tyrosine.....g	0.081		0		1		0.100		
Valine.....g	0.204		0		1		0.253		
Arginine.....g	0.309		0		1		0.383		
Histidine.....g	0.109		0		1		0.135		
Alanine.....g	0.155		0		1		0.192		
Aspartic acid.....g	0.752		0		1		0.932		
Glutamic acid.....g	0.253		0		1		0.314		
Glycine.....g	0.098		0		1		0.122		
Proline.....g									
Serine.....g	0.052		0		1		0.064		
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 = 124g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11043

Mung beans, mature seeds, sprouted, raw

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	0.022		0		1		0.023	0.075	
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	0.022		0		1		0.023	0.075	
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	0.058		0		1		0.060	0.197	
18:2 undifferentiated.....g	0.042		0		1		0.044	0.143	
18:3 undifferentiated.....g	0.016		0		1		0.017	0.054	
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	Z	7		0	0	
Phytosterols.....mg	15		0		1		16	51	
Amino Acids:									
Tryptophan.....g	0.037		4		1		0.038	0.126	
Threonine.....g	0.078		4		1		0.081	0.265	
Isoleucine.....g	0.132		4		1		0.137	0.449	
Leucine.....g	0.175		4		1		0.182	0.595	
Lysine.....g	0.166		4		1		0.173	0.564	
Methionine.....g	0.034		3		1		0.035	0.116	
Cystine.....g	0.017		1		1		0.018	0.058	
Phenylalanine.....g	0.117		4		1		0.122	0.398	
Tyrosine.....g	0.052		2		1		0.054	0.177	
Valine.....g	0.130		4		1		0.135	0.442	
Arginine.....g	0.197		2		1		0.205	0.670	
Histidine.....g	0.070		2		1		0.073	0.238	
Alanine.....g	0.099		1		1		0.103	0.337	
Aspartic acid.....g	0.479		1		1		0.498	1.629	
Glutamic acid.....g	0.161		1		1		0.167	0.547	
Glycine.....g	0.063		1		1		0.066	0.214	
Proline.....g									
Serine.....g	0.033		1		1		0.034	0.112	
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	6		0	O	4		6.552	21.420	
Carotene, alpha.....mcg	6		0	O	4		6.552	21.420	
Cryptoxanthin, beta.....mcg	6		0	O	4		6.552	21.420	
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 = 104g: 1 cup

Measure 2 = 340g: 1 package (12 oz)

NDB No. 11043

Mung beans, mature seeds, sprouted, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11987
Mushroom, oyster, raw

Refuse: 11% Stems

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	87.76		2	A	1		129.88	13.16	
Energy.....kcal	37		0	NC	4		55	6	
Energy.....kj	155				4		229	23	
Protein (N x 6.25).....g	4.14		2	A	1		6.13	0.62	
Total lipid (fat).....g	0.51		2	A	1		0.75	0.08	
Ash.....g	1.37		2	A	1		2.03	0.21	
Carbohydrate, by difference.....g	6.22		0	NC	4		9.21	0.93	
Fiber, total dietary.....g	2.4		2	A	1		3.6	0.4	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		2	A	1		9	1	
Iron, Fe.....mg	1.74		2	A	1		2.58	0.26	
Magnesium, Mg.....mg	20		2	A	1		30	3	
Phosphorus, P.....mg	141		2	A	1		209	21	
Potassium, K.....mg	516		2	A	1		764	77	
Sodium, Na.....mg	31		2	A	1		46	5	
Zinc, Zn.....mg	0.78		2	A	1		1.15	0.12	
Copper, Cu.....mg	0.363		2	A	1		0.537	0.054	
Manganese, Mn.....mg	0.142		1	A	1		0.210	0.021	
Selenium, Se.....mcg	18.4		0	BFSN	4		27.2	2.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	
Thiamin.....mg	0.055		2	A	1		0.081	0.008	
Riboflavin.....mg	0.360		2	A	1		0.533	0.054	
Niacin.....mg	3.579		2	A	1		5.297	0.537	
Pantothenic acid.....mg	1.291		2	A	1		1.911	0.194	
Vitamin B-6.....mg	0.122		2	A	1		0.181	0.018	
Folate, total.....mcg	47		2	A	1		70	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	47		2	A	1		70	7	
Folate, DFE.....mcg_DFE	47		0	NC	4		70	7	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	48		1	A	1		71	7	
Vitamin A, RAE.....mcg_RAE	2		1	A	1		4	0	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									

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Common Measures:

Measure 1 = 148g: 1 large

NDB No. 11987

Mushroom, oyster, raw

Measure 2 = 15.0g: 1 small

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11266

Mushrooms, brown, Italian, or Crimini, raw

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	0.002		0	BFFN	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		0	BFFN	4		0.000		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0	BFFN	4		0.006		
18:2 undifferentiated.....g	0.040		0	BFFN	4		0.006		
18:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0	BFFN	4		0.008		
Threonine.....g	0.113		0	BFFN	4		0.016		
Isoleucine.....g	0.099		0	BFFN	4		0.014		
Leucine.....g	0.153		0	BFFN	4		0.021		
Lysine.....g	0.252		0	BFFN	4		0.035		
Methionine.....g	0.048		0	BFFN	4		0.007		
Cystine.....g	0.006		0	BFFN	4		0.001		
Phenylalanine.....g	0.097		0	BFFN	4		0.014		
Tyrosine.....g	0.054		0	BFFN	4		0.008		
Valine.....g	0.115		0	BFFN	4		0.016		
Arginine.....g	0.123		0	BFFN	4		0.017		
Histidine.....g	0.067		0	BFFN	4		0.009		
Alanine.....g	0.187		0	BFFN	4		0.026		
Aspartic acid.....g	0.228		0	BFFN	4		0.032		
Glutamic acid.....g	0.428		0	BFFN	4		0.060		
Glycine.....g	0.111		0	BFFN	4		0.016		
Proline.....g	0.176		0	BFFN	4		0.025		
Serine.....g	0.113		0	BFFN	4		0.016		
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 = 14.0g: 1 piece

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11264

Mushrooms, canned, drained solids

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	0.005		0		1		0.008	0.007	0.001
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	0.005		0		1		0.008	0.007	0.001
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	0.113		0		1		0.176	0.149	0.018
18:2 undifferentiated.....g	0.111		0		1		0.173	0.147	0.018
18:3 undifferentiated.....g	0.001		0		1		0.002	0.001	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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.069	0.058	0.007
Threonine.....g	0.088		0		1		0.137	0.116	0.014
Isoleucine.....g	0.077		0		1		0.120	0.102	0.012
Leucine.....g	0.118		0		1		0.184	0.156	0.019
Lysine.....g	0.196		0		1		0.306	0.259	0.031
Methionine.....g	0.037		0		1		0.058	0.049	0.006
Cystine.....g	0.005		0		1		0.008	0.007	0.001
Phenylalanine.....g	0.076		0		1		0.119	0.100	0.012
Tyrosine.....g	0.042		0		1		0.066	0.055	0.007
Valine.....g	0.089		0		1		0.139	0.117	0.014
Arginine.....g	0.096		0		1		0.150	0.127	0.015
Histidine.....g	0.052		0		1		0.081	0.069	0.008
Alanine.....g	0.145		0		1		0.226	0.191	0.023
Aspartic acid.....g	0.178		0		1		0.278	0.235	0.028
Glutamic acid.....g	0.331		0		1		0.516	0.437	0.053
Glycine.....g	0.086		0		1		0.134	0.114	0.014
Proline.....g	0.137		0		1		0.214	0.181	0.022
Serine.....g	0.087		0		1		0.136	0.115	0.014
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFSN	4		0	0	0
Theobromine.....mg	0		0	BFSN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 156g: 1 cup
- Measure 2 = 132g: 1 can
- Measure 3 = 16g: 1 large

NDB No. 11264

Mushrooms, canned, drained solids

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11797

Mushrooms, cooked, boiled, drained, 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	0.008		0		1		0.012	0.001	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.011	0.001	0.001
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.183		0		1		0.285	0.018	0.022
18:2 undifferentiated.....g	0.179		0		1		0.279	0.018	0.021
18:3 undifferentiated.....g	0.001		0		1		0.002	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.080	0.005	0.006
Threonine.....g	0.101		0		1		0.158	0.010	0.012
Isoleucine.....g	0.089		0		1		0.139	0.009	0.011
Leucine.....g	0.137		0		1		0.214	0.013	0.016
Lysine.....g	0.227		0		1		0.354	0.022	0.027
Methionine.....g	0.043		0		1		0.067	0.004	0.005
Cystine.....g	0.006		0		1		0.009	0.001	0.001
Phenylalanine.....g	0.088		0		1		0.137	0.009	0.011
Tyrosine.....g	0.048		0		1		0.075	0.005	0.006
Valine.....g	0.103		0		1		0.161	0.010	0.012
Arginine.....g	0.111		0		1		0.173	0.011	0.013
Histidine.....g	0.060		0		1		0.094	0.006	0.007
Alanine.....g	0.168		0		1		0.262	0.016	0.020
Aspartic acid.....g	0.206		0		1		0.321	0.020	0.025
Glutamic acid.....g	0.383		0		1		0.597	0.038	0.046
Glycine.....g	0.100		0		1		0.156	0.010	0.012
Proline.....g	0.158		0		1		0.246	0.015	0.019
Serine.....g	0.101		0		1		0.158	0.010	0.012
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 156g: 1 cup pieces
- Measure 2 = 9.8g: 1 tbsp
- Measure 3 = 12.0g: 1 mushroom

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

NDB No. 11797

Mushrooms, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11261

Mushrooms, cooked, boiled, drained, 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	0.008		0		1		0.012	0.001	0.001
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	0.007		0		1		0.011	0.001	0.001
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	0.183		0		1		0.285	0.018	0.022
18:2 undifferentiated.....g	0.179		0		1		0.279	0.018	0.021
18:3 undifferentiated.....g	0.001		0		1		0.002	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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.080	0.005	0.006
Threonine.....g	0.101		0		1		0.158	0.010	0.012
Isoleucine.....g	0.089		0		1		0.139	0.009	0.011
Leucine.....g	0.137		0		1		0.214	0.013	0.016
Lysine.....g	0.227		0		1		0.354	0.022	0.027
Methionine.....g	0.043		0		1		0.067	0.004	0.005
Cystine.....g	0.006		0		1		0.009	0.001	0.001
Phenylalanine.....g	0.088		0		1		0.137	0.009	0.011
Tyrosine.....g	0.048		0		1		0.075	0.005	0.006
Valine.....g	0.103		0		1		0.161	0.010	0.012
Arginine.....g	0.111		0		1		0.173	0.011	0.013
Histidine.....g	0.060		0		1		0.094	0.006	0.007
Alanine.....g	0.168		0		1		0.262	0.016	0.020
Aspartic acid.....g	0.206		0		1		0.321	0.020	0.025
Glutamic acid.....g	0.383		0		1		0.597	0.038	0.046
Glycine.....g	0.100		0		1		0.156	0.010	0.012
Proline.....g	0.158		0		1		0.246	0.015	0.019
Serine.....g	0.101		0		1		0.158	0.010	0.012
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFSN	4		0	0	0
Theobromine.....mg	0		0	BFSN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 156g: 1 cup pieces
- Measure 2 = 9.8g: 1 tbsp
- Measure 3 = 12.0g: 1 mushroom

NDB No. 11261

Mushrooms, cooked, boiled, drained, without salt

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11950
Mushrooms, enoki, raw

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	0.007		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		1		1		0.000	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.008	0.005	
18:2 undifferentiated.....g	0.160		1		1		0.008	0.005	
18:3 undifferentiated.....g	0.001		1		1		0.000	0.000	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.064		0		1		0.003	0.002	
Threonine.....g	0.104		0		1		0.005	0.003	
Isoleucine.....g	0.048		0		1		0.002	0.001	
Leucine.....g	0.132		0		1		0.007	0.004	
Lysine.....g	0.176		0		1		0.009	0.005	
Methionine.....g	0.036		0		1		0.002	0.001	
Cystine.....g									
Phenylalanine.....g	0.128		0		1		0.006	0.004	
Tyrosine.....g	0.108		0		1		0.005	0.003	
Valine.....g	0.080		0		1		0.004	0.002	
Arginine.....g	0.196		0		1		0.010	0.006	
Histidine.....g	0.060		0		1		0.003	0.002	
Alanine.....g	0.176		0		1		0.009	0.005	
Aspartic acid.....g	0.276		0		1		0.014	0.008	
Glutamic acid.....g	0.340		0		1		0.017	0.010	
Glycine.....g	0.116		0		1		0.006	0.003	
Proline.....g	0.208		0		1		0.010	0.006	
Serine.....g	0.104		0		1		0.005	0.003	
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 = 5.0g: 1 large

Measure 2 = 3.0g: 1 medium

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11265
Mushrooms, portabella, raw

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	0.003		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	0.003		0	BFFN	4				
20:1.....g	0.000		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.078		0	BFFN	4				
18:2 undifferentiated.....g	0.075		0	BFFN	4				
18:3 undifferentiated.....g	0.001		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.056		0	BFFN	4				
Threonine.....g	0.113		0	BFFN	4				
Isoleucine.....g	0.099		0	BFFN	4				
Leucine.....g	0.153		0	BFFN	4				
Lysine.....g	0.252		0	BFFN	4				
Methionine.....g	0.048		0	BFFN	4				
Cystine.....g	0.006		0	BFFN	4				
Phenylalanine.....g	0.097		0	BFFN	4				
Tyrosine.....g	0.054		0	BFFN	4				
Valine.....g	0.115		0	BFFN	4				
Arginine.....g	0.123		0	BFFN	4				
Histidine.....g	0.067		0	BFFN	4				
Alanine.....g	0.187		0	BFFN	4				
Aspartic acid.....g	0.228		0	BFFN	4				
Glutamic acid.....g	0.427		0	BFFN	4				
Glycine.....g	0.111		0	BFFN	4				
Proline.....g	0.176		0	BFFN	4				
Serine.....g	0.131		0	BFFN	4				
Hydroxyproline.....g									

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Common Measures:

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11260
Mushrooms, raw

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	0.023		7		1		0.016	0.022	0.005
17:0.....g									
18:0.....g	0.007		7		1		0.005	0.007	0.002
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.006		0		1		0.004	0.006	0.001
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	0.006		7		1		0.004	0.006	0.001
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	0.139		0		1		0.097	0.133	0.032
18:2 undifferentiated.....g	0.133		7		1		0.093	0.128	0.031
18:3 undifferentiated.....g	0.001		1		1		0.001	0.001	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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		20		1		0.046	0.062	0.015
Threonine.....g	0.131		32		1		0.092	0.126	0.030
Isoleucine.....g	0.115		32		1		0.081	0.110	0.026
Leucine.....g	0.178		32		1		0.125	0.171	0.041
Lysine.....g	0.293		32		1		0.205	0.281	0.067
Methionine.....g	0.056		23		1		0.039	0.054	0.013
Cystine.....g	0.007		2		1		0.005	0.007	0.002
Phenylalanine.....g	0.113		32		1		0.079	0.108	0.026
Tyrosine.....g	0.063		32		1		0.044	0.060	0.014
Valine.....g	0.133		32		1		0.093	0.128	0.031
Arginine.....g	0.143		32		1		0.100	0.137	0.033
Histidine.....g	0.078		31		1		0.055	0.075	0.018
Alanine.....g	0.217		32		1		0.152	0.208	0.050
Aspartic acid.....g	0.265		32		1		0.186	0.254	0.061
Glutamic acid.....g	0.496		32		1		0.347	0.476	0.114
Glycine.....g	0.129		32		1		0.090	0.124	0.030
Proline.....g	0.204		32		1		0.143	0.196	0.047
Serine.....g	0.131		32		1		0.092	0.126	0.030
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.

NDB No. 11260

Mushrooms, raw

Common Measures:

Measure 1 = 70g: 1 cup, pieces or slices

Measure 2 = 96g: 1 cup, whole

Measure 3 = 23g: 1 large

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11798

Mushrooms, shiitake, cooked, 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	0.068		0		1		0.099	0.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.026	0.013	
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.045	0.022	
20:1.....g									
22:1 undifferentiated.....g	0.015		0		1		0.022	0.011	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.045	0.022	
18:2 undifferentiated.....g	0.028		0		1		0.041	0.020	
18:3 undifferentiated.....g	0.003		0		1		0.004	0.002	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.004		0		1		0.006	0.003	
Threonine.....g	0.068		0		1		0.099	0.049	
Isoleucine.....g	0.055		0		1		0.080	0.040	
Leucine.....g	0.093		0		1		0.135	0.067	
Lysine.....g	0.047		0		1		0.068	0.034	
Methionine.....g	0.025		0		1		0.036	0.018	
Cystine.....g	0.027		0		1		0.039	0.019	
Phenylalanine.....g	0.067		0		1		0.097	0.048	
Tyrosine.....g	0.044		0		1		0.064	0.032	
Valine.....g	0.067		0		1		0.097	0.048	
Arginine.....g	0.089		0		1		0.129	0.064	
Histidine.....g	0.022		0		1		0.032	0.016	
Alanine.....g	0.078		0		1		0.113	0.056	
Aspartic acid.....g	0.104		0		1		0.151	0.075	
Glutamic acid.....g	0.353		0		1		0.512	0.254	
Glycine.....g	0.057		0		1		0.083	0.041	
Proline.....g	0.057		0		1		0.083	0.041	
Serine.....g	0.069		0		1		0.100	0.050	
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 = 145g: 1 cup pieces

Measure 2 = 72g: 4 mushrooms

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11269

Mushrooms, shiitake, cooked, 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	0.068		0		1		0.099	0.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.026	0.013	
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.045	0.022	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.015		0		1		0.022	0.011	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.045	0.022	
18:2 undifferentiated.....g	0.028		0		1		0.041	0.020	
18:3 undifferentiated.....g	0.003		0		1		0.004	0.002	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		0		1		0.006	0.003	
Threonine.....g	0.068		0		1		0.099	0.049	
Isoleucine.....g	0.055		0		1		0.080	0.040	
Leucine.....g	0.093		0		1		0.135	0.067	
Lysine.....g	0.047		0		1		0.068	0.034	
Methionine.....g	0.025		0		1		0.036	0.018	
Cystine.....g	0.027		0		1		0.039	0.019	
Phenylalanine.....g	0.067		0		1		0.097	0.048	
Tyrosine.....g	0.044		0		1		0.064	0.032	
Valine.....g	0.067		0		1		0.097	0.048	
Arginine.....g	0.089		0		1		0.129	0.064	
Histidine.....g	0.022		0		1		0.032	0.016	
Alanine.....g	0.078		0		1		0.113	0.056	
Aspartic acid.....g	0.104		0		1		0.151	0.075	
Glutamic acid.....g	0.353		0		1		0.512	0.254	
Glycine.....g	0.057		0		1		0.083	0.041	
Proline.....g	0.057		0		1		0.083	0.041	
Serine.....g	0.069		0		1		0.100	0.050	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 145g: 1 cup pieces

Measure 2 = 72g: 4 mushrooms

NDB No. 11269

Mushrooms, shiitake, cooked, without salt

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11268
Mushrooms, shiitake, dried

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	0.307		0		1		0.011	0.046	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.082		0		1		0.003	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.139		0		1		0.005	0.021	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.070		0		1		0.003	0.011	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140		0		1		0.005	0.021	
18:2 undifferentiated.....g	0.127		0		1		0.005	0.019	
18:3 undifferentiated.....g	0.012		0		1		0.000	0.002	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		1		1		0.001	0.005	
Threonine.....g	0.497		2		1		0.018	0.075	
Isoleucine.....g	0.405		2		1		0.015	0.061	
Leucine.....g	0.679		2		1		0.024	0.102	
Lysine.....g	0.343		2		1		0.012	0.051	
Methionine.....g	0.179		2		1		0.006	0.027	
Cystine.....g	0.196		1		1		0.007	0.029	
Phenylalanine.....g	0.486		2		1		0.017	0.073	
Tyrosine.....g	0.323		2		1		0.012	0.048	
Valine.....g	0.486		2		1		0.017	0.073	
Arginine.....g	0.648		2		1		0.023	0.097	
Histidine.....g	0.159		2		1		0.006	0.024	
Alanine.....g	0.567		2		1		0.020	0.085	
Aspartic acid.....g	0.760		2		1		0.027	0.114	
Glutamic acid.....g	2.579		2		1		0.093	0.387	
Glycine.....g	0.414		2		1		0.015	0.062	
Proline.....g	0.414		2		1		0.015	0.062	
Serine.....g	0.506		2		1		0.018	0.076	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 3.6g: 1 mushroom

Measure 2 = 15.0g: 4 mushrooms

NDB No. 11268

Mushrooms, shiitake, dried

Calories Factors: Protein 2.62

Fat 8.37

Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11989

Mushrooms, straw, canned, drained solids

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	0.012		0	BFFN	4		0.022	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0	BFFN	4		0.022	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.263		0	BFFN	4		0.479	0.014	
18:2 undifferentiated.....g	0.259		0	BFFN	4		0.471	0.014	
18:3 undifferentiated.....g	0.002		0	BFFN	4		0.004	0.000	
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	Z	7		0	0	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 182g: 1 cup
 Measure 2 = 5.5g: 1 piece

Calories Factors: Protein 2.62 Fat 8.37 Carbohydrate 3.48

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11799

Mustard greens, cooked, boiled, drained, 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	0.110		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.025		
20:1.....g	0.023		0		1		0.032		
22:1 undifferentiated.....g	0.069		0		1		0.097		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.064		
18:2 undifferentiated.....g	0.024		0		1		0.034		
18:3 undifferentiated.....g	0.022		0		1		0.031		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.035		
Threonine.....g	0.060		0		1		0.084		
Isoleucine.....g	0.082		0		1		0.115		
Leucine.....g	0.069		0		1		0.097		
Lysine.....g	0.103		0		1		0.144		
Methionine.....g	0.021		0		1		0.029		
Cystine.....g	0.034		0		1		0.048		
Phenylalanine.....g	0.060		0		1		0.084		
Tyrosine.....g	0.119		0		1		0.167		
Valine.....g	0.088		0		1		0.123		
Arginine.....g	0.165		0		1		0.231		
Histidine.....g	0.040		0		1		0.056		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3794		0	BFSN	4		5311.174		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	5962		0	BFSN	4		8346.130		

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 = 140g: 1 cup, chopped

NDB No. 11799

Mustard greens, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11271

Mustard greens, cooked, boiled, drained, 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	0.110		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.025		
20:1.....g	0.023		0		1		0.032		
22:1 undifferentiated.....g	0.069		0		1		0.097		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.064		
18:2 undifferentiated.....g	0.024		0		1		0.034		
18:3 undifferentiated.....g	0.022		0		1		0.031		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.035		
Threonine.....g	0.060		0		1		0.084		
Isoleucine.....g	0.082		0		1		0.115		
Leucine.....g	0.069		0		1		0.097		
Lysine.....g	0.103		0		1		0.144		
Methionine.....g	0.021		0		1		0.029		
Cystine.....g	0.034		0		1		0.048		
Phenylalanine.....g	0.060		0		1		0.084		
Tyrosine.....g	0.119		0		1		0.167		
Valine.....g	0.088		0		1		0.123		
Arginine.....g	0.165		0		1		0.231		
Histidine.....g	0.040		0		1		0.056		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3794		0	BFSN	4		5311.174		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	5962		0	BFSN	4		8346.130		

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 = 140g: 1 cup, chopped

NDB No. 11271

Mustard greens, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11800

Mustard greens, frozen, cooked, boiled, drained, 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	0.113		0		1		0.240	0.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.038	0.014	
20:1.....g	0.023		0		1		0.049	0.017	
22:1 undifferentiated.....g	0.071		0		1		0.151	0.053	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.100	0.035	
18:2 undifferentiated.....g	0.024		0		1		0.051	0.018	
18:3 undifferentiated.....g	0.022		0		1		0.047	0.017	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.053	0.019	
Threonine.....g	0.060		0		1		0.127	0.045	
Isoleucine.....g	0.083		0		1		0.176	0.062	
Leucine.....g	0.070		0		1		0.148	0.053	
Lysine.....g	0.103		0		1		0.218	0.077	
Methionine.....g	0.021		0		1		0.045	0.016	
Cystine.....g	0.034		0		1		0.072	0.026	
Phenylalanine.....g	0.060		0		1		0.127	0.045	
Tyrosine.....g	0.120		0		1		0.254	0.090	
Valine.....g	0.088		0		1		0.187	0.066	
Arginine.....g	0.166		0		1		0.352	0.125	
Histidine.....g	0.041		0		1		0.087	0.031	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	4246		0	BFSN	4		9000.783	3184.239	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	6672		0	BFSN	4		14144.087	5003.804	

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 = 212g: 1 package (10 oz) yields

Measure 2 = 75g: .5 cup, chopped or diced

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11800

Mustard greens, frozen, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11273

Mustard greens, frozen, cooked, boiled, drained, 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	0.113		0		1		0.170	0.240	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.027	0.038	
20:1.....g	0.023		0		1		0.035	0.049	
22:1 undifferentiated.....g	0.071		0		1		0.107	0.151	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.071	0.100	
18:2 undifferentiated.....g	0.024		0		1		0.036	0.051	
18:3 undifferentiated.....g	0.022		0		1		0.033	0.047	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.038	0.053	
Threonine.....g	0.060		0		1		0.090	0.127	
Isoleucine.....g	0.083		0		1		0.125	0.176	
Leucine.....g	0.070		0		1		0.105	0.148	
Lysine.....g	0.103		0		1		0.155	0.218	
Methionine.....g	0.021		0		1		0.032	0.045	
Cystine.....g	0.034		0		1		0.051	0.072	
Phenylalanine.....g	0.060		0		1		0.090	0.127	
Tyrosine.....g	0.120		0		1		0.180	0.254	
Valine.....g	0.088		0		1		0.132	0.187	
Arginine.....g	0.166		0		1		0.249	0.352	
Histidine.....g	0.041		0		1		0.062	0.087	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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	4246		0	BFSN	4		6368.478	9000.783	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	6672		0	BFSN	4		10007.609	14144.087	

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 = 150g: 1 cup, chopped

Measure 2 = 212g: 1 package (10 oz) yields

NDB No. 11273

Mustard greens, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11272

Mustard greens, frozen, unprepared

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	0.124		0		1		0.181	0.352	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.029	0.057	
20:1.....g	0.026		0		1		0.038	0.074	
22:1 undifferentiated.....g	0.077		0		1		0.112	0.219	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.051		0		1		0.074	0.145	
18:2 undifferentiated.....g	0.027		0		1		0.039	0.077	
18:3 undifferentiated.....g	0.024		0		1		0.035	0.068	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.039	0.077	
Threonine.....g	0.066		0		1		0.096	0.187	
Isoleucine.....g	0.091		0		1		0.133	0.258	
Leucine.....g	0.076		0		1		0.111	0.216	
Lysine.....g	0.113		0		1		0.165	0.321	
Methionine.....g	0.023		0		1		0.034	0.065	
Cystine.....g	0.037		0		1		0.054	0.105	
Phenylalanine.....g	0.066		0		1		0.096	0.187	
Tyrosine.....g	0.132		0		1		0.193	0.375	
Valine.....g	0.097		0		1		0.142	0.275	
Arginine.....g	0.181		0		1		0.264	0.514	
Histidine.....g	0.045		0		1		0.066	0.128	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 146g: 1 cup, chopped

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11270
Mustard greens, raw

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	0.092		0		1		0.052		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.008		
20:1.....g	0.019		0		1		0.011		
22:1 undifferentiated.....g	0.058		0		1		0.032		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.021		
18:2 undifferentiated.....g	0.020		0		1		0.011		
18:3 undifferentiated.....g	0.018		0		1		0.010		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		2		1		0.017		
Threonine.....g	0.072		2		1		0.040		
Isoleucine.....g	0.098		2		1		0.055		
Leucine.....g	0.083		2		1		0.046		
Lysine.....g	0.123		2		1		0.069		
Methionine.....g	0.025		2		1		0.014		
Cystine.....g	0.040		1		1		0.022		
Phenylalanine.....g	0.072		2		1		0.040		
Tyrosine.....g	0.143		1		1		0.080		
Valine.....g	0.105		2		1		0.059		
Arginine.....g	0.197		1		1		0.110		
Histidine.....g	0.048		1		1		0.027		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	6300	1100.000	5	A	1		3528.000		
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	9900	500.000	5	A	1		5544.000		

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 = 56g: 1 cup, chopped

NDB No. 11270
Mustard greens, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11801

Mustard spinach, (tendergreen), cooked, boiled, drained, 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	94.50		0		1		170.10		
Energy.....kcal	16		0	NC	4		29		
Energy.....kj	67				4		120		
Protein (N x 6.25).....g	1.70		0		1		3.06		
Total lipid (fat).....g	0.20		0		1		0.36		
Ash.....g	0.80		0		1		1.44		
Carbohydrate, by difference.....g	2.80		0	NC	4		5.04		
Fiber, total dietary.....g	2.0		0	BFSN	4		3.6		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	158		0		1		284		
Iron, Fe.....mg	0.80		0		1		1.44		
Magnesium, Mg.....mg	7		0		4		13		
Phosphorus, P.....mg	18		0		1		32		
Potassium, K.....mg	285		0		4		513		
Sodium, Na.....mg	250		0		4		450		
Zinc, Zn.....mg	0.11		0		4		0.20		
Copper, Cu.....mg	0.050		0		4		0.090		
Manganese, Mn.....mg	0.270		0		4		0.486		
Selenium, Se.....mcg	0.6		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	65.0		0		1		117.0		
Thiamin.....mg	0.041		0		4		0.074		
Riboflavin.....mg	0.062		0		4		0.112		
Niacin.....mg	0.430		0		4		0.774		
Pantothenic acid.....mg	0.119		0		4		0.214		
Vitamin B-6.....mg	0.097		0		4		0.175		
Folate, total.....mcg	73		0		4		131		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	73		0		4		131		
Folate, DFE.....mcg_DFE	73		0	NC	4		131		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	8200		0		1		14760		
Vitamin A, RAE.....mcg_RAE	410		0		1		738		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 180g: 1 cup, chopped

NDB No. 11801

Mustard spinach, (tendergreen), cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11275

Mustard spinach, (tendergreen), cooked, boiled, drained, without 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	94.50		0		1		170.10		
Energy.....kcal	16		0	NC	4		29		
Energy.....kj	67				4		120		
Protein (N x 6.25).....g	1.70		0		1		3.06		
Total lipid (fat).....g	0.20		0		1		0.36		
Ash.....g	0.80		0		1		1.44		
Carbohydrate, by difference.....g	2.80		0	NC	4		5.04		
Fiber, total dietary.....g	2.0		0	BFSN	4		3.6		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	158		0		1		284		
Iron, Fe.....mg	0.80		0		1		1.44		
Magnesium, Mg.....mg	7		0		4		13		
Phosphorus, P.....mg	18		0		1		32		
Potassium, K.....mg	285		0		4		513		
Sodium, Na.....mg	14		0		4		25		
Zinc, Zn.....mg	0.11		0		4		0.20		
Copper, Cu.....mg	0.050		0		4		0.090		
Manganese, Mn.....mg	0.270		0		4		0.486		
Selenium, Se.....mcg	0.6		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	65.0		0		1		117.0		
Thiamin.....mg	0.041		0		4		0.074		
Riboflavin.....mg	0.062		0		4		0.112		
Niacin.....mg	0.430		0		4		0.774		
Pantothenic acid.....mg	0.119		0		4		0.214		
Vitamin B-6.....mg	0.097		0		4		0.175		
Folate, total.....mcg	73		0		4		131		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	73		0		4		131		
Folate, DFE.....mcg_DFE	73		0	NC	4		131		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	8200		0		1		14760		
Vitamin A, RAE.....mcg_RAE	410		0		1		738		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 180g: 1 cup, chopped

NDB No. 11275

Mustard spinach, (tendergreen), cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11274

Mustard spinach, (tendergreen), raw

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	0.138		0	BFFN	4		0.207		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.022		0	BFFN	4		0.033		
20:1.....g	0.028		0	BFFN	4		0.042		
22:1 undifferentiated.....g	0.087		0	BFFN	4		0.131		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0	BFFN	4		0.086		
18:2 undifferentiated.....g	0.030		0	BFFN	4		0.045		
18:3 undifferentiated.....g	0.027		0	BFFN	4		0.041		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 150g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11277

New Zealand spinach, cooked, boiled, drained, 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	0.005		0		1		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.071		0		1		0.128		
18:2 undifferentiated.....g	0.011		0		1		0.020		
18:3 undifferentiated.....g	0.056		0		1		0.101		
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	z	7		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 = 180g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11276
New Zealand spinach, raw

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	0.005		0		1		0.003		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.002		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0		1		0.047		
18:2 undifferentiated.....g	0.013		0		1		0.007		
18:3 undifferentiated.....g	0.066		0		1		0.037		
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	z	7		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 = 56g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11802

New zealand spinach, cooked, boiled, drained, 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	0.005		0		1		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.004		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.071		0		1		0.128		
18:2 undifferentiated.....g	0.011		0		1		0.020		
18:3 undifferentiated.....g	0.056		0		1		0.101		
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	Z	7		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 = 180g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11964
Nopales, cooked, 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	0.007		0	BFFN	4		0.010	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0	BFFN	4		0.010	0.002	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	BFFN	4		0.031	0.006	
18:2 undifferentiated.....g	0.018		0	BFFN	4		0.027	0.005	
18:3 undifferentiated.....g	0.002		0	BFFN	4		0.003	0.001	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		4		1		0.021	0.004	
Threonine.....g	0.042		4		1		0.063	0.012	
Isoleucine.....g	0.052		4		1		0.077	0.015	
Leucine.....g	0.082		4		1		0.122	0.024	
Lysine.....g	0.063		4		1		0.094	0.018	
Methionine.....g	0.016		4		1		0.024	0.005	
Cystine.....g	0.008		4		1		0.012	0.002	
Phenylalanine.....g	0.052		4		1		0.077	0.015	
Tyrosine.....g	0.030		4		1		0.045	0.009	
Valine.....g	0.062		4		1		0.092	0.018	
Arginine.....g	0.055		4		1		0.082	0.016	
Histidine.....g	0.026		4		1		0.039	0.008	
Alanine.....g	0.053		4		1		0.079	0.015	
Aspartic acid.....g	0.092		4		1		0.137	0.027	
Glutamic acid.....g	0.154		4		1		0.229	0.045	
Glycine.....g	0.048		4		1		0.072	0.014	
Proline.....g	0.045		4		1		0.067	0.013	
Serine.....g	0.046		4		1		0.069	0.013	
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	242		0	BFSN	4		360.964	70.255	
Carotene, alpha.....mcg	47		0	BFSN	4		69.633	13.553	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 149g: 1 cup

Measure 2 = 29g: 1 pad

NDB No. 11964

Nopales, cooked, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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	0.018		0	BFFN	4		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.017		0	BFFN	4		0.015		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0	BFFN	4		0.043		
18:2 undifferentiated.....g	0.044		0	BFFN	4		0.038		
18:3 undifferentiated.....g	0.005		0	BFFN	4		0.004		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		4		1		0.012		
Threonine.....g	0.040		4		1		0.034		
Isoleucine.....g	0.049		4		1		0.042		
Leucine.....g	0.077		4		1		0.066		
Lysine.....g	0.059		4		1		0.051		
Methionine.....g	0.015		4		1		0.013		
Cystine.....g	0.008		4		1		0.007		
Phenylalanine.....g	0.049		4		1		0.042		
Tyrosine.....g	0.029		4		1		0.025		
Valine.....g	0.059		4		1		0.051		
Arginine.....g	0.052		4		1		0.045		
Histidine.....g	0.025		4		1		0.022		
Alanine.....g	0.050		4		1		0.043		
Aspartic acid.....g	0.086		4		1		0.074		
Glutamic acid.....g	0.145		4		1		0.125		
Glycine.....g	0.046		4		1		0.040		
Proline.....g	0.043		4		1		0.037		
Serine.....g	0.043		4		1		0.037		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	250	114.052	4		1		215.125		
Carotene, alpha.....mcg	48		2		1		41.499		
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 = 86g: 1 cup, sliced

NDB No. 11963
Nopales, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11803

Okra, cooked, boiled, drained, 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	0.028		0		1		0.022	0.024	
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	0.028		0		1		0.022	0.024	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.037	0.039	
18:2 undifferentiated.....g	0.045		0		1		0.036	0.038	
18:3 undifferentiated.....g	0.001		0		1		0.001	0.001	
18:4.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.013	0.014	
Threonine.....g	0.061		0		1		0.049	0.052	
Isoleucine.....g	0.065		0		1		0.052	0.055	
Leucine.....g	0.098		0		1		0.078	0.083	
Lysine.....g	0.075		0		1		0.060	0.064	
Methionine.....g	0.020		0		1		0.016	0.017	
Cystine.....g	0.018		0		1		0.014	0.015	
Phenylalanine.....g	0.061		0		1		0.049	0.052	
Tyrosine.....g	0.081		0		1		0.065	0.069	
Valine.....g	0.085		0		1		0.068	0.072	
Arginine.....g	0.078		0		1		0.062	0.066	
Histidine.....g	0.029		0		1		0.023	0.025	
Alanine.....g	0.068		0		1		0.054	0.058	
Aspartic acid.....g	0.135		0		1		0.108	0.115	
Glutamic acid.....g	0.253		0		1		0.202	0.215	
Glycine.....g	0.041		0		1		0.033	0.035	
Proline.....g	0.042		0		1		0.034	0.036	
Serine.....g	0.041		0		1		0.033	0.035	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	170		1	A	1		136.000	144.500	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	390		1	A	1		312.000	331.500	

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 = 80g: .5 cup slices

Measure 2 = 85g: 8 pods (3" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11803

Okra, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11279

Okra, cooked, boiled, drained, 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	0.028		0		1		0.022	0.024	
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	0.028		0		1		0.022	0.024	
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	0.046		0		1		0.037	0.039	
18:2 undifferentiated.....g	0.045		0		1		0.036	0.038	
18:3 undifferentiated.....g	0.001		0		1		0.001	0.001	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.013	0.014	
Threonine.....g	0.061		0		1		0.049	0.052	
Isoleucine.....g	0.065		0		1		0.052	0.055	
Leucine.....g	0.098		0		1		0.078	0.083	
Lysine.....g	0.075		0		1		0.060	0.064	
Methionine.....g	0.020		0		1		0.016	0.017	
Cystine.....g	0.018		0		1		0.014	0.015	
Phenylalanine.....g	0.061		0		1		0.049	0.052	
Tyrosine.....g	0.081		0		1		0.065	0.069	
Valine.....g	0.085		0		1		0.068	0.072	
Arginine.....g	0.078		0		1		0.062	0.066	
Histidine.....g	0.029		0		1		0.023	0.025	
Alanine.....g	0.068		0		1		0.054	0.058	
Aspartic acid.....g	0.135		0		1		0.108	0.115	
Glutamic acid.....g	0.253		0		1		0.202	0.215	
Glycine.....g	0.041		0		1		0.033	0.035	
Proline.....g	0.042		0		1		0.034	0.036	
Serine.....g	0.041		0		1		0.033	0.035	
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	170		1	A	1		136.000	144.500	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	390		1	A	1		312.000	331.500	

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 = 80g: .5 cup slices

Measure 2 = 85g: 8 pods (3" long)

NDB No. 11279

Okra, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11804

Okra, frozen, cooked, boiled, drained, 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	0.050		0		1		0.128	0.046	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.128	0.046	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.081		0		1		0.207	0.075	
18:2 undifferentiated.....g	0.079		0		1		0.201	0.073	
18:3 undifferentiated.....g	0.002		0		1		0.005	0.002	
18:4.....g									
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									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0		1		0.043	0.016	
Threonine.....g	0.068		0		1		0.173	0.063	
Isoleucine.....g	0.072		0		1		0.184	0.066	
Leucine.....g	0.109		0		1		0.278	0.100	
Lysine.....g	0.084		0		1		0.214	0.077	
Methionine.....g	0.022		0		1		0.056	0.020	
Cystine.....g	0.020		0		1		0.051	0.018	
Phenylalanine.....g	0.068		0		1		0.173	0.063	
Tyrosine.....g	0.091		0		1		0.232	0.084	
Valine.....g	0.095		0		1		0.242	0.087	
Arginine.....g	0.087		0		1		0.222	0.080	
Histidine.....g	0.033		0		1		0.084	0.030	
Alanine.....g	0.075		0		1		0.191	0.069	
Aspartic acid.....g	0.151		0		1		0.385	0.139	
Glutamic acid.....g	0.282		0		1		0.719	0.259	
Glycine.....g	0.046		0		1		0.117	0.042	
Proline.....g	0.046		0		1		0.117	0.042	
Serine.....g	0.045		0		1		0.115	0.041	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	203		0	BFSN	4		518.326	187.004	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	466		0	BFSN	4		1189.102	429.009	

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 = 255g: 1 package (10 oz) yields

Measure 2 = 92g: .5 cup slices

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11804

Okra, frozen, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11281

Okra, frozen, cooked, boiled, drained, 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	0.050		0		1		0.128	0.046	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.128	0.046	
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	0.081		0		1		0.207	0.075	
18:2 undifferentiated.....g	0.079		0		1		0.201	0.073	
18:3 undifferentiated.....g	0.002		0		1		0.005	0.002	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.043	0.016	
Threonine.....g	0.068		0		1		0.173	0.063	
Isoleucine.....g	0.072		0		1		0.184	0.066	
Leucine.....g	0.109		0		1		0.278	0.100	
Lysine.....g	0.084		0		1		0.214	0.077	
Methionine.....g	0.022		0		1		0.056	0.020	
Cystine.....g	0.020		0		1		0.051	0.018	
Phenylalanine.....g	0.068		0		1		0.173	0.063	
Tyrosine.....g	0.091		0		1		0.232	0.084	
Valine.....g	0.095		0		1		0.242	0.087	
Arginine.....g	0.087		0		1		0.222	0.080	
Histidine.....g	0.033		0		1		0.084	0.030	
Alanine.....g	0.075		0		1		0.191	0.069	
Aspartic acid.....g	0.151		0		1		0.385	0.139	
Glutamic acid.....g	0.282		0		1		0.719	0.259	
Glycine.....g	0.046		0		1		0.117	0.042	
Proline.....g	0.046		0		1		0.117	0.042	
Serine.....g	0.045		0		1		0.115	0.041	
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	203		0	BFSN	4		518.326	187.004	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	466		0	BFSN	4		1189.102	429.009	

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 = 255g: 1 package (10 oz) yields
- Measure 2 = 92g: .5 cup slices

NDB No. 11281

Okra, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11280
Okra, frozen, unprepared

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	0.041		0		1		0.116	0.558	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.041		0		1		0.116	0.558	
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	0.066		0		1		0.187	0.898	
18:2 undifferentiated.....g	0.065		0		1		0.185	0.885	
18:3 undifferentiated.....g	0.001		0		1		0.003	0.014	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.014		0		1		0.040	0.191	
Threonine.....g	0.055		0		1		0.156	0.749	
Isoleucine.....g	0.058		0		1		0.165	0.789	
Leucine.....g	0.089		0		1		0.253	1.211	
Lysine.....g	0.068		0		1		0.193	0.925	
Methionine.....g	0.018		0		1		0.051	0.245	
Cystine.....g	0.016		0		1		0.045	0.218	
Phenylalanine.....g	0.055		0		1		0.156	0.749	
Tyrosine.....g	0.073		0		1		0.207	0.994	
Valine.....g	0.077		0		1		0.219	1.048	
Arginine.....g	0.071		0		1		0.202	0.966	
Histidine.....g	0.026		0		1		0.074	0.354	
Alanine.....g	0.061		0		1		0.173	0.830	
Aspartic acid.....g	0.122		0		1		0.346	1.660	
Glutamic acid.....g	0.228		0		1		0.648	3.103	
Glycine.....g	0.037		0		1		0.105	0.504	
Proline.....g	0.038		0		1		0.108	0.517	
Serine.....g	0.037		0		1		0.105	0.504	
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	210		0	BFSN	4		596.776	2859.900	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	482		0	BFSN	4		1369.074	6560.948	

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Common Measures:

Measure 1 = 284g: 1 package (10 oz)
 Measure 2 = 1361g: 1 package (3 lb)

NDB No. 11280

Okra, frozen, unprepared

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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
16:0.....g	0.022		0		1		0.022	0.021	
17:0.....g									
18:0.....g	0.003		0		1		0.003	0.003	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0		1		0.017	0.016	
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	0.016		0		1		0.016	0.015	
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	0.027		0		1		0.027	0.026	
18:2 undifferentiated.....g	0.026		0		1		0.026	0.025	
18:3 undifferentiated.....g	0.001		0		1		0.001	0.001	
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	Z	7		0	0	
Phytosterols.....mg	24		0		1		24	23	
Amino Acids:									
Tryptophan.....g	0.017		8		1		0.017	0.016	
Threonine.....g	0.065		3		1		0.065	0.062	
Isoleucine.....g	0.069		3		1		0.069	0.066	
Leucine.....g	0.105		3		1		0.105	0.100	
Lysine.....g	0.081		7		1		0.081	0.077	
Methionine.....g	0.021		7		1		0.021	0.020	
Cystine.....g	0.019		3		1		0.019	0.018	
Phenylalanine.....g	0.065		3		1		0.065	0.062	
Tyrosine.....g	0.087		2		1		0.087	0.083	
Valine.....g	0.091		3		1		0.091	0.086	
Arginine.....g	0.084		3		1		0.084	0.080	
Histidine.....g	0.031		3		1		0.031	0.029	
Alanine.....g	0.073		4		1		0.073	0.069	
Aspartic acid.....g	0.145		4		1		0.145	0.138	
Glutamic acid.....g	0.271		4		1		0.271	0.257	
Glycine.....g	0.044		4		1		0.044	0.042	
Proline.....g	0.045		2		1		0.045	0.043	
Serine.....g	0.044		4		1		0.044	0.042	
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	225		0	BFSN	4		225.091	213.837	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	516		0	BFSN	4		516.385	490.566	

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NDB No. 11278

Okra, raw

Common Measures:

Measure 1 = 100g: 1 cup

Measure 2 = 95g: 8 pods (3" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11296

Onion rings, breaded, par fried, frozen, prepared, heated in oven

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	10.866		0		1		5.216	7.715	6.520
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.356		0		1		0.171	0.253	0.214
17:1.....g									
18:1 undifferentiated.....g	10.509		0		1		5.044	7.461	6.305
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.113		0		1		2.454	3.630	3.068
18:2 undifferentiated.....g	4.828		0		1		2.317	3.428	2.897
18:3 undifferentiated.....g	0.285		0		1		0.137	0.202	0.171
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	z	7		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.070		0		1		0.034	0.050	0.042
Threonine.....g	0.150		0		1		0.072	0.107	0.090
Isoleucine.....g	0.214		0		1		0.103	0.152	0.128
Leucine.....g	0.350		0		1		0.168	0.249	0.210
Lysine.....g	0.151		0		1		0.072	0.107	0.091
Methionine.....g	0.081		0		1		0.039	0.058	0.049
Cystine.....g	0.108		0		1		0.052	0.077	0.065
Phenylalanine.....g	0.243		0		1		0.117	0.173	0.146
Tyrosine.....g	0.157		0		1		0.075	0.111	0.094
Valine.....g	0.216		0		1		0.104	0.153	0.130
Arginine.....g	0.325		0		1		0.156	0.231	0.195
Histidine.....g	0.109		0		1		0.052	0.077	0.065
Alanine.....g	0.172		0		1		0.083	0.122	0.103
Aspartic acid.....g	0.246		0		1		0.118	0.175	0.148
Glutamic acid.....g	1.648		0		1		0.791	1.170	0.989
Glycine.....g	0.196		0		1		0.094	0.139	0.118
Proline.....g	0.521		0		1		0.250	0.370	0.313
Serine.....g	0.256		0		1		0.123	0.182	0.154
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 = 48g: 1 cup

Measure 2 = 71g: 10 rings, large (3-4" dia)

Measure 3 = 60g: 10 rings, medium (2-3" dia)

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11295

Onion rings, breaded, par fried, frozen, unprepared

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	5.738		0		1		26.051	14.632	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.188		0		1		0.854	0.479	
17:1.....g									
18:1 undifferentiated.....g	5.550		0		1		25.197	14.153	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.700		0		1		12.258	6.885	
18:2 undifferentiated.....g	2.550		0		1		11.577	6.503	
18:3 undifferentiated.....g	0.150		0		1		0.681	0.383	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.042		0		1		0.191	0.107	
Threonine.....g	0.089		0		1		0.404	0.227	
Isoleucine.....g	0.126		0		1		0.572	0.321	
Leucine.....g	0.207		0		1		0.940	0.528	
Lysine.....g	0.089		0		1		0.404	0.227	
Methionine.....g	0.048		0		1		0.218	0.122	
Cystine.....g	0.064		0		1		0.291	0.163	
Phenylalanine.....g	0.143		0		1		0.649	0.365	
Tyrosine.....g	0.092		0		1		0.418	0.235	
Valine.....g	0.128		0		1		0.581	0.326	
Arginine.....g	0.192		0		1		0.872	0.490	
Histidine.....g	0.064		0		1		0.291	0.163	
Alanine.....g	0.102		0		1		0.463	0.260	
Aspartic acid.....g	0.145		0		1		0.658	0.370	
Glutamic acid.....g	0.972		0		1		4.413	2.479	
Glycine.....g	0.116		0		1		0.527	0.296	
Proline.....g	0.307		0		1		1.394	0.783	
Serine.....g	0.151		0		1		0.686	0.385	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 454g: 1 package (16 oz)

Measure 2 = 255g: 1 package (9 oz)

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11285

Onions, canned, solids and liquids

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	0.013		0		1		0.008	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.008	0.015	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.036		0		1		0.023	0.040	
18:2 undifferentiated.....g	0.034		0		1		0.021	0.038	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.002	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.008	0.013	
Threonine.....g	0.020		0		1		0.013	0.022	
Isoleucine.....g	0.029		0		1		0.018	0.032	
Leucine.....g	0.028		0		1		0.018	0.031	
Lysine.....g	0.039		0		1		0.025	0.044	
Methionine.....g	0.007		0		1		0.004	0.008	
Cystine.....g	0.015		0		1		0.009	0.017	
Phenylalanine.....g	0.021		0		1		0.013	0.024	
Tyrosine.....g	0.020		0		1		0.013	0.022	
Valine.....g	0.019		0		1		0.012	0.021	
Arginine.....g	0.109		0		1		0.069	0.122	
Histidine.....g	0.013		0		1		0.008	0.015	
Alanine.....g	0.023		0		1		0.014	0.026	
Aspartic acid.....g	0.044		0		1		0.028	0.049	
Glutamic acid.....g	0.131		0		1		0.083	0.147	
Glycine.....g	0.034		0		1		0.021	0.038	
Proline.....g	0.025		0		1		0.016	0.028	
Serine.....g	0.024		0		1		0.015	0.027	
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	1		0	BFSN	4		0.435	0.774	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	BFSN	4		1.314	2.336	

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Common Measures:

Measure 1 = 63g: 1 onion

Measure 2 = 112g: .5 cup, chopped or diced

NDB No. 11285

Onions, canned, solids and liquids

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11805

Onions, cooked, boiled, drained, 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	0.027		0		1		0.057	0.004	0.046
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	0.027		0		1		0.057	0.004	0.046
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	0.073		0		1		0.153	0.011	0.124
18:2 undifferentiated.....g	0.070		0		1		0.147	0.011	0.119
18:3 undifferentiated.....g	0.004		0		1		0.008	0.001	0.007
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	Z	7		0	0	0
Phytosterols.....mg	18		0		1		38	3	31
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.042	0.003	0.034
Threonine.....g	0.033		0		1		0.069	0.005	0.056
Isoleucine.....g	0.048		0		1		0.101	0.007	0.082
Leucine.....g	0.048		0		1		0.101	0.007	0.082
Lysine.....g	0.065		0		1		0.137	0.010	0.111
Methionine.....g	0.011		0		1		0.023	0.002	0.019
Cystine.....g	0.024		0		1		0.050	0.004	0.041
Phenylalanine.....g	0.035		0		1		0.074	0.005	0.060
Tyrosine.....g	0.034		0		1		0.071	0.005	0.058
Valine.....g	0.031		0		1		0.065	0.005	0.053
Arginine.....g	0.183		0		1		0.384	0.027	0.311
Histidine.....g	0.022		0		1		0.046	0.003	0.037
Alanine.....g	0.038		0		1		0.080	0.006	0.065
Aspartic acid.....g	0.074		0		1		0.155	0.011	0.126
Glutamic acid.....g	0.220		0		1		0.462	0.033	0.374
Glycine.....g	0.057		0		1		0.120	0.009	0.097
Proline.....g	0.042		0		1		0.088	0.006	0.071
Serine.....g	0.040		0		1		0.084	0.006	0.068
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	1		0	BFSY	4		2.985	0.213	2.417
Carotene, alpha.....mcg	0		0	BFSY	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSY	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	4		0	BFSY	4		9.012	0.644	7.296

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 = 210g: 1 cup

Measure 2 = 15.0g: 1 tbsp chopped

Measure 3 = 170g: 1 large

NDB No. 11805

Onions, cooked, boiled, drained, with salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11283

Onions, cooked, boiled, drained, 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	0.028		0		1		0.059	0.004	0.036
17:0.....g									
18:0.....g	0.002		0		1		0.004	0.000	0.003
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0		1		0.057	0.004	0.035
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	0.027		0		1		0.057	0.004	0.035
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	0.073		0		1		0.153	0.011	0.093
18:2 undifferentiated.....g	0.070		0		1		0.147	0.011	0.090
18:3 undifferentiated.....g	0.004		0		1		0.008	0.001	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	Z	7		0	0	0
Phytosterols.....mg	18		0		1		38	3	23
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.042	0.003	0.026
Threonine.....g	0.033		0		1		0.069	0.005	0.042
Isoleucine.....g	0.048		0		1		0.101	0.007	0.061
Leucine.....g	0.048		0		1		0.101	0.007	0.061
Lysine.....g	0.065		0		1		0.137	0.010	0.083
Methionine.....g	0.011		0		1		0.023	0.002	0.014
Cystine.....g	0.024		0		1		0.050	0.004	0.031
Phenylalanine.....g	0.035		0		1		0.074	0.005	0.045
Tyrosine.....g	0.034		0		1		0.071	0.005	0.044
Valine.....g	0.031		0		1		0.065	0.005	0.040
Arginine.....g	0.183		0		1		0.384	0.027	0.234
Histidine.....g	0.022		0		1		0.046	0.003	0.028
Alanine.....g	0.038		0		1		0.080	0.006	0.049
Aspartic acid.....g	0.074		0		1		0.155	0.011	0.095
Glutamic acid.....g	0.220		0		1		0.462	0.033	0.282
Glycine.....g	0.057		0		1		0.120	0.009	0.073
Proline.....g	0.042		0		1		0.088	0.006	0.054
Serine.....g	0.040		0		1		0.084	0.006	0.051
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	1		0	BFSY	4		2.985	0.213	1.820
Carotene, alpha.....mcg	0		0	BFSY	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSY	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	4		0	BFSY	4		9.012	0.644	5.493

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NDB No. 11283

Onions, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 210g: 1 cup

Measure 2 = 15.0g: 1 tbsp chopped

Measure 3 = 128g: 1 large

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11284
Onions, dehydrated flakes

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	0.064		0		1		0.003	0.009	
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	0.064		0		1		0.003	0.009	
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	0.180		0		1		0.009	0.025	
18:2 undifferentiated.....g	0.170		0		1		0.009	0.024	
18:3 undifferentiated.....g	0.009		0		1		0.000	0.001	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0		1		0.006	0.018	
Threonine.....g	0.216		0		1		0.011	0.030	
Isoleucine.....g	0.316		0		1		0.016	0.044	
Leucine.....g	0.314		0		1		0.016	0.044	
Lysine.....g	0.428		0		1		0.021	0.060	
Methionine.....g	0.074		0		1		0.004	0.010	
Cystine.....g	0.160		0		1		0.008	0.022	
Phenylalanine.....g	0.229		0		1		0.011	0.032	
Tyrosine.....g	0.222		0		1		0.011	0.031	
Valine.....g	0.206		0		1		0.010	0.029	
Arginine.....g	1.203		0		1		0.060	0.168	
Histidine.....g	0.146		0		1		0.007	0.020	
Alanine.....g	0.249		0		1		0.012	0.035	
Aspartic acid.....g	0.490		0		1		0.025	0.069	
Glutamic acid.....g	1.445		0		1		0.072	0.202	
Glycine.....g	0.372		0		1		0.019	0.052	
Proline.....g	0.279		0		1		0.014	0.039	
Serine.....g	0.263		0		1		0.013	0.037	
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	13		0	BFSN	4		0.625	1.750	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		1.887	5.283	

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Common Measures:

Measure 1 = 5.0g: 1 tbsp

Measure 2 = 14.0g: .25 cup

NDB No. 11284

Onions, dehydrated flakes

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11806

Onions, frozen, chopped, cooked, boiled, drained, 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	0.013		0		1		0.002	0.014	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.002	0.014	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.006	0.040	
18:2 undifferentiated.....g	0.036		0		1		0.005	0.038	
18:3 undifferentiated.....g	0.002		0		1		0.000	0.002	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.011		0		1		0.002	0.012	
Threonine.....g	0.018		0		1		0.003	0.019	
Isoleucine.....g	0.027		0		1		0.004	0.028	
Leucine.....g	0.027		0		1		0.004	0.028	
Lysine.....g	0.036		0		1		0.005	0.038	
Methionine.....g	0.006		0		1		0.001	0.006	
Cystine.....g	0.014		0		1		0.002	0.015	
Phenylalanine.....g	0.020		0		1		0.003	0.021	
Tyrosine.....g	0.019		0		1		0.003	0.020	
Valine.....g	0.018		0		1		0.003	0.019	
Arginine.....g	0.102		0		1		0.015	0.107	
Histidine.....g	0.012		0		1		0.002	0.013	
Alanine.....g	0.021		0		1		0.003	0.022	
Aspartic acid.....g	0.042		0		1		0.006	0.044	
Glutamic acid.....g	0.123		0		1		0.018	0.129	
Glycine.....g	0.032		0		1		0.005	0.034	
Proline.....g	0.024		0		1		0.004	0.025	
Serine.....g	0.022		0		1		0.003	0.023	
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 = 15.0g: 1 tbsp chopped

Measure 2 = 105g: .5 cup, chopped or diced

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11288

Onions, frozen, chopped, cooked, boiled, drained, 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	0.013		0		1		0.002	0.014	
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	0.013		0		1		0.002	0.014	
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	0.038		0		1		0.006	0.040	
18:2 undifferentiated.....g	0.036		0		1		0.005	0.038	
18:3 undifferentiated.....g	0.002		0		1		0.000	0.002	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.002	0.012	
Threonine.....g	0.018		0		1		0.003	0.019	
Isoleucine.....g	0.027		0		1		0.004	0.028	
Leucine.....g	0.027		0		1		0.004	0.028	
Lysine.....g	0.036		0		1		0.005	0.038	
Methionine.....g	0.006		0		1		0.001	0.006	
Cystine.....g	0.014		0		1		0.002	0.015	
Phenylalanine.....g	0.020		0		1		0.003	0.021	
Tyrosine.....g	0.019		0		1		0.003	0.020	
Valine.....g	0.018		0		1		0.003	0.019	
Arginine.....g	0.102		0		1		0.015	0.107	
Histidine.....g	0.012		0		1		0.002	0.013	
Alanine.....g	0.021		0		1		0.003	0.022	
Aspartic acid.....g	0.042		0		1		0.006	0.044	
Glutamic acid.....g	0.123		0		1		0.018	0.129	
Glycine.....g	0.032		0		1		0.005	0.034	
Proline.....g	0.024		0		1		0.004	0.025	
Serine.....g	0.022		0		1		0.003	0.023	
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	1		0	BFSN	4		0.151	1.060	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	3		0	BFSN	4		0.457	3.200	

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 chopped

Measure 2 = 105g: .5 cup, chopped or diced

NDB No. 11288

Onions, frozen, chopped, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11287

Onions, frozen, chopped, unprepared

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	0.014		0		1		0.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.040		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.039		0		1		0.111		
18:2 undifferentiated.....g	0.037		0		1		0.105		
18:3 undifferentiated.....g	0.002		0		1		0.006		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.031		
Threonine.....g	0.019		0		1		0.054		
Isoleucine.....g	0.028		0		1		0.080		
Leucine.....g	0.028		0		1		0.080		
Lysine.....g	0.038		0		1		0.108		
Methionine.....g	0.007		0		1		0.020		
Cystine.....g	0.014		0		1		0.040		
Phenylalanine.....g	0.020		0		1		0.057		
Tyrosine.....g	0.020		0		1		0.057		
Valine.....g	0.018		0		1		0.051		
Arginine.....g	0.106		0		1		0.301		
Histidine.....g	0.013		0		1		0.037		
Alanine.....g	0.022		0		1		0.062		
Aspartic acid.....g	0.043		0		1		0.122		
Glutamic acid.....g	0.127		0		1		0.361		
Glycine.....g	0.033		0		1		0.094		
Proline.....g	0.025		0		1		0.071		
Serine.....g	0.023		0		1		0.065		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		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 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11807

Onions, frozen, whole, cooked, boiled, drained, 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	0.007		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.042		
18:2 undifferentiated.....g	0.019		0		1		0.040		
18:3 undifferentiated.....g	0.001		0		1		0.002		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.021		
Threonine.....g	0.017		0		1		0.036		
Isoleucine.....g	0.025		0		1		0.053		
Leucine.....g	0.025		0		1		0.053		
Lysine.....g	0.034		0		1		0.071		
Methionine.....g	0.006		0		1		0.013		
Cystine.....g	0.013		0		1		0.027		
Phenylalanine.....g	0.018		0		1		0.038		
Tyrosine.....g	0.018		0		1		0.038		
Valine.....g	0.016		0		1		0.034		
Arginine.....g	0.095		0		1		0.200		
Histidine.....g	0.012		0		1		0.025		
Alanine.....g	0.020		0		1		0.042		
Aspartic acid.....g	0.039		0		1		0.082		
Glutamic acid.....g	0.114		0		1		0.239		
Glycine.....g	0.029		0		1		0.061		
Proline.....g	0.022		0		1		0.046		
Serine.....g	0.021		0		1		0.044		
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 = 210g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11290

Onions, frozen, whole, cooked, boiled, drained, 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	0.007		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.015		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.020		0		1		0.042		
18:2 undifferentiated.....g	0.019		0		1		0.040		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.021		
Threonine.....g	0.017		0		1		0.036		
Isoleucine.....g	0.025		0		1		0.053		
Leucine.....g	0.025		0		1		0.053		
Lysine.....g	0.034		0		1		0.071		
Methionine.....g	0.006		0		1		0.013		
Cystine.....g	0.013		0		1		0.027		
Phenylalanine.....g	0.018		0		1		0.038		
Tyrosine.....g	0.018		0		1		0.038		
Valine.....g	0.016		0		1		0.034		
Arginine.....g	0.095		0		1		0.200		
Histidine.....g	0.012		0		1		0.025		
Alanine.....g	0.020		0		1		0.042		
Aspartic acid.....g	0.039		0		1		0.082		
Glutamic acid.....g	0.114		0		1		0.239		
Glycine.....g	0.029		0		1		0.061		
Proline.....g	0.022		0		1		0.046		
Serine.....g	0.021		0		1		0.044		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1		0	BFSN	4		2.120		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	3		0	BFSN	4		6.401		

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 = 210g: 1 cup

NDB No. 11290

Onions, frozen, whole, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11289
Onions, frozen, whole, unprepared

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	Measure 3
Fatty acids, total monounsaturated.....g	0.009		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.026		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025		0		1		0.071		
18:2 undifferentiated.....g	0.024		0		1		0.068		
18:3 undifferentiated.....g	0.001		0		1		0.003		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.013		0		1		0.037		
Threonine.....g	0.022		0		1		0.062		
Isoleucine.....g	0.032		0		1		0.091		
Leucine.....g	0.031		0		1		0.088		
Lysine.....g	0.043		0		1		0.122		
Methionine.....g	0.007		0		1		0.020		
Cystine.....g	0.016		0		1		0.045		
Phenylalanine.....g	0.023		0		1		0.065		
Tyrosine.....g	0.022		0		1		0.062		
Valine.....g	0.021		0		1		0.060		
Arginine.....g	0.120		0		1		0.341		
Histidine.....g	0.015		0		1		0.043		
Alanine.....g	0.025		0		1		0.071		
Aspartic acid.....g	0.049		0		1		0.139		
Glutamic acid.....g	0.144		0		1		0.409		
Glycine.....g	0.037		0		1		0.105		
Proline.....g	0.028		0		1		0.080		
Serine.....g	0.026		0		1		0.074		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	BFSN	4		3.614		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	BFSN	4		10.909		

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 = 284g: 1 package (10 oz)

NDB No. 11289

Onions, frozen, whole, unprepared

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11282

Onions, raw

Allium cepa

Refuse: 10% Stem ends, sprouts and defects

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	88.54	0.812	37	JO	11		141.67	101.82	8.85
Energy.....kcal	42		0	NC	4		67	48	4
Energy.....kj	176		0	NC	4		281	202	18
Protein (N x 6.25).....g	0.92	0.048	29	JO	11		1.48	1.06	0.09
Total lipid (fat).....g	0.08	0.018	31	JO	11		0.12	0.09	0.01
Ash.....g	0.35	0.046	28	JO	11		0.55	0.40	0.03
Carbohydrate, by difference.....g	10.11		0	NC	4		16.17	11.62	1.01
Fiber, total dietary.....g	1.4		0	NC	4		2.2	1.6	0.1
Sugars, total.....g	4.28		0	NC	4		6.85	4.92	0.43
Sucrose.....g	1.16	0.129	28	JO	11		1.85	1.33	0.12
Glucose (dextrose).....g	1.95	0.128	28	JO	11		3.13	2.25	0.20
Fructose.....g	1.16	0.113	28	JO	11		1.85	1.33	0.12
Lactose.....g	0.01	0.011	14	JO	11		0.02	0.01	0.00
Maltose.....g	0.00	0.000	14	JO	11		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	22	0.775	14	JO	11		36	26	2
Iron, Fe.....mg	0.19	0.009	14	JO	11		0.30	0.22	0.02
Magnesium, Mg.....mg	10	0.192	14	JO	11		15	11	1
Phosphorus, P.....mg	27	0.788	14	JO	11		44	31	3
Potassium, K.....mg	144	3.901	14	JO	11		231	166	14
Sodium, Na.....mg	3	0.256	77		1		5	3	0
Zinc, Zn.....mg	0.16	0.006	14	JO	11		0.26	0.19	0.02
Copper, Cu.....mg	0.038	0.002	14	JO	11		0.060	0.043	0.004
Manganese, Mn.....mg	0.132	0.005	14	JO	11		0.211	0.151	0.013
Selenium, Se.....mcg	0.5	0.145	85	JO	11		0.8	0.5	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.4	0.264	37		1		10.2	7.4	0.6
Thiamin.....mg	0.048	0.007	30	JO	11		0.076	0.055	0.005
Riboflavin.....mg	0.025	0.004	16	JO	11		0.041	0.029	0.003
Niacin.....mg	0.083	0.047	22	JO	11		0.133	0.096	0.008
Pantothenic acid.....mg	0.122	0.025	29	JO	11		0.196	0.141	0.012
Vitamin B-6.....mg	0.147	0.034	30	JO	11		0.235	0.169	0.015
Folate, total.....mcg	19	1.335	25		1		30	22	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	19	1.335	25		1		30	22	2
Folate, DFE.....mcg_DFE	19		0	NC	4		30	22	2
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	2		0	AS	1		4	3	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	0.02	0.001	8	JO	11		0.03	0.03	0.00
Tocopherol, beta.....mg	0.00	0.002	8	JO	11		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.002	8	JO	11		0.00	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	8	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4	0.081	20	JO	11		0.7	0.5	0.0
Lipids:									
Fatty acids, total saturated.....g	0.026		0		1		0.042	0.030	0.003
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		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	0.002		2	A	1		0.003	0.002	0.000
15:0.....g	0.000		2	A	1		0.000	0.000	0.000

Onions, raw

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	0.015		2	A	1		0.024	0.017	0.001
17:0.....g									
18:0.....g	0.002		2	A	1		0.003	0.002	0.000
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.023		0		1		0.037	0.026	0.002
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.006		2	A	1		0.009	0.007	0.001
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0		1		0.099	0.071	0.006
18:2 undifferentiated.....g	0.006		2	A	1		0.009	0.007	0.001
18:3 undifferentiated.....g	0.002		2	A	1		0.003	0.002	0.000
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	15		1		1		24	17	2
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.027	0.020	0.002
Threonine.....g	0.028		0		1		0.045	0.032	0.003
Isoleucine.....g	0.041		0		1		0.066	0.047	0.004
Leucine.....g	0.041		0		1		0.066	0.047	0.004
Lysine.....g	0.055		0		1		0.088	0.063	0.006
Methionine.....g	0.010		0		1		0.016	0.012	0.001
Cystine.....g	0.021		0		1		0.034	0.024	0.002
Phenylalanine.....g	0.030		0		1		0.048	0.035	0.003
Tyrosine.....g	0.029		0		1		0.046	0.033	0.003
Valine.....g	0.027		0		1		0.043	0.031	0.003
Arginine.....g	0.156		0		1		0.250	0.179	0.016
Histidine.....g	0.019		0		1		0.030	0.022	0.002
Alanine.....g	0.032		0		1		0.051	0.037	0.003
Aspartic acid.....g	0.063		0		1		0.101	0.072	0.006
Glutamic acid.....g	0.187		0		1		0.299	0.215	0.019
Glycine.....g	0.048		0		1		0.077	0.055	0.005
Proline.....g	0.036		0		1		0.058	0.041	0.004
Serine.....g	0.034		0		1		0.054	0.039	0.003
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	1		2	A	1		2.385	1.714	0.149
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		2	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	5		2	A	1		7.200	5.175	0.450

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.

NDB No. 11282

Onions, raw

Common Measures:

Measure 1 = 160g: 1 cup, chopped

Measure 2 = 115g: 1 cup, sliced

Measure 3 = 10.0g: 1 tbsp chopped

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11291

Onions, spring or scallions (includes tops and bulb), raw

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	0.027		0		1		0.027	0.002	0.007
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	0.027		1		1		0.027	0.002	0.007
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	0.074		0		1		0.074	0.004	0.019
18:2 undifferentiated.....g	0.070		1		1		0.070	0.004	0.018
18:3 undifferentiated.....g	0.004		1		1		0.004	0.000	0.001
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.020	0.001	0.005
Threonine.....g	0.072		0		1		0.072	0.004	0.018
Isoleucine.....g	0.077		0		1		0.077	0.005	0.019
Leucine.....g	0.109		0		1		0.109	0.007	0.027
Lysine.....g	0.091		0		1		0.091	0.005	0.023
Methionine.....g	0.020		0		1		0.020	0.001	0.005
Cystine.....g									
Phenylalanine.....g	0.059		0		1		0.059	0.004	0.015
Tyrosine.....g	0.053		0		1		0.053	0.003	0.013
Valine.....g	0.081		0		1		0.081	0.005	0.020
Arginine.....g	0.132		0		1		0.132	0.008	0.033
Histidine.....g	0.032		0		1		0.032	0.002	0.008
Alanine.....g	0.082		0		1		0.082	0.005	0.021
Aspartic acid.....g	0.169		0		1		0.169	0.010	0.042
Glutamic acid.....g	0.378		0		1		0.378	0.023	0.095
Glycine.....g	0.091		0		1		0.091	0.005	0.023
Proline.....g	0.121		0		1		0.121	0.007	0.030
Serine.....g	0.082		0		1		0.082	0.005	0.021
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	598		0	BFSN	4		598.235	35.894	149.559
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1137		0	BFSN	4		1136.647	68.199	284.162

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 = 100g: 1 cup, chopped
- Measure 2 = 6.0g: 1 tbsp chopped
- Measure 3 = 25g: 1 large

NDB No. 11291

Onions, spring or scallions (includes tops and bulb), raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11294
Onions, sweet, raw

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
<u>Proximates:</u>									
Water.....g	91.24	0.162	8	A	1				
Energy.....kcal	34		0	NC	4				
Energy.....kj	143		0	NC	4				
Protein.....g	0.80	0.022	7	A	1				
Total lipid (fat).....g	0.08	0.008	8	A	1				
Ash.....g	0.34	0.058	7	A	1				
Carbohydrate, by difference.....g	7.55		0	NC	4				
Fiber, total dietary.....g	0.9	0.044	7	A	1				
Sugars, total.....g									
Sucrose.....g	0.72	0.041	8	A	1				
Glucose (dextrose).....g	2.26	0.087	7	A	1				
Fructose.....g	2.02	0.046	8	A	1				
Lactose.....g	0.02	0.019	8	A	1				
Maltose.....g	0.00	0.000	8	A	1				
Galactose.....g									
Starch.....g									
<u>Minerals:</u>									
Calcium, Ca.....mg	20	2.057	8	A	1				
Iron, Fe.....mg	0.26	0.011	7	A	1				
Magnesium, Mg.....mg	9	0.421	8	A	1				
Phosphorus, P.....mg	27	1.261	8	A	1				
Potassium, K.....mg	119	3.872	8	A	1				
Sodium, Na.....mg	8	1.995	8	A	1				
Zinc, Zn.....mg	0.13	0.014	8	A	1				
Copper, Cu.....mg	0.056	0.002	8	A	1				
Manganese, Mn.....mg	0.076	0.008	8	A	1				
Selenium, Se.....mcg	0.5	0.163	4	A	1				
<u>Vitamins:</u>									
Vitamin C, total ascorbic acid.....mg	4.8	0.328	8	A	1				
Thiamin.....mg	0.041	0.008	8	A	1				
Riboflavin.....mg	0.020	0.002	8	A	1				
Niacin.....mg	0.133	0.007	6	A	1				
Pantothenic acid.....mg	0.098	0.006	8	A	1				
Vitamin B-6.....mg	0.130	0.021	8	A	1				
Folate, total.....mcg	23	1.800	5	A	1				
Folic acid.....mcg									
Folate, food.....mcg	23	1.800	5	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1		4	AS	1				
Vitamin A, RAE.....mcg_RAE	0		4	AS	1				
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3	0.031	8	A	1				
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0	A	1				
Threonine.....g	0.018		0	A	1				
Isoleucine.....g	0.014		0	A	1				
Leucine.....g	0.025		0	A	1				
Lysine.....g	0.033		0	A	1				
Methionine.....g	0.009		0	A	1				
Cystine.....g	0.009		0	A	1				
Phenylalanine.....g	0.024		0	A	1				
Tyrosine.....g	0.012		0	A	1				

NDB No. 11294
Onions, sweet, raw

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
Valine.....g	0.020		0	A	1				
Arginine.....g	0.111		0	A	1				
Histidine.....g	0.011		0	A	1				
Alanine.....g	0.017		0	A	1				
Aspartic acid.....g	0.067		0	A	1				
Glutamic acid.....g	0.177		0	A	1				
Glycine.....g	0.020		0	A	1				
Proline.....g	0.015		0	A	1				
Serine.....g	0.020		0	A	1				
Hydroxyproline.....g									
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	1	0.000	4	A	1				
Carotene, alpha.....mcg	0	0.000	4	A	1				
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1				
Lycopene.....mcg	0	0.000	4	A	1				
Lutein + zeaxanthin.....mcg	6	1.275	4	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

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11293
Onions, welsh, raw

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	0.056		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.056		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.156		0		1				
18:2 undifferentiated.....g	0.148		0		1				
18:3 undifferentiated.....g	0.008		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1				
Threonine.....g	0.074		0		1				
Isoleucine.....g	0.081		0		1				
Leucine.....g	0.113		0		1				
Lysine.....g	0.095		0		1				
Methionine.....g	0.021		0		1				
Cystine.....g									
Phenylalanine.....g	0.061		0		1				
Tyrosine.....g	0.055		0		1				
Valine.....g	0.084		0		1				
Arginine.....g	0.137		0		1				
Histidine.....g	0.033		0		1				
Alanine.....g	0.086		0		1				
Aspartic acid.....g	0.176		0		1				
Glutamic acid.....g	0.393		0		1				
Glycine.....g	0.094		0		1				
Proline.....g	0.126		0		1				
Serine.....g	0.086		0		1				
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:

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11292
Onions, young green, tops only

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	0.014				4		0.001	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.014				4		0.001	0.002	
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	0.038				4		0.002	0.005	
18:2 undifferentiated.....g	0.036				4		0.002	0.004	
18:3 undifferentiated.....g	0.002				4		0.000	0.000	
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	2400		0	BNA	4		144.000	288.000	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	916		0	BFSN	4		54.988	109.976	

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 = 6.0g: 1 tbsp

Measure 2 = 12.0g: 1 stalk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 43392
Palm hearts, raw

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	0.005						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						4		
17:1.....g									
18:1 undifferentiated.....g	0.005						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089						4		
18:2 undifferentiated.....g	0.076						4		
18:3 undifferentiated.....g	0.013						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	Z			7		
Theobromine.....mg	0		0	Z			7		
Carotenoids:									
Carotene, beta.....mcg	41		0	O			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		

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: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11625
Parsley, freeze-dried

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
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 0.4g: 1 tbsp
 Measure 2 = 1.4g: .25 cup

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11297
Parsley, raw

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	0.295		0		1		0.177	0.011	0.030
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		1		1		0.005	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.287		1		1		0.172	0.011	0.029
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	0.124		0		1		0.074	0.005	0.012
18:2 undifferentiated.....g	0.115		1		1		0.069	0.004	0.012
18:3 undifferentiated.....g	0.008		1		1		0.005	0.000	0.001
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	Z	7		0	0	0
Phytosterols.....mg	5		1		1		3	0	1
Amino Acids:									
Tryptophan.....g	0.045		0		1		0.027	0.002	0.005
Threonine.....g	0.122		0		1		0.073	0.005	0.012
Isoleucine.....g	0.118		0		1		0.071	0.004	0.012
Leucine.....g	0.204		0		1		0.122	0.008	0.020
Lysine.....g	0.181		0		1		0.109	0.007	0.018
Methionine.....g	0.042		0		1		0.025	0.002	0.004
Cystine.....g	0.014		0		1		0.008	0.001	0.001
Phenylalanine.....g	0.145		0		1		0.087	0.006	0.015
Tyrosine.....g	0.082		0		1		0.049	0.003	0.008
Valine.....g	0.172		0		1		0.103	0.007	0.017
Arginine.....g	0.122		0		1		0.073	0.005	0.012
Histidine.....g	0.061		0		1		0.037	0.002	0.006
Alanine.....g	0.195		0		1		0.117	0.007	0.020
Aspartic acid.....g	0.294		0		1		0.176	0.011	0.029
Glutamic acid.....g	0.249		0		1		0.149	0.009	0.025
Glycine.....g	0.145		0		1		0.087	0.006	0.015
Proline.....g	0.213		0		1		0.128	0.008	0.021
Serine.....g	0.136		0		1		0.082	0.005	0.014
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	5054	310.986	7	A	1		3032.600	192.065	505.433
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	5561	2753.943	7	A	1		3336.400	211.305	556.067

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 = 60g: 1 cup
- Measure 2 = 3.8g: 1 tbsp
- Measure 3 = 10.0g: 10 sprigs

NDB No. 11297
Parsley, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11808

Parsnips, cooked, boiled, drained, 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	0.112		0		1		0.087	0.179	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.002	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.102		0		1		0.080	0.163	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.037	0.075	
18:2 undifferentiated.....g	0.041		0		1		0.032	0.066	
18:3 undifferentiated.....g	0.003		0		1		0.002	0.005	
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	Z	7		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 = 78g: .5 cup slices

Measure 2 = 160g: 1 parsnip (9" long)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11299

Parsnips, cooked, boiled, drained, 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	0.112		0		1		0.087	0.179	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.002	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.102		0		1		0.080	0.163	
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	0.047		0		1		0.037	0.075	
18:2 undifferentiated.....g	0.041		0		1		0.032	0.066	
18:3 undifferentiated.....g	0.003		0		1		0.002	0.005	
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	Z	7		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 = 78g: .5 cup slices

Measure 2 = 160g: 1 parsnip (9" long)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11298
Parsnips, raw

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	0.112		0		1		0.149		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		1		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.102		1		1		0.136		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.063		
18:2 undifferentiated.....g	0.041		1		1		0.055		
18:3 undifferentiated.....g	0.003		1		1		0.004		
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	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
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 = 133g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11816

Peas and carrots, canned, no salt added, solids and liquids

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	0.023		0		1		0.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.056		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0		1		0.329		
18:2 undifferentiated.....g	0.105		0		1		0.268		
18:3 undifferentiated.....g	0.023		0		1		0.059		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.041		
Threonine.....g	0.081		0		1		0.207		
Isoleucine.....g	0.079		0		1		0.201		
Leucine.....g	0.125		0		1		0.319		
Lysine.....g	0.123		0		1		0.314		
Methionine.....g	0.031		0		1		0.079		
Cystine.....g	0.013		0		1		0.033		
Phenylalanine.....g	0.079		0		1		0.201		
Tyrosine.....g	0.045		0		1		0.115		
Valine.....g	0.094		0		1		0.240		
Arginine.....g	0.164		0		1		0.418		
Histidine.....g	0.042		0		1		0.107		
Alanine.....g	0.098		0		1		0.250		
Aspartic acid.....g	0.206		0		1		0.525		
Glutamic acid.....g	0.307		0		1		0.783		
Glycine.....g	0.072		0		1		0.184		
Proline.....g	0.069		0		1		0.176		
Serine.....g	0.072		0		1		0.184		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3359		0	RA	4		8566.552		
Carotene, alpha.....mcg	1375		0	RA	4		3505.123		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	1		0	RA	4		1.706		
Lutein + zeaxanthin.....mcg	930		0	RA	4		2370.946		

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 = 255g: 1 cup

NDB No. 11816

Peas and carrots, canned, no salt added, solids and liquids

Calories Factors: Protein 3.98

Fat 8.37

Carbohydrate 3.16

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11318

Peas and carrots, canned, regular pack, solids and liquids

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	0.023		0		1		0.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.022		0		1		0.056		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0		1		0.329		
18:2 undifferentiated.....g	0.105		0		1		0.268		
18:3 undifferentiated.....g	0.023		0		1		0.059		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.041		
Threonine.....g	0.081		0		1		0.207		
Isoleucine.....g	0.079		0		1		0.201		
Leucine.....g	0.125		0		1		0.319		
Lysine.....g	0.123		0		1		0.314		
Methionine.....g	0.031		0		1		0.079		
Cystine.....g	0.013		0		1		0.033		
Phenylalanine.....g	0.079		0		1		0.201		
Tyrosine.....g	0.045		0		1		0.115		
Valine.....g	0.094		0		1		0.240		
Arginine.....g	0.164		0		1		0.418		
Histidine.....g	0.042		0		1		0.107		
Alanine.....g	0.098		0		1		0.250		
Aspartic acid.....g	0.206		0		1		0.525		
Glutamic acid.....g	0.307		0		1		0.783		
Glycine.....g	0.072		0		1		0.184		
Proline.....g	0.069		0		1		0.176		
Serine.....g	0.072		0		1		0.184		
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 = 255g: 1 cup

Calories Factors: Protein 3.98

Fat 8.37

Carbohydrate 3.16

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11817

Peas and carrots, frozen, cooked, boiled, drained, 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	0.035		0		1		0.097	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.097	0.028	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.201		0		1		0.559	0.161	
18:2 undifferentiated.....g	0.164		0		1		0.456	0.131	
18:3 undifferentiated.....g	0.036		0		1		0.100	0.029	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.022		0		1		0.061	0.018	
Threonine.....g	0.116		0		1		0.322	0.093	
Isoleucine.....g	0.112		0		1		0.311	0.090	
Leucine.....g	0.179		0		1		0.498	0.143	
Lysine.....g	0.175		0		1		0.487	0.140	
Methionine.....g	0.044		0		1		0.122	0.035	
Cystine.....g	0.019		0		1		0.053	0.015	
Phenylalanine.....g	0.113		0		1		0.314	0.090	
Tyrosine.....g	0.064		0		1		0.178	0.051	
Valine.....g	0.134		0		1		0.373	0.107	
Arginine.....g	0.234		0		1		0.651	0.187	
Histidine.....g	0.060		0		1		0.167	0.048	
Alanine.....g	0.140		0		1		0.389	0.112	
Aspartic acid.....g	0.294		0		1		0.817	0.235	
Glutamic acid.....g	0.439		0		1		1.220	0.351	
Glycine.....g	0.103		0		1		0.286	0.082	
Proline.....g	0.098		0		1		0.272	0.078	
Serine.....g	0.103		0		1		0.286	0.082	
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 = 278g: 1 package (10 oz) yields

Measure 2 = 80g: .5 cup

Calories Factors: Protein 3.98

Fat 8.37

Carbohydrate 3.16

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11323

Peas and carrots, frozen, cooked, boiled, drained, 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	0.035		0		1		0.097	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.097	0.028	
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	0.201		0		1		0.559	0.161	
18:2 undifferentiated.....g	0.164		0		1		0.456	0.131	
18:3 undifferentiated.....g	0.036		0		1		0.100	0.029	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.061	0.018	
Threonine.....g	0.116		0		1		0.322	0.093	
Isoleucine.....g	0.112		0		1		0.311	0.090	
Leucine.....g	0.179		0		1		0.498	0.143	
Lysine.....g	0.175		0		1		0.487	0.140	
Methionine.....g	0.044		0		1		0.122	0.035	
Cystine.....g	0.019		0		1		0.053	0.015	
Phenylalanine.....g	0.113		0		1		0.314	0.090	
Tyrosine.....g	0.064		0		1		0.178	0.051	
Valine.....g	0.134		0		1		0.373	0.107	
Arginine.....g	0.234		0		1		0.651	0.187	
Histidine.....g	0.060		0		1		0.167	0.048	
Alanine.....g	0.140		0		1		0.389	0.112	
Aspartic acid.....g	0.294		0		1		0.817	0.235	
Glutamic acid.....g	0.439		0		1		1.220	0.351	
Glycine.....g	0.103		0		1		0.286	0.082	
Proline.....g	0.098		0		1		0.272	0.078	
Serine.....g	0.103		0		1		0.286	0.082	
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	4669		0	RA	4		12979.768	3735.185	
Carotene, alpha.....mcg	1898		0	RA	4		5276.026	1518.281	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	1		0	RA	4		2.567	0.739	
Lutein + zeaxanthin.....mcg	1345		0	RA	4		3738.082	1075.707	

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 = 278g: 1 package (10 oz) yields
 Measure 2 = 80g: .5 cup

NDB No. 11323

Peas and carrots, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 3.98

Fat 8.37

Carbohydrate 3.16

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11322
Peas and carrots, frozen, unprepared

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	0.039		0		1		0.027	0.111	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.038		0		1		0.027	0.108	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.221		0		1		0.155	0.628	
18:2 undifferentiated.....g	0.181		0		1		0.127	0.514	
18:3 undifferentiated.....g	0.040		0		1		0.028	0.114	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.024		0		1		0.017	0.068	
Threonine.....g	0.127		0		1		0.089	0.361	
Isoleucine.....g	0.123		0		1		0.086	0.349	
Leucine.....g	0.197		0		1		0.138	0.559	
Lysine.....g	0.193		0		1		0.135	0.548	
Methionine.....g	0.049		0		1		0.034	0.139	
Cystine.....g	0.021		0		1		0.015	0.060	
Phenylalanine.....g	0.124		0		1		0.087	0.352	
Tyrosine.....g	0.071		0		1		0.050	0.202	
Valine.....g	0.147		0		1		0.103	0.417	
Arginine.....g	0.257		0		1		0.180	0.730	
Histidine.....g	0.066		0		1		0.046	0.187	
Alanine.....g	0.154		0		1		0.108	0.437	
Aspartic acid.....g	0.324		0		1		0.227	0.920	
Glutamic acid.....g	0.483		0		1		0.338	1.372	
Glycine.....g	0.114		0		1		0.080	0.324	
Proline.....g	0.108		0		1		0.076	0.307	
Serine.....g	0.114		0		1		0.080	0.324	
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 = 70g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.98

Fat 8.37

Carbohydrate 3.16

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11324

Peas and onions, canned, solids and liquids

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	0.036		0		1		0.043		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.036		0		1		0.043		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.176		0		1		0.211		
18:2 undifferentiated.....g	0.145		0		1		0.174		
18:3 undifferentiated.....g	0.030		0		1		0.036		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.024		0		1		0.029		
Threonine.....g	0.120		0		1		0.144		
Isoleucine.....g	0.118		0		1		0.142		
Leucine.....g	0.191		0		1		0.229		
Lysine.....g	0.190		0		1		0.228		
Methionine.....g	0.048		0		1		0.058		
Cystine.....g	0.022		0		1		0.026		
Phenylalanine.....g	0.119		0		1		0.143		
Tyrosine.....g	0.070		0		1		0.084		
Valine.....g	0.138		0		1		0.166		
Arginine.....g	0.270		0		1		0.324		
Histidine.....g	0.064		0		1		0.077		
Alanine.....g	0.142		0		1		0.170		
Aspartic acid.....g	0.293		0		1		0.352		
Glutamic acid.....g	0.454		0		1		0.545		
Glycine.....g	0.113		0		1		0.136		
Proline.....g	0.105		0		1		0.126		
Serine.....g	0.109		0		1		0.131		
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 = 120g: 1 cup

Calories Factors: Protein 3.4

Fat 8.37

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11818

Peas and onions, frozen, cooked, boiled, drained, 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	0.019		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.034		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.094		0		1		0.169		
18:2 undifferentiated.....g	0.078		0		1		0.140		
18:3 undifferentiated.....g	0.016		0		1		0.029		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.019		0		1		0.034		
Threonine.....g	0.093		0		1		0.167		
Isoleucine.....g	0.091		0		1		0.164		
Leucine.....g	0.148		0		1		0.266		
Lysine.....g	0.147		0		1		0.265		
Methionine.....g	0.037		0		1		0.067		
Cystine.....g	0.017		0		1		0.031		
Phenylalanine.....g	0.092		0		1		0.166		
Tyrosine.....g	0.054		0		1		0.097		
Valine.....g	0.107		0		1		0.193		
Arginine.....g	0.209		0		1		0.376		
Histidine.....g	0.049		0		1		0.088		
Alanine.....g	0.110		0		1		0.198		
Aspartic acid.....g	0.227		0		1		0.409		
Glutamic acid.....g	0.351		0		1		0.632		
Glycine.....g	0.087		0		1		0.157		
Proline.....g	0.081		0		1		0.146		
Serine.....g	0.084		0		1		0.151		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	626		0	RA	4		1125.909		
Carotene, alpha.....mcg	10		0	RA	4		18.449		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	1202		0	RA	4		2162.743		

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 = 180g: 1 cup

NDB No. 11818

Peas and onions, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 3.4

Fat 8.37

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11327

Peas and onions, frozen, cooked, boiled, drained, 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	0.019		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.034		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.094		0		1		0.169		
18:2 undifferentiated.....g	0.078		0		1		0.140		
18:3 undifferentiated.....g	0.016		0		1		0.029		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.034		
Threonine.....g	0.093		0		1		0.167		
Isoleucine.....g	0.091		0		1		0.164		
Leucine.....g	0.148		0		1		0.266		
Lysine.....g	0.147		0		1		0.265		
Methionine.....g	0.037		0		1		0.067		
Cystine.....g	0.017		0		1		0.031		
Phenylalanine.....g	0.092		0		1		0.166		
Tyrosine.....g	0.054		0		1		0.097		
Valine.....g	0.107		0		1		0.193		
Arginine.....g	0.209		0		1		0.376		
Histidine.....g	0.049		0		1		0.088		
Alanine.....g	0.110		0		1		0.198		
Aspartic acid.....g	0.227		0		1		0.409		
Glutamic acid.....g	0.351		0		1		0.632		
Glycine.....g	0.087		0		1		0.157		
Proline.....g	0.081		0		1		0.146		
Serine.....g	0.084		0		1		0.151		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	626		0	RA	4		1125.909		
Carotene, alpha.....mcg	10		0	RA	4		18.449		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	1202		0	RA	4		2162.743		

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 = 180g: 1 cup

NDB No. 11327

Peas and onions, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 3.4

Fat 8.37

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11326

Peas and onions, frozen, unprepared

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	0.031		0		1		0.021	0.088	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.021	0.088	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.148		0		1		0.102	0.420	
18:2 undifferentiated.....g	0.122		0		1		0.084	0.346	
18:3 undifferentiated.....g	0.026		0		1		0.018	0.074	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.020	0.082	
Threonine.....g	0.145		0		1		0.100	0.412	
Isoleucine.....g	0.143		0		1		0.099	0.406	
Leucine.....g	0.232		0		1		0.160	0.659	
Lysine.....g	0.230		0		1		0.159	0.653	
Methionine.....g	0.059		0		1		0.041	0.168	
Cystine.....g	0.027		0		1		0.019	0.077	
Phenylalanine.....g	0.144		0		1		0.099	0.409	
Tyrosine.....g	0.085		0		1		0.059	0.241	
Valine.....g	0.167		0		1		0.115	0.474	
Arginine.....g	0.328		0		1		0.226	0.932	
Histidine.....g	0.077		0		1		0.053	0.219	
Alanine.....g	0.172		0		1		0.119	0.488	
Aspartic acid.....g	0.355		0		1		0.245	1.008	
Glutamic acid.....g	0.550		0		1		0.380	1.562	
Glycine.....g	0.137		0		1		0.095	0.389	
Proline.....g	0.127		0		1		0.088	0.361	
Serine.....g	0.132		0		1		0.091	0.375	
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 = 69g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.4

Fat 8.37

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11809

Peas, edible-podded, cooked, boiled, drained, 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	0.023		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.023		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.160		
18:2 undifferentiated.....g	0.085		0		1		0.136		
18:3 undifferentiated.....g	0.015		0		1		0.024		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.032		0		1		0.051		
Threonine.....g	0.115		0		1		0.184		
Isoleucine.....g	0.188		0		1		0.301		
Leucine.....g	0.267		0		1		0.427		
Lysine.....g	0.235		0		1		0.376		
Methionine.....g	0.013		0		1		0.021		
Cystine.....g	0.037		0		1		0.059		
Phenylalanine.....g	0.105		0		1		0.168		
Tyrosine.....g	0.115		0		1		0.184		
Valine.....g	0.319		0		1		0.510		
Arginine.....g	0.157		0		1		0.251		
Histidine.....g	0.020		0		1		0.032		
Alanine.....g	0.068		0		1		0.109		
Aspartic acid.....g	0.267		0		1		0.427		
Glutamic acid.....g	0.523		0		1		0.837		
Glycine.....g	0.084		0		1		0.134		
Proline.....g	0.073		0		1		0.117		
Serine.....g	0.146		0		1		0.234		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	629		0	BFSN	4		1006.185		
Carotene, alpha.....mcg	44		0	BFSN	4		70.273		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	739		0	BFSN	4		1181.869		

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 = 160g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11301

Peas, edible-podded, cooked, boiled, drained, 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	0.023		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.023		0		1		0.037		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.160		
18:2 undifferentiated.....g	0.085		0		1		0.136		
18:3 undifferentiated.....g	0.015		0		1		0.024		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0		1		0.051		
Threonine.....g	0.115		0		1		0.184		
Isoleucine.....g	0.188		0		1		0.301		
Leucine.....g	0.267		0		1		0.427		
Lysine.....g	0.235		0		1		0.376		
Methionine.....g	0.013		0		1		0.021		
Cystine.....g	0.037		0		1		0.059		
Phenylalanine.....g	0.105		0		1		0.168		
Tyrosine.....g	0.115		0		1		0.184		
Valine.....g	0.319		0		1		0.510		
Arginine.....g	0.157		0		1		0.251		
Histidine.....g	0.020		0		1		0.032		
Alanine.....g	0.068		0		1		0.109		
Aspartic acid.....g	0.267		0		1		0.427		
Glutamic acid.....g	0.523		0		1		0.837		
Glycine.....g	0.084		0		1		0.134		
Proline.....g	0.073		0		1		0.117		
Serine.....g	0.146		0		1		0.234		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	629		0	BFSN	4		1006.185		
Carotene, alpha.....mcg	44		0	BFSN	4		70.273		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	739		0	BFSN	4		1181.869		

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 = 160g: 1 cup

NDB No. 11301

Peas, edible-podded, cooked, boiled, drained, without salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11810

Peas, edible-podded, frozen, cooked, boiled, drained, 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	0.039		0		1		0.062	0.099	
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	0.039		0		1		0.062	0.099	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.167		0		1		0.267	0.423	
18:2 undifferentiated.....g	0.142		0		1		0.227	0.359	
18:3 undifferentiated.....g	0.025		0		1		0.040	0.063	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.034		0		1		0.054	0.086	
Threonine.....g	0.123		0		1		0.197	0.311	
Isoleucine.....g	0.202		0		1		0.323	0.511	
Leucine.....g	0.286		0		1		0.458	0.724	
Lysine.....g	0.252		0		1		0.403	0.638	
Methionine.....g	0.014		0		1		0.022	0.035	
Cystine.....g	0.040		0		1		0.064	0.101	
Phenylalanine.....g	0.112		0		1		0.179	0.283	
Tyrosine.....g	0.123		0		1		0.197	0.311	
Valine.....g	0.342		0		1		0.547	0.865	
Arginine.....g	0.168		0		1		0.269	0.425	
Histidine.....g	0.022		0		1		0.035	0.056	
Alanine.....g	0.073		0		1		0.117	0.185	
Aspartic acid.....g	0.286		0		1		0.458	0.724	
Glutamic acid.....g	0.560		0		1		0.896	1.417	
Glycine.....g	0.090		0		1		0.144	0.228	
Proline.....g	0.078		0		1		0.125	0.197	
Serine.....g	0.157		0		1		0.251	0.397	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	760		0	BFSN	4		1215.770	1922.436	
Carotene, alpha.....mcg	53		0	BFSN	4		84.911	134.265	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	893		0	BFSN	4		1428.047	2258.099	

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 = 160g: 1 cup

Measure 2 = 253g: 1 package (10 oz) yields

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

NDB No. 11810

Peas, edible-podded, frozen, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11303

Peas, edible-podded, frozen, cooked, boiled, drained, 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	0.039		0		1		0.062	0.099	0.031
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	0.039		0		1		0.062	0.099	0.031
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	0.167		0		1		0.267	0.423	0.134
18:2 undifferentiated.....g	0.142		0		1		0.227	0.359	0.114
18:3 undifferentiated.....g	0.025		0		1		0.040	0.063	0.020
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0		1		0.054	0.086	0.027
Threonine.....g	0.123		0		1		0.197	0.311	0.098
Isoleucine.....g	0.202		0		1		0.323	0.511	0.162
Leucine.....g	0.286		0		1		0.458	0.724	0.229
Lysine.....g	0.252		0		1		0.403	0.638	0.202
Methionine.....g	0.014		0		1		0.022	0.035	0.011
Cystine.....g	0.040		0		1		0.064	0.101	0.032
Phenylalanine.....g	0.112		0		1		0.179	0.283	0.090
Tyrosine.....g	0.123		0		1		0.197	0.311	0.098
Valine.....g	0.342		0		1		0.547	0.865	0.274
Arginine.....g	0.168		0		1		0.269	0.425	0.134
Histidine.....g	0.022		0		1		0.035	0.056	0.018
Alanine.....g	0.073		0		1		0.117	0.185	0.058
Aspartic acid.....g	0.286		0		1		0.458	0.724	0.229
Glutamic acid.....g	0.560		0		1		0.896	1.417	0.448
Glycine.....g	0.090		0		1		0.144	0.228	0.072
Proline.....g	0.078		0		1		0.125	0.197	0.062
Serine.....g	0.157		0		1		0.251	0.397	0.126
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	760		0	BFSN	4		1215.770	1922.436	607.885
Carotene, alpha.....mcg	53		0	BFSN	4		84.911	134.265	42.455
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	893		0	BFSN	4		1428.047	2258.099	714.023

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 = 160g: 1 cup

Measure 2 = 253g: 1 package (10 oz) yields

Measure 3 = 80g: .5 cup

NDB No. 11303

Peas, edible-podded, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11302

Peas, edible-podded, frozen, unprepared

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	0.031		0		1		0.022	0.088	
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	0.031		0		1		0.022	0.088	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.133		0		1		0.096	0.378	
18:2 undifferentiated.....g	0.113		0		1		0.081	0.321	
18:3 undifferentiated.....g	0.020		0		1		0.014	0.057	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.027		0		1		0.019	0.077	
Threonine.....g	0.099		0		1		0.071	0.281	
Isoleucine.....g	0.161		0		1		0.116	0.457	
Leucine.....g	0.228		0		1		0.164	0.648	
Lysine.....g	0.202		0		1		0.145	0.574	
Methionine.....g	0.011		0		1		0.008	0.031	
Cystine.....g	0.032		0		1		0.023	0.091	
Phenylalanine.....g	0.090		0		1		0.065	0.256	
Tyrosine.....g	0.099		0		1		0.071	0.281	
Valine.....g	0.273		0		1		0.197	0.775	
Arginine.....g	0.134		0		1		0.096	0.381	
Histidine.....g	0.017		0		1		0.012	0.048	
Alanine.....g	0.058		0		1		0.042	0.165	
Aspartic acid.....g	0.228		0		1		0.164	0.648	
Glutamic acid.....g	0.448		0		1		0.323	1.272	
Glycine.....g	0.072		0		1		0.052	0.204	
Proline.....g	0.063		0		1		0.045	0.179	
Serine.....g	0.125		0		1		0.090	0.355	
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 = 72g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11300
Peas, edible-podded, raw

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	0.021		0		1		0.021	0.013	0.007
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.021		5		1		0.021	0.013	0.007
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	0.089		0		1		0.087	0.056	0.030
18:2 undifferentiated.....g	0.075		5		1		0.074	0.047	0.026
18:3 undifferentiated.....g	0.013		5		1		0.013	0.008	0.004
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		1		1		0.026	0.017	0.009
Threonine.....g	0.099		1		1		0.097	0.062	0.034
Isoleucine.....g	0.161		1		1		0.158	0.101	0.055
Leucine.....g	0.228		1		1		0.223	0.144	0.078
Lysine.....g	0.202		1		1		0.198	0.127	0.069
Methionine.....g	0.011		1		1		0.011	0.007	0.004
Cystine.....g	0.032		1		1		0.031	0.020	0.011
Phenylalanine.....g	0.090		1		1		0.088	0.057	0.031
Tyrosine.....g	0.099		1		1		0.097	0.062	0.034
Valine.....g	0.273		1		1		0.268	0.172	0.093
Arginine.....g	0.134		1		1		0.131	0.084	0.046
Histidine.....g	0.017		1		1		0.017	0.011	0.006
Alanine.....g	0.058		1		1		0.057	0.037	0.020
Aspartic acid.....g	0.228		1		1		0.223	0.144	0.078
Glutamic acid.....g	0.448		1		1		0.439	0.282	0.152
Glycine.....g	0.072		1		1		0.071	0.045	0.024
Proline.....g	0.063		1		1		0.062	0.040	0.021
Serine.....g	0.125		1		1		0.123	0.079	0.043
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	630		0	T	4		617.400	396.900	214.200
Carotene, alpha.....mcg	44		0	T	4		43.120	27.720	14.960
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	740		0	T	4		725.200	466.200	251.600

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 = 98g: 1 cup, chopped
- Measure 2 = 63g: 1 cup, whole
- Measure 3 = 34g: 10 pea pods

NDB No. 11300

Peas, edible-podded, raw

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11813

Peas, green, canned, no salt added, drained solids

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	0.056		0		1		0.048	0.175	
17:0.....g									
18:0.....g	0.006		0		1		0.005	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.026	0.097	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.031		0		1		0.026	0.097	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.163		0		1		0.139	0.510	
18:2 undifferentiated.....g	0.132		0		1		0.112	0.413	
18:3 undifferentiated.....g	0.031		0		1		0.026	0.097	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.026	0.094	
Threonine.....g	0.165		0		1		0.140	0.516	
Isoleucine.....g	0.159		0		1		0.135	0.498	
Leucine.....g	0.264		0		1		0.224	0.826	
Lysine.....g	0.259		0		1		0.220	0.811	
Methionine.....g	0.067		0		1		0.057	0.210	
Cystine.....g	0.026		0		1		0.022	0.081	
Phenylalanine.....g	0.163		0		1		0.139	0.510	
Tyrosine.....g	0.093		0		1		0.079	0.291	
Valine.....g	0.192		0		1		0.163	0.601	
Arginine.....g	0.349		0		1		0.297	1.092	
Histidine.....g	0.087		0		1		0.074	0.272	
Alanine.....g	0.196		0		1		0.167	0.613	
Aspartic acid.....g	0.404		0		1		0.343	1.265	
Glutamic acid.....g	0.604		0		1		0.513	1.891	
Glycine.....g	0.150		0		1		0.128	0.470	
Proline.....g	0.141		0		1		0.120	0.441	
Serine.....g	0.148		0		1		0.126	0.463	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	320		1	A	1		272.000	1001.600	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	1350		1	A	1		1147.500	4225.500	

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.

NDB No. 11813

Peas, green, canned, no salt added, drained solids

Common Measures:

Measure 1 = 85g: .5 cup

Measure 2 = 313g: 1 can (303 x 406)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11812

Peas, green, canned, no salt added, solids and liquids

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	0.048		0	BFFN	4		0.060	0.231	
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.006	0.024	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.027		0	BFFN	4		0.033	0.130	
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	0.027		0	BFFN	4		0.033	0.130	
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	0.142		0	BFFN	4		0.176	0.684	
18:2 undifferentiated.....g	0.115		0	BFFN	4		0.143	0.554	
18:3 undifferentiated.....g	0.027		0	BFFN	4		0.033	0.130	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0	BFFN	4		0.027	0.106	
Threonine.....g	0.120		0	BFFN	4		0.149	0.578	
Isoleucine.....g	0.114		0	BFFN	4		0.141	0.549	
Leucine.....g	0.190		0	BFFN	4		0.236	0.916	
Lysine.....g	0.187		0	BFFN	4		0.232	0.901	
Methionine.....g	0.048		0	BFFN	4		0.060	0.231	
Cystine.....g	0.019		0	BFFN	4		0.024	0.092	
Phenylalanine.....g	0.118		0	BFFN	4		0.146	0.569	
Tyrosine.....g	0.066		0	BFFN	4		0.082	0.318	
Valine.....g	0.138		0	BFFN	4		0.171	0.665	
Arginine.....g	0.252		0	BFFN	4		0.312	1.215	
Histidine.....g	0.063		0	BFFN	4		0.078	0.304	
Alanine.....g	0.141		0	BFFN	4		0.175	0.680	
Aspartic acid.....g	0.292		0	BFFN	4		0.362	1.407	
Glutamic acid.....g	0.436		0	BFFN	4		0.541	2.102	
Glycine.....g	0.108		0	BFFN	4		0.134	0.521	
Proline.....g	0.102		0	BFFN	4		0.126	0.492	
Serine.....g	0.107		0	BFFN	4		0.133	0.516	
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	859		0	BFSN	4		1065.625	4142.188	
Carotene, alpha.....mcg	14		0	BFSN	4		17.476	67.930	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1650		0	BFSN	4		2046.000	7953.000	

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.

NDB No. 11812

Peas, green, canned, no salt added, solids and liquids

Common Measures:

Measure 1 = 124g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11308

Peas, green, canned, regular pack, drained solids

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	0.056		0		1		0.095	0.175	
17:0.....g									
18:0.....g	0.006		0		1		0.010	0.019	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0		1		0.053	0.097	
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	0.031		0		1		0.053	0.097	
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	0.163		0		1		0.277	0.510	
18:2 undifferentiated.....g	0.132		0		1		0.224	0.413	
18:3 undifferentiated.....g	0.031		0		1		0.053	0.097	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.051	0.094	
Threonine.....g	0.165		0		1		0.281	0.516	
Isoleucine.....g	0.159		0		1		0.270	0.498	
Leucine.....g	0.264		0		1		0.449	0.826	
Lysine.....g	0.259		0		1		0.440	0.811	
Methionine.....g	0.067		0		1		0.114	0.210	
Cystine.....g	0.026		0		1		0.044	0.081	
Phenylalanine.....g	0.163		0		1		0.277	0.510	
Tyrosine.....g	0.093		0		1		0.158	0.291	
Valine.....g	0.192		0		1		0.326	0.601	
Arginine.....g	0.349		0		1		0.593	1.092	
Histidine.....g	0.087		0		1		0.148	0.272	
Alanine.....g	0.196		0		1		0.333	0.613	
Aspartic acid.....g	0.404		0		1		0.687	1.265	
Glutamic acid.....g	0.604		0		1		1.027	1.891	
Glycine.....g	0.150		0		1		0.255	0.470	
Proline.....g	0.141		0		1		0.240	0.441	
Serine.....g	0.148		0		1		0.252	0.463	
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	320		1	A	1		544.000	1001.600	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	1350		1	A	1		2295.000	4225.500	

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.

NDB No. 11308

Peas, green, canned, regular pack, drained solids

Common Measures:

Measure 1 = 170g: 1 cup

Measure 2 = 313g: 1 can (303 x 406)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11306

Peas, green, canned, regular pack, solids and liquids

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	0.045		0		1		0.056	0.217	
17:0.....g									
18:0.....g	0.005		0		1		0.006	0.024	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.025		0		1		0.031	0.121	
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	0.025		0		1		0.031	0.121	
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	0.132		0		1		0.164	0.636	
18:2 undifferentiated.....g	0.107		0		1		0.133	0.516	
18:3 undifferentiated.....g	0.025		0		1		0.031	0.121	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0	BFPN	4		0.027	0.106	
Threonine.....g	0.120		0	BFPN	4		0.149	0.578	
Isoleucine.....g	0.114		0	BFPN	4		0.141	0.549	
Leucine.....g	0.190		0	BFPN	4		0.236	0.916	
Lysine.....g	0.187		0	BFPN	4		0.232	0.901	
Methionine.....g	0.048		0	BFPN	4		0.060	0.231	
Cystine.....g	0.019		0	BFPN	4		0.024	0.092	
Phenylalanine.....g	0.118		0	BFPN	4		0.146	0.569	
Tyrosine.....g	0.066		0	BFPN	4		0.082	0.318	
Valine.....g	0.138		0	BFPN	4		0.171	0.665	
Arginine.....g	0.252		0	BFPN	4		0.312	1.215	
Histidine.....g	0.063		0	BFPN	4		0.078	0.304	
Alanine.....g	0.141		0	BFPN	4		0.175	0.680	
Aspartic acid.....g	0.292		0	BFPN	4		0.362	1.407	
Glutamic acid.....g	0.436		0	BFPN	4		0.541	2.102	
Glycine.....g	0.108		0	BFPN	4		0.134	0.521	
Proline.....g	0.102		0	BFPN	4		0.126	0.492	
Serine.....g	0.107		0	BFPN	4		0.133	0.516	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	859		0	BFSN	4		1065.625	4142.188	
Carotene, alpha.....mcg	14		0	BFSN	4		17.476	67.930	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1650		0	BFSN	4		2046.000	7953.000	

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.

NDB No. 11306

Peas, green, canned, regular pack, solids and liquids

Common Measures:

Measure 1 = 124g: .5 cup

Measure 2 = 482g: 1 can (303 x 406)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11310

Peas, green, canned, seasoned, solids and liquids

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	0.024		0		1		0.054	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.054	0.027	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.127		0		1		0.288	0.145	
18:2 undifferentiated.....g	0.103		0		1		0.234	0.117	
18:3 undifferentiated.....g	0.024		0		1		0.054	0.027	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1		0.048	0.024	
Threonine.....g	0.116		0		1		0.263	0.132	
Isoleucine.....g	0.111		0		1		0.252	0.127	
Leucine.....g	0.184		0		1		0.418	0.210	
Lysine.....g	0.181		0		1		0.411	0.206	
Methionine.....g	0.047		0		1		0.107	0.054	
Cystine.....g	0.018		0		1		0.041	0.021	
Phenylalanine.....g	0.114		0		1		0.259	0.130	
Tyrosine.....g	0.065		0		1		0.148	0.074	
Valine.....g	0.134		0		1		0.304	0.153	
Arginine.....g	0.244		0		1		0.554	0.278	
Histidine.....g	0.061		0		1		0.138	0.070	
Alanine.....g	0.137		0		1		0.311	0.156	
Aspartic acid.....g	0.283		0		1		0.642	0.323	
Glutamic acid.....g	0.422		0		1		0.958	0.481	
Glycine.....g	0.105		0		1		0.238	0.120	
Proline.....g	0.099		0		1		0.225	0.113	
Serine.....g	0.103		0		1		0.234	0.117	
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 = 227g: 1 cup
 Measure 2 = 114g: .5 cup

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11811

Peas, green, cooked, boiled, drained, 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
16:0.....g	0.035		0		1		0.056		
17:0.....g									
18:0.....g	0.004		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.030		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0		1		0.163		
18:2 undifferentiated.....g	0.082		0		1		0.131		
18:3 undifferentiated.....g	0.019		0		1		0.030		
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	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.037		0		1		0.059		
Threonine.....g	0.201		0		1		0.322		
Isoleucine.....g	0.193		0		1		0.309		
Leucine.....g	0.320		0		1		0.512		
Lysine.....g	0.314		0		1		0.502		
Methionine.....g	0.081		0		1		0.130		
Cystine.....g	0.032		0		1		0.051		
Phenylalanine.....g	0.198		0		1		0.317		
Tyrosine.....g	0.112		0		1		0.179		
Valine.....g	0.232		0		1		0.371		
Arginine.....g	0.423		0		1		0.677		
Histidine.....g	0.105		0		1		0.168		
Alanine.....g	0.237		0		1		0.379		
Aspartic acid.....g	0.490		0		1		0.784		
Glutamic acid.....g	0.733		0		1		1.173		
Glycine.....g	0.182		0		1		0.291		
Proline.....g	0.171		0		1		0.274		
Serine.....g	0.179		0		1		0.286		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	470		0	BFSN	4		751.423		
Carotene, alpha.....mcg	22		0	BFSN	4		35.441		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	2593		0	BFSN	4		4149.375		

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 = 160g: 1 cup

NDB No. 11811

Peas, green, cooked, boiled, drained, with salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11305

Peas, green, cooked, boiled, drained, 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	0.035		0		1		0.056		
17:0.....g									
18:0.....g	0.004		0		1		0.006		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.019		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.019		0		1		0.030		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0		1		0.163		
18:2 undifferentiated.....g	0.082		0		1		0.131		
18:3 undifferentiated.....g	0.019		0		1		0.030		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.037		0		1		0.059		
Threonine.....g	0.201		0		1		0.322		
Isoleucine.....g	0.193		0		1		0.309		
Leucine.....g	0.320		0		1		0.512		
Lysine.....g	0.314		0		1		0.502		
Methionine.....g	0.081		0		1		0.130		
Cystine.....g	0.032		0		1		0.051		
Phenylalanine.....g	0.198		0		1		0.317		
Tyrosine.....g	0.112		0		1		0.179		
Valine.....g	0.232		0		1		0.371		
Arginine.....g	0.423		0		1		0.677		
Histidine.....g	0.105		0		1		0.168		
Alanine.....g	0.237		0		1		0.379		
Aspartic acid.....g	0.490		0		1		0.784		
Glutamic acid.....g	0.733		0		1		1.173		
Glycine.....g	0.182		0		1		0.291		
Proline.....g	0.171		0		1		0.274		
Serine.....g	0.179		0		1		0.286		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	470		0	BFSN	4		751.423		
Carotene, alpha.....mcg	22		0	BFSN	4		35.441		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	2593		0	BFSN	4		4149.375		

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.

NDB No. 11305

Peas, green, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11814

Peas, green, frozen, cooked, boiled, drained, 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	0.024		0		1		0.061	0.019	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.061	0.019	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.129		0		1		0.326	0.103	
18:2 undifferentiated.....g	0.105		0		1		0.266	0.084	
18:3 undifferentiated.....g	0.024		0		1		0.061	0.019	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.035		0		1		0.089	0.028	
Threonine.....g	0.193		0		1		0.488	0.154	
Isoleucine.....g	0.185		0		1		0.468	0.148	
Leucine.....g	0.307		0		1		0.777	0.246	
Lysine.....g	0.302		0		1		0.764	0.242	
Methionine.....g	0.078		0		1		0.197	0.062	
Cystine.....g	0.030		0		1		0.076	0.024	
Phenylalanine.....g	0.190		0		1		0.481	0.152	
Tyrosine.....g	0.108		0		1		0.273	0.086	
Valine.....g	0.223		0		1		0.564	0.178	
Arginine.....g	0.407		0		1		1.030	0.326	
Histidine.....g	0.101		0		1		0.256	0.081	
Alanine.....g	0.228		0		1		0.577	0.182	
Aspartic acid.....g	0.471		0		1		1.192	0.377	
Glutamic acid.....g	0.705		0		1		1.784	0.564	
Glycine.....g	0.175		0		1		0.443	0.140	
Proline.....g	0.165		0		1		0.417	0.132	
Serine.....g	0.172		0		1		0.435	0.138	
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 = 253g: 1 package (10 oz) yields

Measure 2 = 80g: .5 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11313

Peas, green, frozen, cooked, boiled, drained, 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	0.044		0		1		0.111	0.035	
17:0.....g									
18:0.....g	0.005		0		1		0.013	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.061	0.019	
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	0.024		0		1		0.061	0.019	
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	0.129		0		1		0.326	0.103	
18:2 undifferentiated.....g	0.105		0		1		0.266	0.084	
18:3 undifferentiated.....g	0.024		0		1		0.061	0.019	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0		1		0.089	0.028	
Threonine.....g	0.193		0		1		0.488	0.154	
Isoleucine.....g	0.185		0		1		0.468	0.148	
Leucine.....g	0.307		0		1		0.777	0.246	
Lysine.....g	0.302		0		1		0.764	0.242	
Methionine.....g	0.078		0		1		0.197	0.062	
Cystine.....g	0.030		0		1		0.076	0.024	
Phenylalanine.....g	0.190		0		1		0.481	0.152	
Tyrosine.....g	0.108		0		1		0.273	0.086	
Valine.....g	0.223		0		1		0.564	0.178	
Arginine.....g	0.407		0		1		1.030	0.326	
Histidine.....g	0.101		0		1		0.256	0.081	
Alanine.....g	0.228		0		1		0.577	0.182	
Aspartic acid.....g	0.471		0		1		1.192	0.377	
Glutamic acid.....g	0.705		0		1		1.784	0.564	
Glycine.....g	0.175		0		1		0.443	0.140	
Proline.....g	0.165		0		1		0.417	0.132	
Serine.....g	0.172		0		1		0.435	0.138	
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	1250	50.000	7	A	1		3162.500	1000.000	
Carotene, alpha.....mcg	20		0	BFSN	4		51.863	16.400	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2400	0.000	8	A	1		6072.000	1920.000	

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.

NDB No. 11313

Peas, green, frozen, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 253g: 1 package (10 oz) yields

Measure 2 = 80g: .5 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11312
Peas, green, frozen, unprepared

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	0.060		0		1		0.043	0.170	
17:0.....g									
18:0.....g	0.007		0		1		0.005	0.020	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.033		0		1		0.024	0.094	
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	0.033		0		1		0.024	0.094	
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	0.175		0		1		0.126	0.497	
18:2 undifferentiated.....g	0.142		0		1		0.102	0.403	
18:3 undifferentiated.....g	0.033		0		1		0.024	0.094	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.026	0.102	
Threonine.....g	0.195		0		1		0.140	0.554	
Isoleucine.....g	0.187		0		1		0.135	0.531	
Leucine.....g	0.311		0		1		0.224	0.883	
Lysine.....g	0.305		0		1		0.220	0.866	
Methionine.....g	0.079		0		1		0.057	0.224	
Cystine.....g	0.031		0		1		0.022	0.088	
Phenylalanine.....g	0.192		0		1		0.138	0.545	
Tyrosine.....g	0.109		0		1		0.078	0.310	
Valine.....g	0.226		0		1		0.163	0.642	
Arginine.....g	0.412		0		1		0.297	1.170	
Histidine.....g	0.102		0		1		0.073	0.290	
Alanine.....g	0.231		0		1		0.166	0.656	
Aspartic acid.....g	0.476		0		1		0.343	1.352	
Glutamic acid.....g	0.712		0		1		0.513	2.022	
Glycine.....g	0.177		0		1		0.127	0.503	
Proline.....g	0.167		0		1		0.120	0.474	
Serine.....g	0.174		0		1		0.125	0.494	
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	1225		0	BFSN	4		881.982	3478.931	
Carotene, alpha.....mcg	20		0	BFSN	4		14.464	57.053	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2352		0	BFSN	4		1693.406	6679.547	

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NDB No. 11312

Peas, green, frozen, unprepared

Common Measures:

Measure 1 = 72g: .5 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11304
Peas, green, raw

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	0.064		1		1		0.093		
17:0.....g									
18:0.....g	0.007		1		1		0.010		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.035		0		1		0.051		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.035		1		1		0.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.187		0		1		0.271		
18:2 undifferentiated.....g	0.152		1		1		0.220		
18:3 undifferentiated.....g	0.035		1		1		0.051		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.037		0		1		0.054		
Threonine.....g	0.203		0		1		0.294		
Isoleucine.....g	0.195		0		1		0.283		
Leucine.....g	0.323		0		1		0.468		
Lysine.....g	0.317		0		1		0.460		
Methionine.....g	0.082		0		1		0.119		
Cystine.....g	0.032		0		1		0.046		
Phenylalanine.....g	0.200		0		1		0.290		
Tyrosine.....g	0.114		0		1		0.165		
Valine.....g	0.235		0		1		0.341		
Arginine.....g	0.428		0		1		0.621		
Histidine.....g	0.107		0		1		0.155		
Alanine.....g	0.240		0		1		0.348		
Aspartic acid.....g	0.496		0		1		0.719		
Glutamic acid.....g	0.741		0		1		1.074		
Glycine.....g	0.184		0		1		0.267		
Proline.....g	0.173		0		1		0.251		
Serine.....g	0.181		0		1		0.262		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	449	108.530	40	A	1		650.514		
Carotene, alpha.....mcg	21	5.140	40	A	1		30.682		
Cryptoxanthin, beta.....mcg	0		15	A	1		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	2477		0	BFSN	4		3592.148		

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.

NDB No. 11304

Peas, green, raw

Common Measures:

Measure 1 = 145g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11815

Peas, mature seeds, sprouted, cooked, boiled, drained, 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	0.045		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.045		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0		1				
18:2 undifferentiated.....g	0.195		0		1				
18:3 undifferentiated.....g	0.045		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.240		0		1				
Isoleucine.....g	0.221		0		1				
Leucine.....g	0.473		0		1				
Lysine.....g	0.497		0		1				
Methionine.....g	0.089		0		1				
Cystine.....g	0.200		0		1				
Phenylalanine.....g	0.325		0		1				
Tyrosine.....g	0.164		0		1				
Valine.....g	0.285		0		1				
Arginine.....g	0.627		0		1				
Histidine.....g	0.217		0		1				
Alanine.....g	0.317		0		1				
Aspartic acid.....g	0.849		0		1				
Glutamic acid.....g	1.317		0		1				
Glycine.....g	0.270		0		1				
Proline.....g	0.359		0		1				
Serine.....g	0.386		0		1				
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:

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11317

Peas, mature seeds, sprouted, cooked, boiled, drained, 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	0.045		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.045		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0		1				
18:2 undifferentiated.....g	0.195		0		1				
18:3 undifferentiated.....g	0.045		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.240		0		1				
Isoleucine.....g	0.221		0		1				
Leucine.....g	0.473		0		1				
Lysine.....g	0.497		0		1				
Methionine.....g	0.089		0		1				
Cystine.....g	0.200		0		1				
Phenylalanine.....g	0.325		0		1				
Tyrosine.....g	0.164		0		1				
Valine.....g	0.285		0		1				
Arginine.....g	0.627		0		1				
Histidine.....g	0.217		0		1				
Alanine.....g	0.317		0		1				
Aspartic acid.....g	0.849		0		1				
Glutamic acid.....g	1.317		0		1				
Glycine.....g	0.270		0		1				
Proline.....g	0.359		0		1				
Serine.....g	0.386		0		1				
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:

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11316

Peas, mature seeds, sprouted, raw

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	0.061		0		1		0.073		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.061		0		1		0.073		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.326		0		1		0.391		
18:2 undifferentiated.....g	0.265		0		1		0.318		
18:3 undifferentiated.....g	0.061		0		1		0.073		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.186		1		1		0.223		
Isoleucine.....g	0.171		1		1		0.205		
Leucine.....g	0.365		1		1		0.438		
Lysine.....g	0.384		1		1		0.461		
Methionine.....g	0.069		1		1		0.083		
Cystine.....g	0.155		1		1		0.186		
Phenylalanine.....g	0.251		1		1		0.301		
Tyrosine.....g	0.127		1		1		0.152		
Valine.....g	0.220		1		1		0.264		
Arginine.....g	0.484		1		1		0.581		
Histidine.....g	0.167		1		1		0.200		
Alanine.....g	0.245		1		1		0.294		
Aspartic acid.....g	0.656		1		1		0.787		
Glutamic acid.....g	1.017		1		1		1.220		
Glycine.....g	0.208		1		1		0.250		
Proline.....g	0.277		1		1		0.332		
Serine.....g	0.299		1		1		0.359		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 120g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11978
Pepper, ancho, dried

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	0.492		0	BFFN	4		0.084		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.410		0	BFFN	4		0.070		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.511		0	BFFN	4		0.767		
18:2 undifferentiated.....g	4.265		0	BFFN	4		0.725		
18:3 undifferentiated.....g	0.164		0	BFFN	4		0.028		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.155		0	BFFN	4		0.026		
Threonine.....g	0.425		0	BFFN	4		0.072		
Isoleucine.....g	0.373		0	BFFN	4		0.063		
Leucine.....g	0.605		0	BFFN	4		0.103		
Lysine.....g	0.515		0	BFFN	4		0.088		
Methionine.....g	0.142		0	BFFN	4		0.024		
Cystine.....g	0.219		0	BFFN	4		0.037		
Phenylalanine.....g	0.361		0	BFFN	4		0.061		
Tyrosine.....g	0.245		0	BFFN	4		0.042		
Valine.....g	0.489		0	BFFN	4		0.083		
Arginine.....g	0.554		0	BFFN	4		0.094		
Histidine.....g	0.232		0	BFFN	4		0.039		
Alanine.....g	0.476		0	BFFN	4		0.081		
Aspartic acid.....g	1.661		0	BFFN	4		0.282		
Glutamic acid.....g	1.532		0	BFFN	4		0.260		
Glycine.....g	0.425		0	BFFN	4		0.072		
Proline.....g	0.502		0	BFFN	4		0.085		
Serine.....g	0.464		0	BFFN	4		0.079		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 17g: 1 pepper

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11976
Pepper, banana, raw

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	0.027		0	BFFN	4		0.033	0.009	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.025		0	BFFN	4		0.031	0.008	0.012
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.243		0	BFFN	4		0.301	0.080	0.112
18:2 undifferentiated.....g	0.240		0	BFFN	4		0.298	0.079	0.110
18:3 undifferentiated.....g	0.003		0	BFFN	4		0.004	0.001	0.001
18:4.....g	0.000		0	BFFN	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	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	3		1	A	1		4	1	1
Stigmasterol.....mg	0		1	A	1		0	0	0
Campesterol.....mg	1		1	A	1		1	0	0
Beta-sitosterol.....mg	2		1	A	1		3	1	1
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	184		2	A	1		228.656	60.852	84.824
Carotene, alpha.....mcg	39		2	A	1		48.608	12.936	18.032
Cryptoxanthin, beta.....mcg	0		2	A	1		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 = 124g: 1 cup

Measure 2 = 33g: 1 small (4" long)

Measure 3 = 46g: 1 medium (4-1/2" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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	0.023		0	BFFN	4		0.024	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0	BFFN	4		0.022	0.001	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.222		0	BFFN	4		0.233	0.014	
18:2 undifferentiated.....g	0.216		0	BFFN	4		0.227	0.013	
18:3 undifferentiated.....g	0.006		0	BFFN	4		0.006	0.000	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	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	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	6		1	A	1		6	0	
Stigmasterol.....mg	0		1	A	1		0	0	
Campesterol.....mg	2		1	A	1		2	0	
Beta-sitosterol.....mg	3		1	A	1		3	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	534		2	A	1		560.280	32.550	
Carotene, alpha.....mcg	18		2	A	1		18.795	1.092	
Cryptoxanthin, beta.....mcg	40		2	A	1		41.580	2.416	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	577		0	BFSN	4		605.749	35.191	

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 = 105g: 1 cup, chopped

Measure 2 = 6.1g: 1 pepper

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11980
Peppers, chili, green, canned

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	0.017		0	BFFN	4		0.024		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.014		0	BFFN	4		0.019		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.153		0	BFFN	4		0.213		
18:2 undifferentiated.....g	0.145		0	BFFN	4		0.202		
18:3 undifferentiated.....g	0.006		0	BFFN	4		0.008		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0	BFFN	4		0.014		
Threonine.....g	0.026		0	BFFN	4		0.036		
Isoleucine.....g	0.023		0	BFFN	4		0.032		
Leucine.....g	0.038		0	BFFN	4		0.053		
Lysine.....g	0.032		0	BFFN	4		0.044		
Methionine.....g	0.009		0	BFFN	4		0.013		
Cystine.....g	0.014		0	BFFN	4		0.019		
Phenylalanine.....g	0.022		0	BFFN	4		0.031		
Tyrosine.....g	0.015		0	BFFN	4		0.021		
Valine.....g	0.030		0	BFFN	4		0.042		
Arginine.....g	0.034		0	BFFN	4		0.047		
Histidine.....g	0.014		0	BFFN	4		0.019		
Alanine.....g	0.030		0	BFFN	4		0.042		
Aspartic acid.....g	0.103		0	BFFN	4		0.143		
Glutamic acid.....g	0.095		0	BFFN	4		0.132		
Glycine.....g	0.026		0	BFFN	4		0.036		
Proline.....g	0.031		0	BFFN	4		0.043		
Serine.....g	0.029		0	BFFN	4		0.040		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 139g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11962
Peppers, hot chile, sun-dried

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	0.468		0		1		0.173	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		1		1		0.007	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.449		1		1		0.166	0.002	
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	3.079		0		1		1.139	0.015	
18:2 undifferentiated.....g	3.056		1		1		1.131	0.015	
18:3 undifferentiated.....g	0.023		1		1		0.009	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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0		1		0.050	0.001	
Threonine.....g	0.389		0		1		0.144	0.002	
Isoleucine.....g	0.342		0		1		0.127	0.002	
Leucine.....g	0.554		0		1		0.205	0.003	
Lysine.....g	0.471		0		1		0.174	0.002	
Methionine.....g	0.127		0		1		0.047	0.001	
Cystine.....g	0.203		0		1		0.075	0.001	
Phenylalanine.....g	0.327		0		1		0.121	0.002	
Tyrosine.....g	0.220		0		1		0.081	0.001	
Valine.....g	0.447		0		1		0.165	0.002	
Arginine.....g	0.508		0		1		0.188	0.003	
Histidine.....g	0.215		0		1		0.080	0.001	
Alanine.....g	0.433		0		1		0.160	0.002	
Aspartic acid.....g	1.512		0		1		0.559	0.008	
Glutamic acid.....g	1.397		0		1		0.517	0.007	
Glycine.....g	0.391		0		1		0.145	0.002	
Proline.....g	0.460		0		1		0.170	0.002	
Serine.....g	0.425		0		1		0.157	0.002	
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	14844		0	BNA	4		5492.384	74.221	
Carotene, alpha.....mcg	994		0	BNA	4		367.782	4.970	
Cryptoxanthin, beta.....mcg	1103		0	BNA	4		408.122	5.515	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5494		0	BFSN	4		2032.743	27.470	

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 = 37g: 1 cup

Measure 2 = 0.5g: 1 pepper

NDB No. 11962
Peppers, hot chile, sun-dried

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11329

Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids

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	0.006		0		1		0.004	0.004	
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	0.005		0		1		0.004	0.003	
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	0.055		0		1		0.040	0.037	
18:2 undifferentiated.....g	0.052		0		1		0.038	0.035	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.001	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.009	0.008	
Threonine.....g	0.033		0		1		0.024	0.022	
Isoleucine.....g	0.029		0		1		0.021	0.020	
Leucine.....g	0.047		0		1		0.034	0.032	
Lysine.....g	0.040		0		1		0.029	0.027	
Methionine.....g	0.011		0		1		0.008	0.007	
Cystine.....g	0.017		0		1		0.012	0.012	
Phenylalanine.....g	0.028		0		1		0.020	0.019	
Tyrosine.....g	0.019		0		1		0.014	0.013	
Valine.....g	0.038		0		1		0.028	0.026	
Arginine.....g	0.043		0		1		0.031	0.029	
Histidine.....g	0.018		0		1		0.013	0.012	
Alanine.....g	0.037		0		1		0.027	0.025	
Aspartic acid.....g	0.129		0		1		0.094	0.088	
Glutamic acid.....g	0.119		0		1		0.087	0.081	
Glycine.....g	0.033		0		1		0.024	0.022	
Proline.....g	0.039		0		1		0.028	0.027	
Serine.....g	0.036		0		1		0.026	0.024	
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	410		0	BFSN	4		299.637	279.114	
Carotene, alpha.....mcg	14		0	BFSN	4		10.052	9.363	
Cryptoxanthin, beta.....mcg	30		0	BFSN	4		22.237	20.714	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	444		0	BFSN	4		323.954	301.765	

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 = 73g: 1 pepper

Measure 2 = 68g: .5 cup, chopped or diced

NDB No. 11329

Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11670
Peppers, hot chili, green, raw

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	0.011		0		1		0.005	0.008	
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	0.011		0		1		0.005	0.008	
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	0.109		0		1		0.049	0.082	
18:2 undifferentiated.....g	0.104		0		1		0.047	0.078	
18:3 undifferentiated.....g	0.005		0		1		0.002	0.004	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.026		11		1		0.012	0.020	
Threonine.....g	0.074		7		1		0.033	0.056	
Isoleucine.....g	0.065		7		1		0.029	0.049	
Leucine.....g	0.105		7		1		0.047	0.079	
Lysine.....g	0.089		13		1		0.040	0.067	
Methionine.....g	0.024		13		1		0.011	0.018	
Cystine.....g	0.038		6		1		0.017	0.029	
Phenylalanine.....g	0.062		7		1		0.028	0.047	
Tyrosine.....g	0.042		7		1		0.019	0.032	
Valine.....g	0.084		7		1		0.038	0.063	
Arginine.....g	0.096		7		1		0.043	0.072	
Histidine.....g	0.041		7		1		0.018	0.031	
Alanine.....g	0.082		7		1		0.037	0.062	
Aspartic acid.....g	0.286		7		1		0.129	0.215	
Glutamic acid.....g	0.264		7		1		0.119	0.198	
Glycine.....g	0.074		7		1		0.033	0.056	
Proline.....g	0.087		7		1		0.039	0.065	
Serine.....g	0.080		7		1		0.036	0.060	
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	671		0	BFSN	4		301.935	503.226	
Carotene, alpha.....mcg	23		0	BFSN	4		10.129	16.881	
Cryptoxanthin, beta.....mcg	50		0	BFSN	4		22.408	37.346	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	725		0	BFSN	4		326.439	544.065	

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Common Measures:

Measure 1 = 45g: 1 pepper

Measure 2 = 75g: .5 cup, chopped or diced

NDB No. 11670
Peppers, hot chili, green, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11820

Peppers, hot chili, red, canned, excluding seeds, solids and liquids

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	0.006		0		1		0.004	0.004	
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	0.005		0		1		0.004	0.003	
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	0.055		0		1		0.040	0.037	
18:2 undifferentiated.....g	0.052		0		1		0.038	0.035	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.001	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.009	0.008	
Threonine.....g	0.033		0		1		0.024	0.022	
Isoleucine.....g	0.029		0		1		0.021	0.020	
Leucine.....g	0.047		0		1		0.034	0.032	
Lysine.....g	0.040		0		1		0.029	0.027	
Methionine.....g	0.011		0		1		0.008	0.007	
Cystine.....g	0.017		0		1		0.012	0.012	
Phenylalanine.....g	0.028		0		1		0.020	0.019	
Tyrosine.....g	0.019		0		1		0.014	0.013	
Valine.....g	0.038		0		1		0.028	0.026	
Arginine.....g	0.043		0		1		0.031	0.029	
Histidine.....g	0.018		0		1		0.013	0.012	
Alanine.....g	0.037		0		1		0.027	0.025	
Aspartic acid.....g	0.129		0		1		0.094	0.088	
Glutamic acid.....g	0.119		0		1		0.087	0.081	
Glycine.....g	0.033		0		1		0.024	0.022	
Proline.....g	0.039		0		1		0.028	0.027	
Serine.....g	0.036		0		1		0.026	0.024	
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	6664		0	BNA	4		4865.055	4531.833	
Carotene, alpha.....mcg	446		0	BNA	4		325.774	303.461	
Cryptoxanthin, beta.....mcg	495		0	BNA	4		361.507	336.746	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	444		0	BFSN	4		323.954	301.765	

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 = 73g: 1 pepper

Measure 2 = 68g: .5 cup, chopped or diced

NDB No. 11820

Peppers, hot chili, red, canned, excluding seeds, solids and liquids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11819
Peppers, hot chili, red, raw

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	0.061		0	NC	4		0.027	0.045	
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	0.061		0		1		0.027	0.045	
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	0.600		0	NC	4		0.270	0.450	
18:2 undifferentiated.....g	0.572		0		1		0.258	0.429	
18:3 undifferentiated.....g	0.028		0		1		0.012	0.021	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.026		11		1		0.012	0.020	
Threonine.....g	0.074		7		1		0.033	0.056	
Isoleucine.....g	0.065		7		1		0.029	0.049	
Leucine.....g	0.105		7		1		0.047	0.079	
Lysine.....g	0.089		13		1		0.040	0.067	
Methionine.....g	0.024		13		1		0.011	0.018	
Cystine.....g	0.038		6		1		0.017	0.029	
Phenylalanine.....g	0.062		7		1		0.028	0.047	
Tyrosine.....g	0.042		7		1		0.019	0.032	
Valine.....g	0.084		7		1		0.038	0.063	
Arginine.....g	0.096		7		1		0.043	0.072	
Histidine.....g	0.041		7		1		0.018	0.031	
Alanine.....g	0.082		7		1		0.037	0.062	
Aspartic acid.....g	0.286		7		1		0.129	0.215	
Glutamic acid.....g	0.264		7		1		0.119	0.198	
Glycine.....g	0.074		7		1		0.033	0.056	
Proline.....g	0.087		7		1		0.039	0.065	
Serine.....g	0.080		7		1		0.036	0.060	
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	534		2		1		240.140	400.234	
Carotene, alpha.....mcg	36		1		1		16.080	26.801	
Cryptoxanthin, beta.....mcg	40		2		1		17.844	29.740	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	709		0	BFSN	4		319.111	531.852	

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Common Measures:

Measure 1 = 45g: 1 pepper

Measure 2 = 75g: .5 cup, chopped or diced

NDB No. 11819
Peppers, hot chili, red, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11981
Peppers, hungarian, raw

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	0.024		0	BFFN	4		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.024		0	BFFN	4		0.006		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0	BFFN	4		0.065		
18:2 undifferentiated.....g	0.229		0	BFFN	4		0.062		
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.003		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0	BFFN	4		0.003		
Threonine.....g	0.030		0	BFFN	4		0.008		
Isoleucine.....g	0.026		0	BFFN	4		0.007		
Leucine.....g	0.042		0	BFFN	4		0.011		
Lysine.....g	0.036		0	BFFN	4		0.010		
Methionine.....g	0.010		0	BFFN	4		0.003		
Cystine.....g	0.015		0	BFFN	4		0.004		
Phenylalanine.....g	0.025		0	BFFN	4		0.007		
Tyrosine.....g	0.017		0	BFFN	4		0.005		
Valine.....g	0.034		0	BFFN	4		0.009		
Arginine.....g	0.039		0	BFFN	4		0.011		
Histidine.....g	0.016		0	BFFN	4		0.004		
Alanine.....g	0.033		0	BFFN	4		0.009		
Aspartic acid.....g	0.115		0	BFFN	4		0.031		
Glutamic acid.....g	0.106		0	BFFN	4		0.029		
Glycine.....g	0.030		0	BFFN	4		0.008		
Proline.....g	0.035		0	BFFN	4		0.009		
Serine.....g	0.032		0	BFFN	4		0.009		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 27g: 1 pepper

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11632

Peppers, jalapeno, canned, solids and liquids

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	0.053		0	BFFN	4		0.072	0.055	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.003	0.002	0.000
17:1.....g									
18:1 undifferentiated.....g	0.050		0	BFFN	4		0.068	0.052	0.011
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.514		0	BFFN	4		0.699	0.535	0.113
18:2 undifferentiated.....g	0.490		0	BFFN	4		0.666	0.510	0.108
18:3 undifferentiated.....g	0.024		0	BFFN	4		0.033	0.025	0.005
18:4.....g	0.000		0	BFFN	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	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0	BFFN	4		0.016	0.012	0.003
Threonine.....g	0.033		0	BFFN	4		0.045	0.034	0.007
Isoleucine.....g	0.030		0	BFFN	4		0.041	0.031	0.007
Leucine.....g	0.048		0	BFFN	4		0.065	0.050	0.011
Lysine.....g	0.042		0	BFFN	4		0.057	0.044	0.009
Methionine.....g	0.012		0	BFFN	4		0.016	0.012	0.003
Cystine.....g	0.017		0	BFFN	4		0.023	0.018	0.004
Phenylalanine.....g	0.029		0	BFFN	4		0.039	0.030	0.006
Tyrosine.....g	0.020		0	BFFN	4		0.027	0.021	0.004
Valine.....g	0.039		0	BFFN	4		0.053	0.041	0.009
Arginine.....g	0.044		0	BFFN	4		0.060	0.046	0.010
Histidine.....g	0.018		0	BFFN	4		0.024	0.019	0.004
Alanine.....g	0.038		0	BFFN	4		0.052	0.040	0.008
Aspartic acid.....g	0.132		0	BFFN	4		0.180	0.137	0.029
Glutamic acid.....g	0.122		0	BFFN	4		0.166	0.127	0.027
Glycine.....g	0.035		0	BFFN	4		0.048	0.036	0.008
Proline.....g	0.040		0	BFFN	4		0.054	0.042	0.009
Serine.....g	0.037		0	BFFN	4		0.050	0.038	0.008
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	968		0	BNA	4		1316.280	1006.567	212.928
Carotene, alpha.....mcg	32		0	BNA	4		44.156	33.766	7.143
Cryptoxanthin, beta.....mcg	72		0	BNA	4		97.685	74.700	15.802
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	657		0	BFSN	4		894.030	683.670	144.622

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Common Measures:

- Measure 1 = 136g: 1 cup, chopped
- Measure 2 = 104g: 1 cup, sliced
- Measure 3 = 22g: 1 pepper

NDB No. 11632

Peppers, jalapeno, canned, solids and liquids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11979
Peppers, jalapeno, raw

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	0.033		0	BFFN	4		0.030	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFFN	4		0.028	0.004	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.319		0	BFFN	4		0.287	0.045	
18:2 undifferentiated.....g	0.304		0	BFFN	4		0.274	0.043	
18:3 undifferentiated.....g	0.015		0	BFFN	4		0.014	0.002	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0	BFFN	4		0.015	0.002	
Threonine.....g	0.049		0	BFFN	4		0.044	0.007	
Isoleucine.....g	0.044		0	BFFN	4		0.040	0.006	
Leucine.....g	0.071		0	BFFN	4		0.064	0.010	
Lysine.....g	0.061		0	BFFN	4		0.055	0.009	
Methionine.....g	0.017		0	BFFN	4		0.015	0.002	
Cystine.....g	0.025		0	BFFN	4		0.023	0.004	
Phenylalanine.....g	0.042		0	BFFN	4		0.038	0.006	
Tyrosine.....g	0.029		0	BFFN	4		0.026	0.004	
Valine.....g	0.057		0	BFFN	4		0.051	0.008	
Arginine.....g	0.064		0	BFFN	4		0.058	0.009	
Histidine.....g	0.027		0	BFFN	4		0.024	0.004	
Alanine.....g	0.056		0	BFFN	4		0.050	0.008	
Aspartic acid.....g	0.192		0	BFFN	4		0.173	0.027	
Glutamic acid.....g	0.179		0	BFFN	4		0.161	0.025	
Glycine.....g	0.051		0	BFFN	4		0.046	0.007	
Proline.....g	0.059		0	BFFN	4		0.053	0.008	
Serine.....g	0.054		0	BFFN	4		0.049	0.008	
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	455		0	BFSN	4		409.312	63.671	
Carotene, alpha.....mcg	15		0	BFSN	4		13.731	2.136	
Cryptoxanthin, beta.....mcg	34		0	BFSN	4		30.376	4.725	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	492		0	BFSN	4		442.530	68.838	

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Common Measures:

Measure 1 = 90g: 1 cup, sliced

Measure 2 = 14.0g: 1 pepper

NDB No. 11979
Peppers, jalapeno, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11982
Peppers, pasilla, dried

Refuse: 6% Stems

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	14.84		2	A	1		1.04		
Energy.....kcal	345		0	NC	4		24		
Energy.....kj	1443				4		101		
Protein (N x 6.25).....g	12.35		2	A	1		0.86		
Total lipid (fat).....g	15.85		2	A	1		1.11		
Ash.....g	5.82		2	A	1		0.41		
Carbohydrate, by difference.....g	51.13		0	NC	4		3.58		
Fiber, total dietary.....g	26.8		2	A	1		1.9		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	97		2	A	1		7		
Iron, Fe.....mg	9.83		2	A	1		0.69		
Magnesium, Mg.....mg	130		2	A	1		9		
Phosphorus, P.....mg	267		2	A	1		19		
Potassium, K.....mg	2222		2	A	1		156		
Sodium, Na.....mg	89		2	A	1		6		
Zinc, Zn.....mg	1.40		2	A	1		0.10		
Copper, Cu.....mg	0.423		2	A	1		0.030		
Manganese, Mn.....mg	1.580		2	A	1		0.111		
Selenium, Se.....mcg	3.2		0	BFSN	4		0.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.4		1	A	1		0.4		
Thiamin.....mg	0.172		2	A	1		0.012		
Riboflavin.....mg	3.197		2	A	1		0.224		
Niacin.....mg	7.175		2	A	1		0.502		
Pantothenic acid.....mg	1.591		2	A	1		0.111		
Vitamin B-6.....mg	4.228		2	A	1		0.296		
Folate, total.....mcg	170		2	A	1		12		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	170		2	A	1		12		
Folate, DFE.....mcg_DFE	170		0	NC	4		12		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	35760		2	A	1		2503		
Vitamin A, RAE.....mcg_RAE	1788		2	A	1		125		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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NDB No. 11982

Peppers, pasilla, dried

Common Measures:

Measure 1 = 7.0g: 1 pepper

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11335

Peppers, sweet, green, canned, solids and liquids

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	0.020		0		1		0.028		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.025		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.225		
18:2 undifferentiated.....g	0.146		0		1		0.204		
18:3 undifferentiated.....g	0.015		0		1		0.021		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.014		
Threonine.....g	0.029		0		1		0.041		
Isoleucine.....g	0.026		0		1		0.036		
Leucine.....g	0.042		0		1		0.059		
Lysine.....g	0.036		0		1		0.050		
Methionine.....g	0.010		0		1		0.014		
Cystine.....g	0.015		0		1		0.021		
Phenylalanine.....g	0.025		0		1		0.035		
Tyrosine.....g	0.017		0		1		0.024		
Valine.....g	0.034		0		1		0.048		
Arginine.....g	0.038		0		1		0.053		
Histidine.....g	0.016		0		1		0.022		
Alanine.....g	0.033		0		1		0.046		
Aspartic acid.....g	0.114		0		1		0.160		
Glutamic acid.....g	0.106		0		1		0.148		
Glycine.....g	0.030		0		1		0.042		
Proline.....g	0.035		0		1		0.049		
Serine.....g	0.032		0		1		0.045		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 140g: 1 cup, halves

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11822

Peppers, sweet, green, cooked, boiled, drained, 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	0.013		0		1		0.002	0.009	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.001	0.009	0.011
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.012	0.077	0.098
18:2 undifferentiated.....g	0.096		0		1		0.011	0.070	0.088
18:3 undifferentiated.....g	0.010		0		1		0.001	0.007	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	z	7		0	0	0
Phytosterols.....mg	9		0		1		1	7	8
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.009	0.011
Threonine.....g	0.034		0		1		0.004	0.025	0.031
Isoleucine.....g	0.030		0		1		0.003	0.022	0.028
Leucine.....g	0.048		0		1		0.006	0.035	0.044
Lysine.....g	0.041		0		1		0.005	0.030	0.038
Methionine.....g	0.011		0		1		0.001	0.008	0.010
Cystine.....g	0.018		0		1		0.002	0.013	0.017
Phenylalanine.....g	0.029		0		1		0.003	0.021	0.027
Tyrosine.....g	0.019		0		1		0.002	0.014	0.017
Valine.....g	0.039		0		1		0.005	0.028	0.036
Arginine.....g	0.044		0		1		0.005	0.032	0.040
Histidine.....g	0.019		0		1		0.002	0.014	0.017
Alanine.....g	0.038		0		1		0.004	0.028	0.035
Aspartic acid.....g	0.132		0		1		0.015	0.096	0.121
Glutamic acid.....g	0.122		0		1		0.014	0.089	0.112
Glycine.....g	0.034		0		1		0.004	0.025	0.031
Proline.....g	0.040		0		1		0.005	0.029	0.037
Serine.....g	0.037		0		1		0.004	0.027	0.034
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 = 11.6g: 1 tbsp

Measure 2 = 73g: 1 pepper

Measure 3 = 92g: .5 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11334

Peppers, sweet, green, cooked, boiled, drained, 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	0.022		0		1		0.030	0.003	0.015
17:0.....g									
18:0.....g	0.007		0		1		0.010	0.001	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.013		0	NC	4		0.018	0.002	0.009
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.016	0.001	0.008
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	0.107		0	NC	4		0.145	0.012	0.073
18:2 undifferentiated.....g	0.097		0		1		0.131	0.011	0.066
18:3 undifferentiated.....g	0.010		0		1		0.014	0.001	0.007
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	Z	7		0	0	0
Phytosterols.....mg	9		0		1		12	1	6
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.016	0.001	0.008
Threonine.....g	0.034		0		1		0.046	0.004	0.023
Isoleucine.....g	0.030		0		1		0.041	0.003	0.020
Leucine.....g	0.048		0		1		0.065	0.006	0.033
Lysine.....g	0.041		0		1		0.055	0.005	0.028
Methionine.....g	0.011		0		1		0.015	0.001	0.007
Cystine.....g	0.018		0		1		0.024	0.002	0.012
Phenylalanine.....g	0.029		0		1		0.039	0.003	0.020
Tyrosine.....g	0.019		0		1		0.026	0.002	0.013
Valine.....g	0.039		0		1		0.053	0.005	0.027
Arginine.....g	0.044		0		1		0.059	0.005	0.030
Histidine.....g	0.019		0		1		0.026	0.002	0.013
Alanine.....g	0.038		0		1		0.051	0.004	0.026
Aspartic acid.....g	0.132		0		1		0.178	0.015	0.090
Glutamic acid.....g	0.122		0		1		0.165	0.014	0.083
Glycine.....g	0.034		0		1		0.046	0.004	0.023
Proline.....g	0.040		0		1		0.054	0.005	0.027
Serine.....g	0.037		0		1		0.050	0.004	0.025
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFSN	4		0	0	0
Theobromine.....mg	0		0	BFSN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	162		0	BFSN	4		218.727	18.794	110.174
Carotene, alpha.....mcg	26		0	BFSN	4		35.347	3.037	17.804
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	481		0	BFSN	4		649.416	55.802	327.113

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NDB No. 11334

Peppers, sweet, green, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 135g: 1 cup, strips

Measure 2 = 11.6g: 1 tbsp

Measure 3 = 68g: .5 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11634

Peppers, sweet, green, freeze-dried

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	0.202		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.181		0		1		0.001	0.003	
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	1.607		0		1		0.006	0.026	
18:2 undifferentiated.....g	1.462		0		1		0.006	0.023	
18:3 undifferentiated.....g	0.145		0		1		0.001	0.002	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.229		0		1		0.001	0.004	
Threonine.....g	0.659		0		1		0.003	0.011	
Isoleucine.....g	0.579		0		1		0.002	0.009	
Leucine.....g	0.937		0		1		0.004	0.015	
Lysine.....g	0.796		0		1		0.003	0.013	
Methionine.....g	0.215		0		1		0.001	0.003	
Cystine.....g	0.344		0		1		0.001	0.006	
Phenylalanine.....g	0.553		0		1		0.002	0.009	
Tyrosine.....g	0.372		0		1		0.001	0.006	
Valine.....g	0.756		0		1		0.003	0.012	
Arginine.....g	0.859		0		1		0.003	0.014	
Histidine.....g	0.364		0		1		0.001	0.006	
Alanine.....g	0.733		0		1		0.003	0.012	
Aspartic acid.....g	2.558		0		1		0.010	0.041	
Glutamic acid.....g	2.363		0		1		0.009	0.038	
Glycine.....g	0.662		0		1		0.003	0.011	
Proline.....g	0.779		0		1		0.003	0.012	
Serine.....g	0.719		0		1		0.003	0.012	
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	1953		0	BFSN	4		7.812	31.248	
Carotene, alpha.....mcg	316		0	BFSN	4		1.262	5.050	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5799		0	BFSN	4		23.194	92.778	

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Common Measures:

Measure 1 = 0.4g: 1 tbsp

Measure 2 = 1.6g: .25 cup

NDB No. 11634

Peppers, sweet, green, freeze-dried

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11338

Peppers, sweet, green, frozen, chopped, boiled, drained, 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	0.012		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.011		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.099		0			1			
18:2 undifferentiated.....g	0.090		0			1			
18:3 undifferentiated.....g	0.009		0			1			
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	z		7			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0			1			
Threonine.....g	0.035		0			1			
Isoleucine.....g	0.031		0			1			
Leucine.....g	0.049		0			1			
Lysine.....g	0.042		0			1			
Methionine.....g	0.011		0			1			
Cystine.....g	0.018		0			1			
Phenylalanine.....g	0.029		0			1			
Tyrosine.....g	0.020		0			1			
Valine.....g	0.040		0			1			
Arginine.....g	0.045		0			1			
Histidine.....g	0.019		0			1			
Alanine.....g	0.039		0			1			
Aspartic acid.....g	0.135		0			1			
Glutamic acid.....g	0.125		0			1			
Glycine.....g	0.035		0			1			
Proline.....g	0.041		0			1			
Serine.....g	0.038		0			1			
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11825

Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, 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	0.012		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.011		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.099		0			1			
18:2 undifferentiated.....g	0.090		0			1			
18:3 undifferentiated.....g	0.009		0			1			
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	z		7			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0			1			
Threonine.....g	0.035		0			1			
Isoleucine.....g	0.031		0			1			
Leucine.....g	0.049		0			1			
Lysine.....g	0.042		0			1			
Methionine.....g	0.011		0			1			
Cystine.....g	0.018		0			1			
Phenylalanine.....g	0.029		0			1			
Tyrosine.....g	0.020		0			1			
Valine.....g	0.040		0			1			
Arginine.....g	0.045		0			1			
Histidine.....g	0.019		0			1			
Alanine.....g	0.039		0			1			
Aspartic acid.....g	0.135		0			1			
Glutamic acid.....g	0.125		0			1			
Glycine.....g	0.035		0			1			
Proline.....g	0.041		0			1			
Serine.....g	0.038		0			1			
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11337

Peppers, sweet, green, frozen, chopped, unprepared

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	0.014		0		1		0.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0		1		0.321		
18:2 undifferentiated.....g	0.102		0		1		0.290		
18:3 undifferentiated.....g	0.010		0		1		0.028		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.014		0		1		0.040		
Threonine.....g	0.040		0		1		0.114		
Isoleucine.....g	0.035		0		1		0.099		
Leucine.....g	0.056		0		1		0.159		
Lysine.....g	0.048		0		1		0.136		
Methionine.....g	0.013		0		1		0.037		
Cystine.....g	0.021		0		1		0.060		
Phenylalanine.....g	0.033		0		1		0.094		
Tyrosine.....g	0.022		0		1		0.062		
Valine.....g	0.045		0		1		0.128		
Arginine.....g	0.052		0		1		0.148		
Histidine.....g	0.022		0		1		0.062		
Alanine.....g	0.044		0		1		0.125		
Aspartic acid.....g	0.154		0		1		0.437		
Glutamic acid.....g	0.142		0		1		0.403		
Glycine.....g	0.040		0		1		0.114		
Proline.....g	0.047		0		1		0.133		
Serine.....g	0.043		0		1		0.122		
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 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11333
Peppers, sweet, green, raw
Capsicum annuum

Refuse: 18% Stem ends, seeds and core

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	93.89	0.181	25	JA	6		139.90	86.38	8.73
Energy.....kcal	20		0	NC	4		30	19	2
Energy.....kj	84		0	NC	4		125	77	8
Protein (N x 6.25).....g	0.86	0.021	16	JO	11		1.29	0.80	0.08
Total lipid (fat).....g	0.17	0.004	17	JO	11		0.25	0.16	0.02
Ash.....g	0.43	0.025	4	A	1		0.64	0.39	0.04
Carbohydrate, by difference.....g	4.64		0	NC	4		6.92	4.27	0.43
Fiber, total dietary.....g	1.7	0.016	18		1		2.5	1.5	0.2
Sugars, total.....g	2.40		0	NC	4		3.57	2.21	0.22
Sucrose.....g	0.11	0.033	8	JA	6		0.16	0.10	0.01
Glucose (dextrose).....g	1.16	0.050	9	JA	6		1.73	1.07	0.11
Fructose.....g	1.12	0.015	9	JA	6		1.68	1.03	0.10
Lactose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	5	JA	6		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	10	0.259	64	JA	6		15	9	1
Iron, Fe.....mg	0.34	0.010	65	JA	6		0.51	0.31	0.03
Magnesium, Mg.....mg	10	0.239	65	JA	6		15	9	1
Phosphorus, P.....mg	20	0.427	64	JA	6		29	18	2
Potassium, K.....mg	175	4.054	64	JA	6		261	161	16
Sodium, Na.....mg	3	0.100	62	JA	6		4	3	0
Zinc, Zn.....mg	0.13	0.005	65	JA	6		0.20	0.12	0.01
Copper, Cu.....mg	0.066	0.003	65	JA	6		0.098	0.060	0.006
Manganese, Mn.....mg	0.122	0.005	65	JA	6		0.182	0.112	0.011
Selenium, Se.....mcg	0.0	0.003	34	JA	6		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	80.4	3.622	16	JA	6		119.9	74.0	7.5
Thiamin.....mg	0.057	0.001	16	JA	6		0.085	0.053	0.005
Riboflavin.....mg	0.028	0.000	16	JA	6		0.041	0.025	0.003
Niacin.....mg	0.480	0.009	16	JA	6		0.715	0.441	0.045
Pantothenic acid.....mg	0.099	0.009	16	JA	6		0.147	0.091	0.009
Vitamin B-6.....mg	0.224	0.002	16	JA	6		0.333	0.206	0.021
Folate, total.....mcg	11	0.000	16	JA	6		16	10	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	11	0.000	16	JA	6		16	10	1
Folate, DFE.....mcg_DFE	11		0	NC	4		16	10	1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	370		0	NC	4		551	340	34
Vitamin A, RAE.....mcg_RAE	18		0	NC	4		28	17	2
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.37	0.010	3	JO	11		0.56	0.34	0.03
Tocopherol, beta.....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.00	0.005	3	JO	11		0.01	0.00	0.00
Tocopherol, delta.....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.4	0.119	8	JO	11		11.0	6.8	0.7
Lipids:									
Fatty acids, total saturated.....g	0.058		0	NC	4		0.086	0.053	0.005
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		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	0.000		2	A	1		0.000	0.000	0.000

NDB No. 11333
Peppers, sweet, green, raw

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	0.050		2	A	1		0.074	0.046	0.005
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.008		2	A	1		0.012	0.008	0.001
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.008		0	NC	4		0.012	0.008	0.001
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.008		2	A	1		0.012	0.008	0.001
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0	NC	4		0.092	0.057	0.006
18:2 undifferentiated.....g	0.054		2	A	1		0.080	0.050	0.005
18:3 undifferentiated.....g	0.008		2	A	1		0.012	0.008	0.001
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg	9		1		1		13	8	1
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.016	0.010	0.001
Threonine.....g	0.033		0		1		0.049	0.030	0.003
Isoleucine.....g	0.029		0		1		0.043	0.027	0.003
Leucine.....g	0.046		0		1		0.069	0.042	0.004
Lysine.....g	0.039		0		1		0.058	0.036	0.004
Methionine.....g	0.011		0		1		0.016	0.010	0.001
Cystine.....g	0.017		0		1		0.025	0.016	0.002
Phenylalanine.....g	0.027		0		1		0.040	0.025	0.003
Tyrosine.....g	0.018		0		1		0.027	0.017	0.002
Valine.....g	0.037		0		1		0.055	0.034	0.003
Arginine.....g	0.043		0		1		0.064	0.040	0.004
Histidine.....g	0.018		0		1		0.027	0.017	0.002
Alanine.....g	0.036		0		1		0.054	0.033	0.003
Aspartic acid.....g	0.127		0		1		0.189	0.117	0.012
Glutamic acid.....g	0.117		0		1		0.174	0.108	0.011
Glycine.....g	0.033		0		1		0.049	0.030	0.003
Proline.....g	0.039		0		1		0.058	0.036	0.004
Serine.....g	0.036		0		1		0.054	0.033	0.003
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	208	0.785	73	JA	6		310.517	191.728	19.381
Carotene, alpha.....mcg	21	0.331	61	A	1		30.602	18.895	1.910
Cryptoxanthin, beta.....mcg	7	6.586	7	A	1		9.813	6.059	0.612
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	341		0	T	4		508.090	313.720	31.713

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.

NDB No. 11333

Peppers, sweet, green, raw

Common Measures:

Measure 1 = 149g: 1 cup, chopped

Measure 2 = 92g: 1 cup, sliced

Measure 3 = 9.3g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11339
Peppers, sweet, green, sauteed

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	82.65	0.607	4	A					
Energy.....kcal	127		0	NC					
Energy.....kj	530		0	NC					
Protein.....g	0.78	0.036	4	A					
Total lipid (fat).....g	11.85	0.427	4	A					
Ash.....g	0.50	0.052	4	A					
Carbohydrate, by difference.....g	4.22		0	NC					
Fiber, total dietary.....g	1.8	0.048	4	A					
Sugars, total.....g	2.17		0	AS					
Sucrose.....g	0.00	0.000	4	A					
Glucose (dextrose).....g	1.09	0.055	4	A					
Fructose.....g	1.08	0.045	4	A					
Lactose.....g	0.00	0.000	4	A					
Maltose.....g	0.00	0.000	4	A					
Galactose.....g	0.00		0	Z					7
Starch.....g	0.00		2	A					1
Minerals:									
Calcium, Ca.....mg	8	1.435	4	A					1
Iron, Fe.....mg	0.30	0.173	4	A					1
Magnesium, Mg.....mg	8	1.327	4	A					1
Phosphorus, P.....mg	15	2.129	4	A					1
Potassium, K.....mg	134	9.569	4	A					1
Sodium, Na.....mg	17	1.984	4	A					1
Zinc, Zn.....mg	0.06	0.027	4	A					1
Copper, Cu.....mg	0.017	0.000	4	A					1
Manganese, Mn.....mg	0.062	0.021	4	A					1
Selenium, Se.....mcg	0.6		0	BFSN					4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	177.0	17.621	4	A					1
Thiamin.....mg	0.042	0.003	4	A					1
Riboflavin.....mg	0.048	0.007	4	A					1
Niacin.....mg	0.582	0.023	4	A					1
Pantothenic acid.....mg	0.111	0.006	4	A					1
Vitamin B-6.....mg	0.196	0.023	4	A					1
Folate, total.....mcg	2	0.000	4	A					1
Folic acid.....mcg									
Folate, food.....mcg	2	0.000	4	A					1
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	Z					7
Vitamin A, IU.....IU	273		0	AS					1
Vitamin A, RAE.....mcg_RAE	14		0	AS					1
Retinol.....mcg	0		0	Z					7
Vitamin E (alpha-tocopherol).....mg	1.40		2	A					1
Tocopherol, beta.....mg	0.07		2	A					1
Tocopherol, gamma.....mg	7.55		2	A					1
Tocopherol, delta.....mg	2.30		2	A					1
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	21.3	4.066	4	A					1
Lipids:									
Fatty acids, total saturated.....g	1.590		0	NC					4
4:0.....g	0.000		0	Z					7
6:0.....g	0.000		0	Z					7
8:0.....g	0.000		2	A					1
10:0.....g	0.000		2	A					1
12:0.....g	0.000		2	A					1
13:0.....g									
14:0.....g	0.000		2	A					1
15:0.....g	0.000		2	A					1

NDB No. 11339
Peppers, sweet, green, sauteed

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	1.100		2	A		1			
17:0.....g	0.000		2	A		1			
18:0.....g	0.420		2	A		1			
20:0.....g	0.035		2	A		1			
22:0.....g	0.035		2	A		1			
24:0.....g	0.000		2	A		1			
Fatty acids, total monounsaturated.....g	2.337		0	NC		4			
14:1.....g	0.000		2	A		1			
15:1.....g	0.000		2	A		1			
16:1 undifferentiated.....g	0.002		2	A		1			
17:1.....g	0.000		2	A		1			
18:1 undifferentiated.....g	2.310		2	A		1			
20:1.....g	0.025		2	A		1			
22:1 undifferentiated.....g	0.000		2	A		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.900		0	NC		4			
18:2 undifferentiated.....g	5.130		2	A		1			
18:3 undifferentiated.....g	0.770		2	A		1			
18:4.....g	0.000		2	A		1			
20:2 n-6 c,c.....g	0.000		2	A		1			
20:3 undifferentiated.....g	0.000		2	A		1			
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	Z		7			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0	A		1			
Threonine.....g	0.035		0	A		1			
Isoleucine.....g	0.023		0	A		1			
Leucine.....g	0.035		0	A		1			
Lysine.....g	0.035		0	A		1			
Methionine.....g	0.012		0	A		1			
Cystine.....g	0.012		0	A		1			
Phenylalanine.....g	0.104		0	A		1			
Tyrosine.....g	0.012		0	A		1			
Valine.....g	0.035		0	A		1			
Arginine.....g	0.023		0	A		1			
Histidine.....g	0.007		0	A		1			
Alanine.....g	0.035		0	A		1			
Aspartic acid.....g	0.179		0	A		1			
Glutamic acid.....g	0.167		0	A		1			
Glycine.....g	0.023		0	A		1			
Proline.....g	0.023		0	A		1			
Serine.....g	0.046		0	A		1			
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	135	12.142	4	A		1			
Carotene, alpha.....mcg	42	4.623	4	A		1			
Cryptoxanthin, beta.....mcg	17	16.550	4	A		1			
Lycopene.....mcg	0	0.000	4	A		1			
Lutein + zeaxanthin.....mcg									

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:

NDB No. 11339

Peppers, sweet, green, sauteed

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11916

Peppers, sweet, red, canned, solids and liquids

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	0.020		0		1		0.028	0.014	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.025	0.013	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.161		0		1		0.225	0.113	
18:2 undifferentiated.....g	0.146		0		1		0.204	0.102	
18:3 undifferentiated.....g	0.015		0		1		0.021	0.011	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.014	0.007	
Threonine.....g	0.029		0		1		0.041	0.020	
Isoleucine.....g	0.026		0		1		0.036	0.018	
Leucine.....g	0.042		0		1		0.059	0.029	
Lysine.....g	0.036		0		1		0.050	0.025	
Methionine.....g	0.010		0		1		0.014	0.007	
Cystine.....g	0.015		0		1		0.021	0.011	
Phenylalanine.....g	0.025		0		1		0.035	0.018	
Tyrosine.....g	0.017		0		1		0.024	0.012	
Valine.....g	0.034		0		1		0.048	0.024	
Arginine.....g	0.038		0		1		0.053	0.027	
Histidine.....g	0.016		0		1		0.022	0.011	
Alanine.....g	0.033		0		1		0.046	0.023	
Aspartic acid.....g	0.114		0		1		0.160	0.080	
Glutamic acid.....g	0.106		0		1		0.148	0.074	
Glycine.....g	0.030		0		1		0.042	0.021	
Proline.....g	0.035		0		1		0.049	0.025	
Serine.....g	0.032		0		1		0.045	0.022	
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 = 140g: 1 cup, halves

Measure 2 = 70g: .5 cup, halves

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11824

Peppers, sweet, red, cooked, boiled, drained, 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	0.013		0		1		0.002	0.009	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.001	0.009	0.011
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1		0.013	0.077	0.098
18:2 undifferentiated.....g	0.096		0		1		0.012	0.070	0.088
18:3 undifferentiated.....g	0.010		0		1		0.001	0.007	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	z	7		0	0	0
Phytosterols.....mg	9		0		1		1	7	8
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.009	0.011
Threonine.....g	0.034		0		1		0.004	0.025	0.031
Isoleucine.....g	0.030		0		1		0.004	0.022	0.028
Leucine.....g	0.048		0		1		0.006	0.035	0.044
Lysine.....g	0.041		0		1		0.005	0.030	0.038
Methionine.....g	0.011		0		1		0.001	0.008	0.010
Cystine.....g	0.018		0		1		0.002	0.013	0.017
Phenylalanine.....g	0.029		0		1		0.003	0.021	0.027
Tyrosine.....g	0.019		0		1		0.002	0.014	0.017
Valine.....g	0.039		0		1		0.005	0.028	0.036
Arginine.....g	0.044		0		1		0.005	0.032	0.040
Histidine.....g	0.019		0		1		0.002	0.014	0.017
Alanine.....g	0.038		0		1		0.005	0.028	0.035
Aspartic acid.....g	0.132		0		1		0.016	0.096	0.121
Glutamic acid.....g	0.122		0		1		0.015	0.089	0.112
Glycine.....g	0.034		0		1		0.004	0.025	0.031
Proline.....g	0.040		0		1		0.005	0.029	0.037
Serine.....g	0.037		0		1		0.004	0.027	0.034
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 = 12.0g: 1 tbsp

Measure 2 = 73g: 1 pepper

Measure 3 = 92g: .5 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11823

Peppers, sweet, red, cooked, boiled, drained, 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	0.013		0		1		0.018	0.002	0.009
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.016	0.001	0.008
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	0.106		0		1		0.143	0.012	0.072
18:2 undifferentiated.....g	0.096		0		1		0.130	0.011	0.065
18:3 undifferentiated.....g	0.010		0		1		0.014	0.001	0.007
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	Z	7		0	0	0
Phytosterols.....mg	9		0		1		12	1	6
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.016	0.001	0.008
Threonine.....g	0.034		0		1		0.046	0.004	0.023
Isoleucine.....g	0.030		0		1		0.041	0.003	0.020
Leucine.....g	0.048		0		1		0.065	0.006	0.033
Lysine.....g	0.041		0		1		0.055	0.005	0.028
Methionine.....g	0.011		0		1		0.015	0.001	0.007
Cystine.....g	0.018		0		1		0.024	0.002	0.012
Phenylalanine.....g	0.029		0		1		0.039	0.003	0.020
Tyrosine.....g	0.019		0		1		0.026	0.002	0.013
Valine.....g	0.039		0		1		0.053	0.005	0.027
Arginine.....g	0.044		0		1		0.059	0.005	0.030
Histidine.....g	0.019		0		1		0.026	0.002	0.013
Alanine.....g	0.038		0		1		0.051	0.004	0.026
Aspartic acid.....g	0.132		0		1		0.178	0.015	0.090
Glutamic acid.....g	0.122		0		1		0.165	0.014	0.083
Glycine.....g	0.034		0		1		0.046	0.004	0.023
Proline.....g	0.040		0		1		0.054	0.005	0.027
Serine.....g	0.037		0		1		0.050	0.004	0.025
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	2235		0	BFSY	4		3017.064	259.244	1519.706
Carotene, alpha.....mcg	55		0	BFSY	4		74.814	6.428	37.684
Cryptoxanthin, beta.....mcg	2071		0	BFSY	4		2796.005	240.249	1408.358
Lycopene.....mcg	0		0	BFSY	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	320		0	BFSY	4		432.398	37.154	217.800

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 = 135g: 1 cup, strips

Measure 2 = 11.6g: 1 tbsp

Measure 3 = 68g: .5 cup, chopped

NDB No. 11823

Peppers, sweet, red, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11931

Peppers, sweet, red, freeze-dried

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	0.202		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.181		0		1		0.001	0.003	
20:1.....g	0.000		0	BFSN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.607		0		1		0.006	0.026	
18:2 undifferentiated.....g	1.462		0		1		0.006	0.023	
18:3 undifferentiated.....g	0.145		0		1		0.001	0.002	
18:4.....g	0.000		0	BFSN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.229		0		1		0.001	0.004	
Threonine.....g	0.659		0		1		0.003	0.011	
Isoleucine.....g	0.579		0		1		0.002	0.009	
Leucine.....g	0.937		0		1		0.004	0.015	
Lysine.....g	0.796		0		1		0.003	0.013	
Methionine.....g	0.215		0		1		0.001	0.003	
Cystine.....g	0.344		0		1		0.001	0.006	
Phenylalanine.....g	0.553		0		1		0.002	0.009	
Tyrosine.....g	0.372		0		1		0.001	0.006	
Valine.....g	0.756		0		1		0.003	0.012	
Arginine.....g	0.859		0		1		0.003	0.014	
Histidine.....g	0.364		0		1		0.001	0.006	
Alanine.....g	0.733		0		1		0.003	0.012	
Aspartic acid.....g	2.558		0		1		0.010	0.041	
Glutamic acid.....g	2.363		0		1		0.009	0.038	
Glycine.....g	0.662		0		1		0.003	0.011	
Proline.....g	0.779		0		1		0.003	0.012	
Serine.....g	0.719		0		1		0.003	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	42891		0	BNA	4		171.564	686.256	
Carotene, alpha.....mcg	6931		0	BNA	4		27.725	110.900	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5799		0	BFSN	4		23.194	92.778	

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Common Measures:

Measure 1 = 0.4g: 1 tbsp

Measure 2 = 1.6g: .25 cup

NDB No. 11931

Peppers, sweet, red, freeze-dried

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11919

Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, 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	0.012		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.011		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.099		0			1			
18:2 undifferentiated.....g	0.090		0			1			
18:3 undifferentiated.....g	0.009		0			1			
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	z		7			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0			1			
Threonine.....g	0.035		0			1			
Isoleucine.....g	0.031		0			1			
Leucine.....g	0.049		0			1			
Lysine.....g	0.042		0			1			
Methionine.....g	0.011		0			1			
Cystine.....g	0.018		0			1			
Phenylalanine.....g	0.029		0			1			
Tyrosine.....g	0.020		0			1			
Valine.....g	0.040		0			1			
Arginine.....g	0.045		0			1			
Histidine.....g	0.019		0			1			
Alanine.....g	0.039		0			1			
Aspartic acid.....g	0.135		0			1			
Glutamic acid.....g	0.125		0			1			
Glycine.....g	0.035		0			1			
Proline.....g	0.041		0			1			
Serine.....g	0.038		0			1			
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11918

Peppers, sweet, red, frozen, chopped, cooked, boiled, drained, 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	0.012		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.011		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.099		0			1			
18:2 undifferentiated.....g	0.090		0			1			
18:3 undifferentiated.....g	0.009		0			1			
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	z		7			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0			1			
Threonine.....g	0.035		0			1			
Isoleucine.....g	0.031		0			1			
Leucine.....g	0.049		0			1			
Lysine.....g	0.042		0			1			
Methionine.....g	0.011		0			1			
Cystine.....g	0.018		0			1			
Phenylalanine.....g	0.029		0			1			
Tyrosine.....g	0.020		0			1			
Valine.....g	0.040		0			1			
Arginine.....g	0.045		0			1			
Histidine.....g	0.019		0			1			
Alanine.....g	0.039		0			1			
Aspartic acid.....g	0.135		0			1			
Glutamic acid.....g	0.125		0			1			
Glycine.....g	0.035		0			1			
Proline.....g	0.041		0			1			
Serine.....g	0.038		0			1			
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11917

Peppers, sweet, red, frozen, chopped, unprepared

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	0.014		0		1		0.040	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.037	0.004	
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	0.113		0		1		0.321	0.032	
18:2 undifferentiated.....g	0.102		0		1		0.290	0.029	
18:3 undifferentiated.....g	0.010		0		1		0.028	0.003	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		0		1		0.040	0.004	
Threonine.....g	0.040		0		1		0.114	0.011	
Isoleucine.....g	0.035		0		1		0.099	0.010	
Leucine.....g	0.056		0		1		0.159	0.016	
Lysine.....g	0.048		0		1		0.136	0.013	
Methionine.....g	0.013		0		1		0.037	0.004	
Cystine.....g	0.021		0		1		0.060	0.006	
Phenylalanine.....g	0.033		0		1		0.094	0.009	
Tyrosine.....g	0.022		0		1		0.062	0.006	
Valine.....g	0.045		0		1		0.128	0.013	
Arginine.....g	0.052		0		1		0.148	0.015	
Histidine.....g	0.022		0		1		0.062	0.006	
Alanine.....g	0.044		0		1		0.125	0.012	
Aspartic acid.....g	0.154		0		1		0.437	0.043	
Glutamic acid.....g	0.142		0		1		0.403	0.040	
Glycine.....g	0.040		0		1		0.114	0.011	
Proline.....g	0.047		0		1		0.133	0.013	
Serine.....g	0.043		0		1		0.122	0.012	
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	1845		0	BFSN	4		5239.297	516.550	
Carotene, alpha.....mcg	46		0	BFSN	4		129.918	12.809	
Cryptoxanthin, beta.....mcg	1710		0	BFSN	4		4855.415	478.703	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	264		0	BFSN	4		750.883	74.031	

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Common Measures:

Measure 1 = 284g: 1 package (10 oz)

Measure 2 = 28g: .1 package (10 oz)

NDB No. 11917

Peppers, sweet, red, frozen, chopped, unprepared

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11821
Peppers, sweet, red, raw

Refuse: 18% Stem ends, seeds and core

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	92.21	0.399	4	A	1		137.39	84.83	8.58
Energy.....kcal	26		0	NC	4		39	24	2
Energy.....kj	111		0	NC	4		165	102	10
Protein (N x 6.25).....g	0.99	0.035	4	A	1		1.48	0.91	0.09
Total lipid (fat).....g	0.30	0.009	4	A	1		0.44	0.27	0.03
Ash.....g	0.47	0.031	4	A	1		0.70	0.43	0.04
Carbohydrate, by difference.....g	6.03		0	NC	4		8.98	5.55	0.56
Fiber, total dietary.....g	2.0		0		1		3.0	1.8	0.2
Sugars, total.....g	4.20		0	AS	1		6.27	3.87	0.39
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	1.94	0.120	4	A	1		2.89	1.78	0.18
Fructose.....g	2.26	0.109	4	A	1		3.37	2.08	0.21
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	0.00		2	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	7	0.489	4	A	1		11	7	1
Iron, Fe.....mg	0.43	0.035	4	A	1		0.65	0.40	0.04
Magnesium, Mg.....mg	12	0.260	4	A	1		19	11	1
Phosphorus, P.....mg	26	0.723	4	A	1		38	23	2
Potassium, K.....mg	211	7.761	4	A	1		315	194	20
Sodium, Na.....mg	2	0.218	37		1		3	2	0
Zinc, Zn.....mg	0.25	0.033	4	A	1		0.38	0.23	0.02
Copper, Cu.....mg	0.017	0.000	4	A	1		0.025	0.015	0.002
Manganese, Mn.....mg	0.112	0.013	4	A	1		0.167	0.103	0.010
Selenium, Se.....mcg	0.1		2	A	1		0.2	0.1	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	190.0		1		1		283.1	174.8	17.7
Thiamin.....mg	0.054	0.005	4	A	1		0.080	0.049	0.005
Riboflavin.....mg	0.085	0.004	4	A	1		0.127	0.078	0.008
Niacin.....mg	0.979	0.085	4	A	1		1.458	0.900	0.091
Pantothenic acid.....mg	0.317	0.044	4	A	1		0.473	0.292	0.030
Vitamin B-6.....mg	0.291	0.041	4	A	1		0.433	0.267	0.027
Folate, total.....mcg	18	3.166	4	A	1		26	16	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	18	3.166	4	A	1		26	16	2
Folate, DFE.....mcg_DFE	18		0	NC	4		26	16	2
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	3131		0	AS	1		4665	2881	291
Vitamin A, RAE.....mcg_RAE	157		0	AS	1		233	144	15
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.58		2	A	1		2.36	1.46	0.15
Tocopherol, beta.....mg	0.05		2	A	1		0.07	0.05	0.00
Tocopherol, gamma.....mg	0.14		2	A	1		0.21	0.13	0.01
Tocopherol, delta.....mg	0.01		2	A	1		0.02	0.01	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.9	0.609	4	A	1		7.3	4.5	0.5
Lipids:									
Fatty acids, total saturated.....g	0.059		0	NC	4		0.089	0.055	0.006
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		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	0.000		2	A	1		0.000	0.000	0.000

NDB No. 11821
Peppers, sweet, red, raw

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	0.056		2	A	1		0.083	0.051	0.005
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.004		2	A	1		0.006	0.003	0.000
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.007		0	NC	4		0.011	0.007	0.001
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.004		2	A	1		0.006	0.003	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.004		2	A	1		0.006	0.003	0.000
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.156		0	NC	4		0.233	0.144	0.015
18:2 undifferentiated.....g	0.100		2	A	1		0.150	0.092	0.009
18:3 undifferentiated.....g	0.056		2	A	1		0.083	0.051	0.005
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0	DA	1		0.018	0.011	0.001
Threonine.....g	0.037		0	DA	1		0.055	0.034	0.003
Isoleucine.....g	0.032		0	DA	1		0.048	0.030	0.003
Leucine.....g	0.051		0	DA	1		0.076	0.047	0.005
Lysine.....g	0.043		0	DA	1		0.065	0.040	0.004
Methionine.....g	0.012		0	DA	1		0.018	0.011	0.001
Cystine.....g	0.019		0	DA	1		0.028	0.017	0.002
Phenylalanine.....g	0.030		0	DA	1		0.045	0.028	0.003
Tyrosine.....g	0.020		0	DA	1		0.030	0.018	0.002
Valine.....g	0.041		0	DA	1		0.061	0.038	0.004
Arginine.....g	0.048		0	DA	1		0.071	0.044	0.004
Histidine.....g	0.020		0	DA	1		0.030	0.018	0.002
Alanine.....g	0.040		0	DA	1		0.060	0.037	0.004
Aspartic acid.....g	0.142		0	DA	1		0.211	0.130	0.013
Glutamic acid.....g	0.130		0	DA	1		0.194	0.120	0.012
Glycine.....g	0.037		0	DA	1		0.055	0.034	0.003
Proline.....g	0.043		0	DA	1		0.065	0.040	0.004
Serine.....g	0.040		0	DA	1		0.060	0.037	0.004
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	1624	158.823	8	A	1		2419.201	1493.735	150.997
Carotene, alpha.....mcg	20	0.000	6	A	1		29.303	18.093	1.829
Cryptoxanthin, beta.....mcg	490	5.129	5	A	1		730.487	451.039	45.594
Lycopene.....mcg	308	125.146	4	A	1		458.175	282.900	28.598
Lutein + zeaxanthin.....mcg	51	8.033	4	A	1		75.245	46.460	4.697

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.

NDB No. 11821

Peppers, sweet, red, raw

Common Measures:

Measure 1 = 149g: 1 cup, chopped

Measure 2 = 92g: 1 cup, sliced

Measure 3 = 9.3g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11921
Peppers, sweet, red, sauteed

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	78.95	1.228	4	A					
Energy.....kcal	145		0	NC					
Energy.....kj	607		0	NC					
Protein.....g	1.04	0.038	4	A					
Total lipid (fat).....g	12.75	0.991	4	A					
Ash.....g	0.70	0.027	4	A					
Carbohydrate, by difference.....g	6.57		0	NC					
Fiber, total dietary.....g	1.8	0.033	3	A					
Sugars, total.....g	4.28		0	AS					
Sucrose.....g	0.06	0.058	4	A					
Glucose (dextrose).....g	1.91	0.062	4	A					
Fructose.....g	2.31	0.109	4	A					
Lactose.....g	0.00	0.000	4	A					
Maltose.....g	0.00	0.000	4	A					
Galactose.....g	0.00		0	Z					
Starch.....g	0.00		2	A					
Minerals:									
Calcium, Ca.....mg	7	1.101	4	A					
Iron, Fe.....mg	0.47	0.137	4	A					
Magnesium, Mg.....mg	12	1.552	4	A					
Phosphorus, P.....mg	23	3.086	4	A					
Potassium, K.....mg	193	11.605	4	A					
Sodium, Na.....mg	21	4.473	4	A					
Zinc, Zn.....mg	0.15	0.027	4	A					
Copper, Cu.....mg	0.017	0.000	4	A					
Manganese, Mn.....mg	0.115	0.025	4	A					
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	162.8	20.238	4	A					
Thiamin.....mg	0.056	0.001	4	A					
Riboflavin.....mg	0.109	0.010	4	A					
Niacin.....mg	0.954	0.035	4	A					
Pantothenic acid.....mg	0.244	0.032	4	A					
Vitamin B-6.....mg	0.364	0.059	4	A					
Folate, total.....mcg	2	0.000	4	A					
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	2	0.000	4	A					
Folate, DFE.....mcg_DFE	2		0	NC					
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin A, IU.....IU	2760		0	NC					
Vitamin A, RAE.....mcg_RAE	138		0	NC					
Retinol.....mcg	0		0	Z					
Vitamin E (alpha-tocopherol).....mg	3.09		2	A					
Tocopherol, beta.....mg	0.12		2	A					
Tocopherol, gamma.....mg	7.68		2	A					
Tocopherol, delta.....mg	2.35		2	A					
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	16.4	1.744	4	A					
Lipids:									
Fatty acids, total saturated.....g	1.767		0	NC					
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A					
10:0.....g	0.000		2	A					
12:0.....g	0.000		2	A					
13:0.....g									
14:0.....g	0.010		2	A					
15:0.....g	0.000		2	A					

NDB No. 11921
Peppers, sweet, red, sauteed

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	1.210		2	A	1				
17:0.....g	0.006		2	A	1				
18:0.....g	0.450		2	A	1				
20:0.....g	0.040		2	A	1				
22:0.....g	0.040		2	A	1				
24:0.....g	0.011		2	A	1				
Fatty acids, total monounsaturated.....g	2.595		0	NC	4				
14:1.....g	0.000		2	A	1				
15:1.....g	0.000		2	A	1				
16:1 undifferentiated.....g	0.010		2	A	1				
17:1.....g	0.000		2	A	1				
18:1 undifferentiated.....g	2.555		2	A	1				
20:1.....g	0.030		2	A	1				
22:1 undifferentiated.....g	0.000		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.490		0	NC	4				
18:2 undifferentiated.....g	5.610		2	A	1				
18:3 undifferentiated.....g	0.880		2	A	1				
18:4.....g	0.000		2	A	1				
20:2 n-6 c,c.....g	0.000		2	A	1				
20:3 undifferentiated.....g	0.000		2	A	1				
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									
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.015		2	A	1				
Threonine.....g	0.040		2	A	1				
Isoleucine.....g	0.025		2	A	1				
Leucine.....g	0.040		2	A	1				
Lysine.....g	0.040		2	A	1				
Methionine.....g	0.002		2	A	1				
Cystine.....g	0.020		2	A	1				
Phenylalanine.....g	0.030		2	A	1				
Tyrosine.....g	0.010		2	A	1				
Valine.....g	0.035		2	A	1				
Arginine.....g	0.040		2	A	1				
Histidine.....g	0.020		2	A	1				
Alanine.....g	0.030		2	A	1				
Aspartic acid.....g	0.310		2	A	1				
Glutamic acid.....g	0.225		2	A	1				
Glycine.....g	0.030		2	A	1				
Proline.....g	0.025		2	A	1				
Serine.....g	0.050		2	A	1				
Hydroxyproline.....g									
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	1570	201.205	4	JA	6				
Carotene, alpha.....mcg	96	55.523	4	JA	6				
Cryptoxanthin, beta.....mcg	77	4.582	4	JA	6				
Lycopene.....mcg	484	92.844	4	JA	6				
Lutein + zeaxanthin.....mcg									

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.

NDB No. 11921

Peppers, sweet, red, sauteed

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11951
Peppers, sweet, yellow, raw
Capsicum annuum

Refuse: 18% Stem ends, seeds and core

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	92.02		2		1		171.16	47.85	
Energy.....kcal	27		0	NC	4		50	14	
Energy.....kj	112		0	NC	4		208	58	
Protein (N x 6.25).....g	1.00		2		1		1.86	0.52	
Total lipid (fat).....g	0.21		2		1		0.39	0.11	
Ash.....g	0.45		2		1		0.84	0.23	
Carbohydrate, by difference.....g	6.32		0	NC	4		11.76	3.29	
Fiber, total dietary.....g	0.9		1	A	1		1.7	0.5	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		2		1		20	6	
Iron, Fe.....mg	0.46	0.000	4		1		0.86	0.24	
Magnesium, Mg.....mg	12		2		1		22	6	
Phosphorus, P.....mg	24		2		1		45	12	
Potassium, K.....mg	212		2		1		394	110	
Sodium, Na.....mg	2		2		1		4	1	
Zinc, Zn.....mg	0.17		1		1		0.32	0.09	
Copper, Cu.....mg	0.107		1		1		0.199	0.056	
Manganese, Mn.....mg	0.117		2		1		0.218	0.061	
Selenium, Se.....mcg	0.3		0	BFSN	4		0.6	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	183.5		2		1		341.3	95.4	
Thiamin.....mg	0.028		2		1		0.052	0.015	
Riboflavin.....mg	0.025		2		1		0.047	0.013	
Niacin.....mg	0.890		2		1		1.655	0.463	
Pantothenic acid.....mg	0.168		2		1		0.312	0.087	
Vitamin B-6.....mg	0.168		2		1		0.312	0.087	
Folate, total.....mcg	26		2		1		48	14	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	26		2		1		48	14	
Folate, DFE.....mcg_DFE	26		0	NC	4		48	14	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	200		0	AS	1		372	104	
Vitamin A, RAE.....mcg_RAE	10		0	AS	1		19	5	
Retinol.....mcg	0		0	Z	7		0	0	
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	0.031		0	BFFN	4		0.058	0.016	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.013		0		1		0.024	0.007	
Threonine.....g	0.037		0		1		0.069	0.019	
Isoleucine.....g	0.032		0		1		0.060	0.017	
Leucine.....g	0.052		0		1		0.097	0.027	
Lysine.....g	0.044		0		1		0.082	0.023	
Methionine.....g	0.012		0		1		0.022	0.006	
Cystine.....g	0.019		0		1		0.035	0.010	

NDB No. 11951
Peppers, sweet, yellow, raw

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
Phenylalanine.....g	0.031		0		1		0.058	0.016	
Tyrosine.....g	0.021		0		1		0.039	0.011	
Valine.....g	0.042		0		1		0.078	0.022	
Arginine.....g	0.048		0		1		0.089	0.025	
Histidine.....g	0.020		0		1		0.037	0.010	
Alanine.....g	0.041		0		1		0.076	0.021	
Aspartic acid.....g	0.143		0		1		0.266	0.074	
Glutamic acid.....g	0.132		0		1		0.246	0.069	
Glycine.....g	0.037		0		1		0.069	0.019	
Proline.....g	0.044		0		1		0.082	0.023	
Serine.....g	0.040		0		1		0.074	0.021	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	120		1	A	1		223.200	62.400	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 186g: 1 pepper, large (3-3/4" long, 3" dia)

Measure 2 = 52g: 10 strips

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11958
Pickle relish, hamburger

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	0.269		0		1		0.040	0.328	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.107		1		1		0.016	0.131	
20:1.....g	0.033		1		1		0.005	0.040	
22:1 undifferentiated.....g	0.129		1		1		0.019	0.157	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.020	0.160	
18:2 undifferentiated.....g	0.067		1		1		0.010	0.082	
18:3 undifferentiated.....g	0.064		1		1		0.010	0.078	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.007		0		1		0.001	0.009	
Threonine.....g	0.019		0		1		0.003	0.023	
Isoleucine.....g	0.021		0		1		0.003	0.026	
Leucine.....g	0.030		0		1		0.005	0.037	
Lysine.....g	0.028		0		1		0.004	0.034	
Methionine.....g	0.007		0		1		0.001	0.009	
Cystine.....g	0.007		0		1		0.001	0.009	
Phenylalanine.....g	0.019		0		1		0.003	0.023	
Tyrosine.....g	0.012		0		1		0.002	0.015	
Valine.....g	0.022		0		1		0.003	0.027	
Arginine.....g	0.042		0		1		0.006	0.051	
Histidine.....g	0.012		0		1		0.002	0.015	
Alanine.....g	0.022		0		1		0.003	0.027	
Aspartic acid.....g	0.038		0		1		0.006	0.046	
Glutamic acid.....g	0.147		0		1		0.022	0.179	
Glycine.....g	0.024		0		1		0.004	0.029	
Proline.....g	0.023		0		1		0.003	0.028	
Serine.....g	0.020		0		1		0.003	0.024	
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 = 15.0g: 1 tbsp

Measure 2 = 122g: .5 cup

Calories Factors: Protein 2.44

Fat 3.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11944
Pickle relish, hot dog

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	0.227		0		1		0.034	0.277	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.090		1		1		0.014	0.110	
20:1.....g	0.028		1		1		0.004	0.034	
22:1 undifferentiated.....g	0.109		1		1		0.016	0.133	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		1		0.017	0.134	
18:2 undifferentiated.....g	0.056		1		1		0.008	0.068	
18:3 undifferentiated.....g	0.054		1		1		0.008	0.066	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.019		0		1		0.003	0.023	
Threonine.....g	0.047		0		1		0.007	0.057	
Isoleucine.....g	0.050		0		1		0.008	0.061	
Leucine.....g	0.075		0		1		0.011	0.092	
Lysine.....g	0.069		0		1		0.010	0.084	
Methionine.....g	0.018		0		1		0.003	0.022	
Cystine.....g	0.019		0		1		0.003	0.023	
Phenylalanine.....g	0.046		0		1		0.007	0.056	
Tyrosine.....g	0.032		0		1		0.005	0.039	
Valine.....g	0.056		0		1		0.008	0.068	
Arginine.....g	0.097		0		1		0.015	0.118	
Histidine.....g	0.030		0		1		0.005	0.037	
Alanine.....g	0.055		0		1		0.008	0.067	
Aspartic acid.....g	0.093		0		1		0.014	0.113	
Glutamic acid.....g	0.331		0		1		0.050	0.404	
Glycine.....g	0.059		0		1		0.009	0.072	
Proline.....g	0.065		0		1		0.010	0.079	
Serine.....g	0.049		0		1		0.007	0.060	
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 = 15.0g: 1 tbsp

Measure 2 = 122g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11945
Pickle relish, sweet

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	0.209		0		1		0.512	0.031	0.021
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		2		1		0.002	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.090		2		1		0.221	0.014	0.009
20:1.....g	0.024		2		1		0.059	0.004	0.002
22:1 undifferentiated.....g	0.094		2		1		0.230	0.014	0.009
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0		1		0.296	0.018	0.012
18:2 undifferentiated.....g	0.059		2		1		0.145	0.009	0.006
18:3 undifferentiated.....g	0.063		2		1		0.154	0.009	0.006
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		0		1		0.010	0.001	0.000
Threonine.....g	0.011		0		1		0.027	0.002	0.001
Isoleucine.....g	0.012		0		1		0.029	0.002	0.001
Leucine.....g	0.017		0		1		0.042	0.003	0.002
Lysine.....g	0.016		0		1		0.039	0.002	0.002
Methionine.....g	0.004		0		1		0.010	0.001	0.000
Cystine.....g	0.003		0		1		0.007	0.000	0.000
Phenylalanine.....g	0.011		0		1		0.027	0.002	0.001
Tyrosine.....g	0.007		0		1		0.017	0.001	0.001
Valine.....g	0.013		0		1		0.032	0.002	0.001
Arginine.....g	0.023		0		1		0.056	0.003	0.002
Histidine.....g	0.006		0		1		0.015	0.001	0.001
Alanine.....g	0.013		0		1		0.032	0.002	0.001
Aspartic acid.....g	0.022		0		1		0.054	0.003	0.002
Glutamic acid.....g	0.093		0		1		0.228	0.014	0.009
Glycine.....g	0.014		0		1		0.034	0.002	0.001
Proline.....g	0.012		0		1		0.029	0.002	0.001
Serine.....g	0.011		0		1		0.027	0.002	0.001
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	78		0	BFZN	4		191.103	11.700	7.800
Carotene, alpha.....mcg	19		0	BFZN	4		47.433	2.904	1.936
Cryptoxanthin, beta.....mcg	45		0	BFZN	4		109.220	6.687	4.458
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	41		0	BFZN	4		99.858	6.114	4.076

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 = 15.0g: 1 tbsp

Measure 3 = 10.0g: 1 packet (2/3 tbsp)

NDB No. 11945
Pickle relish, sweet

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11941
Pickle, cucumber, 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
Fatty acids, total monounsaturated.....g	0.003		0		1		0.005	0.004	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.003		1		1		0.005	0.004	0.002
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	0.082		0		1		0.127	0.111	0.053
18:2 undifferentiated.....g	0.035		1		1		0.054	0.047	0.023
18:3 undifferentiated.....g	0.047		1		1		0.073	0.063	0.031
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	Z	7		0	0	0
Phytosterols.....mg	14		1		1		22	19	9
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.005	0.004	0.002
Threonine.....g	0.009		0		1		0.014	0.012	0.006
Isoleucine.....g	0.010		0		1		0.016	0.014	0.007
Leucine.....g	0.014		0		1		0.022	0.019	0.009
Lysine.....g	0.014		0		1		0.022	0.019	0.009
Methionine.....g	0.003		0		1		0.005	0.004	0.002
Cystine.....g	0.002		0		1		0.003	0.003	0.001
Phenylalanine.....g	0.009		0		1		0.014	0.012	0.006
Tyrosine.....g	0.006		0		1		0.009	0.008	0.004
Valine.....g	0.011		0		1		0.017	0.015	0.007
Arginine.....g	0.021		0		1		0.033	0.028	0.014
Histidine.....g	0.005		0		1		0.008	0.007	0.003
Alanine.....g	0.011		0		1		0.017	0.015	0.007
Aspartic acid.....g	0.020		0		1		0.031	0.027	0.013
Glutamic acid.....g	0.095		0		1		0.147	0.128	0.062
Glycine.....g	0.012		0		1		0.019	0.016	0.008
Proline.....g	0.008		0		1		0.012	0.011	0.005
Serine.....g	0.010		0		1		0.016	0.014	0.007
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	55		0	BFSN	4		85.923	74.836	36.032
Carotene, alpha.....mcg	14		0	BFSN	4		21.326	18.575	8.943
Cryptoxanthin, beta.....mcg	32		0	BFSN	4		49.107	42.771	20.593
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	29		0	BFSN	4		44.898	39.105	18.828

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 = 155g: 1 cup

Measure 2 = 135g: 1 large (4" long)

Measure 3 = 65g: 1 medium (3-3/4" long)

NDB No. 11941
Pickle, cucumber, sour

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11946

Pickle, cucumber, sour, low sodium

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	0.003		0		1		0.004	0.005	0.004
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.003		1		1		0.004	0.005	0.004
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	0.082		0		1		0.117	0.127	0.111
18:2 undifferentiated.....g	0.035		1		1		0.050	0.054	0.047
18:3 undifferentiated.....g	0.047		1		1		0.067	0.073	0.063
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	Z	7		0	0	0
Phytosterols.....mg	14		1		1		20	22	19
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.004	0.005	0.004
Threonine.....g	0.009		0		1		0.013	0.014	0.012
Isoleucine.....g	0.010		0		1		0.014	0.016	0.014
Leucine.....g	0.014		0		1		0.020	0.022	0.019
Lysine.....g	0.014		0		1		0.020	0.022	0.019
Methionine.....g	0.003		0		1		0.004	0.005	0.004
Cystine.....g	0.002		0		1		0.003	0.003	0.003
Phenylalanine.....g	0.009		0		1		0.013	0.014	0.012
Tyrosine.....g	0.006		0		1		0.009	0.009	0.008
Valine.....g	0.011		0		1		0.016	0.017	0.015
Arginine.....g	0.021		0		1		0.030	0.033	0.028
Histidine.....g	0.005		0		1		0.007	0.008	0.007
Alanine.....g	0.011		0		1		0.016	0.017	0.015
Aspartic acid.....g	0.020		0		1		0.029	0.031	0.027
Glutamic acid.....g	0.095		0		1		0.136	0.147	0.128
Glycine.....g	0.012		0		1		0.017	0.019	0.016
Proline.....g	0.008		0		1		0.011	0.012	0.011
Serine.....g	0.010		0		1		0.014	0.016	0.014
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	55		0	BFZN	4		79.271	85.923	74.836
Carotene, alpha.....mcg	14		0	BFZN	4		19.675	21.326	18.575
Cryptoxanthin, beta.....mcg	32		0	BFZN	4		45.305	49.107	42.771
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	29		0	BFZN	4		41.422	44.898	39.105

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 = 143g: 1 cup, chopped or diced
- Measure 2 = 155g: 1 cup (about 23 slices)
- Measure 3 = 135g: 1 large (4" long)

NDB No. 11946

Pickle, cucumber, sour, low sodium

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11940
Pickle, cucumber, sweet

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	0.004		0		1		0.006	0.007	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.004		1		1		0.006	0.007	0.001
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	0.106		0		1		0.170	0.180	0.037
18:2 undifferentiated.....g	0.046		1		1		0.074	0.078	0.016
18:3 undifferentiated.....g	0.060		1		1		0.096	0.102	0.021
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	Z	7		0	0	0
Phytosterols.....mg	14		1		1		22	24	5
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.005	0.005	0.001
Threonine.....g	0.010		0		1		0.016	0.017	0.004
Isoleucine.....g	0.012		0		1		0.019	0.020	0.004
Leucine.....g	0.016		0		1		0.026	0.027	0.006
Lysine.....g	0.015		0		1		0.024	0.026	0.005
Methionine.....g	0.003		0		1		0.005	0.005	0.001
Cystine.....g	0.002		0		1		0.003	0.003	0.001
Phenylalanine.....g	0.010		0		1		0.016	0.017	0.004
Tyrosine.....g	0.006		0		1		0.010	0.010	0.002
Valine.....g	0.012		0		1		0.019	0.020	0.004
Arginine.....g	0.024		0		1		0.038	0.041	0.008
Histidine.....g	0.005		0		1		0.008	0.009	0.002
Alanine.....g	0.013		0		1		0.021	0.022	0.005
Aspartic acid.....g	0.022		0		1		0.035	0.037	0.008
Glutamic acid.....g	0.106		0		1		0.170	0.180	0.037
Glycine.....g	0.013		0		1		0.021	0.022	0.005
Proline.....g	0.008		0		1		0.013	0.014	0.003
Serine.....g	0.011		0		1		0.018	0.019	0.004
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	78		0	BFZN	4		124.802	132.602	27.300
Carotene, alpha.....mcg	19		0	BFZN	4		30.976	32.912	6.776
Cryptoxanthin, beta.....mcg	45		0	BFZN	4		71.327	75.785	15.603
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	41		0	BFZN	4		65.213	69.289	14.265

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 = 160g: 1 cup, chopped

Measure 2 = 170g: 1 cup, sliced

Measure 3 = 35g: 1 large Gherkin (3" long)

NDB No. 11940
Pickle, cucumber, sweet

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11948
Pickle, cucumber, sweet, low sodium

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	0.004		0		1		0.006	0.007	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.004		1		1		0.006	0.007	0.001
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	0.106		0		1		0.170	0.180	0.037
18:2 undifferentiated.....g	0.046		1		1		0.074	0.078	0.016
18:3 undifferentiated.....g	0.060		1		1		0.096	0.102	0.021
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	Z	7		0	0	0
Phytosterols.....mg	14		1		1		22	24	5
Amino Acids:									
Tryptophan.....g	0.003		0		1		0.005	0.005	0.001
Threonine.....g	0.010		0		1		0.016	0.017	0.004
Isoleucine.....g	0.012		0		1		0.019	0.020	0.004
Leucine.....g	0.016		0		1		0.026	0.027	0.006
Lysine.....g	0.015		0		1		0.024	0.026	0.005
Methionine.....g	0.003		0		1		0.005	0.005	0.001
Cystine.....g	0.002		0		1		0.003	0.003	0.001
Phenylalanine.....g	0.010		0		1		0.016	0.017	0.004
Tyrosine.....g	0.006		0		1		0.010	0.010	0.002
Valine.....g	0.012		0		1		0.019	0.020	0.004
Arginine.....g	0.024		0		1		0.038	0.041	0.008
Histidine.....g	0.005		0		1		0.008	0.009	0.002
Alanine.....g	0.013		0		1		0.021	0.022	0.005
Aspartic acid.....g	0.022		0		1		0.035	0.037	0.008
Glutamic acid.....g	0.106		0		1		0.170	0.180	0.037
Glycine.....g	0.013		0		1		0.021	0.022	0.005
Proline.....g	0.008		0		1		0.013	0.014	0.003
Serine.....g	0.011		0		1		0.018	0.019	0.004
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	78		0	BFZN	4		124.802	132.602	27.300
Carotene, alpha.....mcg	19		0	BFZN	4		30.976	32.912	6.776
Cryptoxanthin, beta.....mcg	45		0	BFZN	4		71.327	75.785	15.603
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	41		0	BFZN	4		65.213	69.289	14.265

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 = 160g: 1 cup, chopped or diced
- Measure 2 = 170g: 1 cup, sliced
- Measure 3 = 35g: 1 large

NDB No. 11948

Pickle, cucumber, sweet, low sodium

Calories Factors: Protein 2.44

Fat 3.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11983

Pickles, chowchow, with cauliflower onion mustard, sweet

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	0.170				4		0.417		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003				4		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.167				4		0.409		
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	0.397				4		0.973		
18:2 undifferentiated.....g	0.275				4		0.674		
18:3 undifferentiated.....g	0.122				4		0.299		
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	0			Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	38		0	BNA	4		93.839		
Carotene, alpha.....mcg	10		0	BNA	4		23.291		
Cryptoxanthin, beta.....mcg	22		0	BNA	4		53.631		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	152		0	BFSN	4		372.820		

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11937
Pickles, cucumber, dill

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	0.003		0		1		0.004	0.005	0.004
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		3		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.003		3		1		0.004	0.005	0.004
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	0.077		0		1		0.110	0.119	0.104
18:2 undifferentiated.....g	0.033		3		1		0.047	0.051	0.045
18:3 undifferentiated.....g	0.044		3		1		0.063	0.068	0.059
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	Z	7		0	0	0
Phytosterols.....mg	14	0.000	3		1		20	22	19
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.007	0.008	0.007
Threonine.....g	0.017		0		1		0.024	0.026	0.023
Isoleucine.....g	0.019		0		1		0.027	0.029	0.026
Leucine.....g	0.026		0		1		0.037	0.040	0.035
Lysine.....g	0.026		0		1		0.037	0.040	0.035
Methionine.....g	0.005		0		1		0.007	0.008	0.007
Cystine.....g	0.004		0		1		0.006	0.006	0.005
Phenylalanine.....g	0.017		0		1		0.024	0.026	0.023
Tyrosine.....g	0.010		0		1		0.014	0.016	0.014
Valine.....g	0.020		0		1		0.029	0.031	0.027
Arginine.....g	0.040		0		1		0.057	0.062	0.054
Histidine.....g	0.009		0		1		0.013	0.014	0.012
Alanine.....g	0.021		0		1		0.030	0.033	0.028
Aspartic acid.....g	0.037		0		1		0.053	0.057	0.050
Glutamic acid.....g	0.177		0		1		0.253	0.274	0.239
Glycine.....g	0.022		0		1		0.031	0.034	0.030
Proline.....g	0.014		0		1		0.020	0.022	0.019
Serine.....g	0.018		0		1		0.026	0.028	0.024
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	78		0	BFSN	4		111.542	120.902	105.302
Carotene, alpha.....mcg	19		0	BFSN	4		27.685	30.008	26.136
Cryptoxanthin, beta.....mcg	45		0	BFSN	4		63.749	69.098	60.182
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	41		0	BFSN	4		58.285	63.176	55.024

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Common Measures:

- Measure 1 = 143g: 1 cup, chopped or diced
- Measure 2 = 155g: 1 cup (about 23 slices)
- Measure 3 = 135g: 1 large (4" long)

NDB No. 11937
Pickles, cucumber, dill

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11947
Pickles, cucumber, dill, low sodium

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	0.003		0		1		0.002	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		3		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.003		3		1		0.002	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0		1		0.050	0.005	
18:2 undifferentiated.....g	0.033		3		1		0.021	0.002	
18:3 undifferentiated.....g	0.044		3		1		0.029	0.003	
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	Z	7		0	0	
Phytosterols.....mg	14	0.000	3		1		9	1	
<u>Amino Acids:</u>									
Tryptophan.....g	0.005		0		1		0.003	0.000	
Threonine.....g	0.017		0		1		0.011	0.001	
Isoleucine.....g	0.019		0		1		0.012	0.001	
Leucine.....g	0.026		0		1		0.017	0.002	
Lysine.....g	0.026		0		1		0.017	0.002	
Methionine.....g	0.005		0		1		0.003	0.000	
Cystine.....g	0.004		0		1		0.003	0.000	
Phenylalanine.....g	0.017		0		1		0.011	0.001	
Tyrosine.....g	0.010		0		1		0.007	0.001	
Valine.....g	0.020		0		1		0.013	0.001	
Arginine.....g	0.040		0		1		0.026	0.002	
Histidine.....g	0.009		0		1		0.006	0.001	
Alanine.....g	0.021		0		1		0.014	0.001	
Aspartic acid.....g	0.037		0		1		0.024	0.002	
Glutamic acid.....g	0.177		0		1		0.115	0.011	
Glycine.....g	0.022		0		1		0.014	0.001	
Proline.....g	0.014		0		1		0.009	0.001	
Serine.....g	0.018		0		1		0.012	0.001	
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 = 65g: 1 medium
 Measure 2 = 6.0g: 1 slice

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11942

Pickles, cucumber, fresh, (bread and butter pickles)

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	0.003				4		0.005	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.003				4		0.005	0.000	
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	0.081				4		0.138	0.006	
18:2 undifferentiated.....g	0.035				4		0.060	0.003	
18:3 undifferentiated.....g	0.046				4		0.078	0.004	
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	0.000				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			Z	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	60		0	BNA	4		101.287	4.766	
Carotene, alpha.....mcg	15		0	BNA	4		25.140	1.183	
Cryptoxanthin, beta.....mcg	34		0	BNA	4		57.887	2.724	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	104		0	BFSN	4		177.174	8.338	

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Common Measures:

Measure 1 = 170g: 1 cup

Measure 2 = 8.0g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11826

Pigeonpeas, immature seeds, cooked, boiled, drained, 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	0.013		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.020		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.899		0		1		1.375		
18:2 undifferentiated.....g	0.860		0		1		1.316		
18:3 undifferentiated.....g	0.039		0		1		0.060		
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	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	33		0	BFSN	4		50.581		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	157		0	BFSN	4		240.262		

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 = 153g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11345

Pigeonpeas, immature seeds, cooked, boiled, drained, 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	0.013		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.020		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.899		0		1		1.375		
18:2 undifferentiated.....g	0.860		0		1		1.316		
18:3 undifferentiated.....g	0.039		0		1		0.060		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	33		0	BFSN	4		50.581		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	157		0	BFSN	4		240.262		

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 = 153g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11344

Pigeonpeas, immature seeds, raw

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	0.013		0		1		0.020	0.001	
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	0.013		0		1		0.020	0.001	
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	0.873		0		1		1.344	0.035	
18:2 undifferentiated.....g	0.835		0		1		1.286	0.033	
18:3 undifferentiated.....g	0.038		0		1		0.059	0.002	
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	Z	7		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	40		0	T	4		61.600	1.600	
Carotene, alpha.....mcg	0		0	T	4		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	190		0	T	4		292.600	7.600	

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 = 154g: 1 cup

Measure 2 = 4.0g: 10 seeds

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11943
Pimento, canned

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	0.020		0		1		0.038	0.002	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.004	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.018		1		1		0.035	0.002	0.000
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	0.161		0		1		0.309	0.019	0.002
18:2 undifferentiated.....g	0.146		1		1		0.280	0.018	0.001
18:3 undifferentiated.....g	0.015		1		1		0.029	0.002	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	Z	7		0	0	0
Phytosterols.....mg	9		1		1		17	1	0
Amino Acids:									
Tryptophan.....g	0.014		0		1		0.027	0.002	0.000
Threonine.....g	0.040		0		1		0.077	0.005	0.000
Isoleucine.....g	0.036		0		1		0.069	0.004	0.000
Leucine.....g	0.058		0		1		0.111	0.007	0.001
Lysine.....g	0.049		0		1		0.094	0.006	0.000
Methionine.....g	0.013		0		1		0.025	0.002	0.000
Cystine.....g	0.021		0		1		0.040	0.003	0.000
Phenylalanine.....g	0.034		0		1		0.065	0.004	0.000
Tyrosine.....g	0.023		0		1		0.044	0.003	0.000
Valine.....g	0.046		0		1		0.088	0.006	0.000
Arginine.....g	0.053		0		1		0.102	0.006	0.001
Histidine.....g	0.022		0		1		0.042	0.003	0.000
Alanine.....g	0.045		0		1		0.086	0.005	0.000
Aspartic acid.....g	0.157		0		1		0.301	0.019	0.002
Glutamic acid.....g	0.145		0		1		0.278	0.017	0.001
Glycine.....g	0.041		0		1		0.079	0.005	0.000
Proline.....g	0.048		0		1		0.092	0.006	0.000
Serine.....g	0.044		0		1		0.084	0.005	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	1474		0	BNA	4		2829.903	176.869	14.739
Carotene, alpha.....mcg	238		0	BNA	4		457.316	28.582	2.382
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	408		0	BFSN	4		783.879	48.992	4.083

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 = 192g: 1 cup
- Measure 2 = 12.0g: 1 tbsp
- Measure 3 = 1.0g: 1 slice

NDB No. 11943
Pimento, canned

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
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	0.011		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.026		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.058		0		1		0.139		
18:2 undifferentiated.....g	0.040		0		1		0.096		
18:3 undifferentiated.....g	0.018		0		1		0.043		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	31		0	BFSN	4		73.651		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	17		0	BFSN	4		41.729		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 240g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11827

Pokeberry shoots, (poke), cooked, boiled, drained, 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	92.90		0		1		153.29		
Energy.....kcal	20		0	NC	4		33		
Energy.....kj	84		0	NC	4		138		
Protein (N x 6.25).....g	2.30		0		1		3.80		
Total lipid (fat).....g	0.40		0		1		0.66		
Ash.....g	1.30		0		1		2.15		
Carbohydrate, by difference.....g	3.10		0	NC	4		5.12		
Fiber, total dietary.....g	1.5		1	A	1		2.5		
Sugars, total.....g	1.60		0	O	4		2.64		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		0		1		87		
Iron, Fe.....mg	1.20		0		1		1.98		
Magnesium, Mg.....mg	14		0		4		23		
Phosphorus, P.....mg	33		0		1		54		
Potassium, K.....mg	184		0		4		304		
Sodium, Na.....mg	254		0		4		419		
Zinc, Zn.....mg	0.19		0		4		0.31		
Copper, Cu.....mg	0.126		0		4		0.208		
Manganese, Mn.....mg	0.336		0		4		0.554		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	82.0		0		1		135.3		
Thiamin.....mg	0.070		0		1		0.116		
Riboflavin.....mg	0.250		0		1		0.413		
Niacin.....mg	1.100		0		1		1.815		
Pantothenic acid.....mg	0.039		0		4		0.064		
Vitamin B-6.....mg	0.111		0		4		0.183		
Folate, total.....mcg	9		0		4		14		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		14		
Folate, DFE.....mcg_DFE	9		0	NC	4		14		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	8700		0	NC	4		14355		
Vitamin A, RAE.....mcg_RAE	435		0	NC	4		718		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.85		0	O	4		1.40		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	108.0		0	O	4		178.2		
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5220		0	O	4		8613.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		

NDB No. 11827

Pokeberry shoots, (poke), cooked, boiled, drained, with salt

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	Measure 3
Lycopene.....mcg	0		0	z	7		0.000		
Lutein + zeaxanthin.....mcg	1747		0	o	4		2882.550		

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 = 165g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11351

Pokeberry shoots, (poke), cooked, boiled, drained, 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	0.013		0		4		0.021	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		4		0.020	0.001	
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	0.176		0		4		0.290	0.018	
18:2 undifferentiated.....g	0.166		0		4		0.274	0.017	
18:3 undifferentiated.....g	0.009		0		4		0.015	0.001	
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	Z	7		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	5220		0	O	4		8613.000	522.000	
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	1747		0	O	4		2882.550	174.700	

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Common Measures:

Measure 1 = 165g: 1 cup

Measure 2 = 10.0g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11350
Pokeberry shoots, (poke), raw
Phytolacca americana

Refuse:

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	91.60		0		1		146.56		
Energy.....kcal	23		0	NC	4		37		
Energy.....kj	96				4		154		
Protein (N x 6.25).....g	2.60		0		1		4.16		
Total lipid (fat).....g	0.40		0		1		0.64		
Ash.....g	1.70		0		1		2.72		
Carbohydrate, by difference.....g	3.70		0	NC	4		5.92		
Fiber, total dietary.....g	1.7		0		4		2.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		0		1		85		
Iron, Fe.....mg	1.70		0		1		2.72		
Magnesium, Mg.....mg	18		0		4		29		
Phosphorus, P.....mg	44		0		1		70		
Potassium, K.....mg	242		0		4		387		
Sodium, Na.....mg	23		0		4		37		
Zinc, Zn.....mg	0.24		0		4		0.38		
Copper, Cu.....mg	0.157		0		4		0.251		
Manganese, Mn.....mg	0.418		0		4		0.669		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	136.0		0		1		217.6		
Thiamin.....mg	0.080		0		1		0.128		
Riboflavin.....mg	0.330		0		1		0.528		
Niacin.....mg	1.200		0		1		1.920		
Pantothenic acid.....mg	0.049		0		4		0.078		
Vitamin B-6.....mg	0.146		0		4		0.234		
Folate, total.....mcg	16		0		4		25		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	16		0		4		25		
Folate, DFE.....mcg_DFE	16		0	NC	4		25		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	8700		0		1		13920		
Vitamin A, RAE.....mcg_RAE	435		0		1		696		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 160g: 1 cup

NDB No. 11350

Pokeberry shoots, (poke), raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11413

Potato flour

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	0.008		0	BFFN	4		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	BFFN	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.004		0	BFFN	4		0.006		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0	BFFN	4		0.240		
18:2 undifferentiated.....g	0.112		0	BFFN	4		0.179		
18:3 undifferentiated.....g	0.035		0	BFFN	4		0.056		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.115		2		1		0.184		
Threonine.....g	0.280		3		1		0.448		
Isoleucine.....g	0.299		3		1		0.478		
Leucine.....g	0.425		3		1		0.680		
Lysine.....g	0.413		3		1		0.661		
Methionine.....g	0.107		2		1		0.171		
Cystine.....g	0.070		2		1		0.112		
Phenylalanine.....g	0.316		3		1		0.506		
Tyrosine.....g	0.224		3		1		0.358		
Valine.....g	0.356		3		1		0.570		
Arginine.....g	0.374		3		1		0.598		
Histidine.....g	0.166		3		1		0.266		
Alanine.....g	0.328		3		1		0.525		
Aspartic acid.....g	1.173		3		1		1.877		
Glutamic acid.....g	0.932		3		1		1.491		
Glycine.....g	0.256		3		1		0.410		
Proline.....g	0.265		2		1		0.424		
Serine.....g	0.234		3		1		0.374		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		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		

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Common Measures:

Measure 1 = 160g: 1 cup

NDB No. 11413
Potato flour

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11672

Potato pancakes, home-prepared

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	4.639		0		1		3.526		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.094		0		1		0.071		
17:1.....g									
18:1 undifferentiated.....g	4.536		0		1		3.447		
20:1.....g	0.006		0		1		0.005		
22:1 undifferentiated.....g	0.001		0		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.541		0		1		4.971		
18:2 undifferentiated.....g	6.119		0		1		4.650		
18:3 undifferentiated.....g	0.381		0		1		0.290		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0		1		0.024		
20:5 n-3.....g	0.001		0		1		0.001		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.008		0		1		0.006		
Fatty acids, total trans.....g									
Cholesterol.....mg	96		0		1		73		
Phytosterols.....mg	28		0		1		21		
Amino Acids:									
Tryptophan.....g	0.085		0		1		0.065		
Threonine.....g	0.251		0		1		0.191		
Isoleucine.....g	0.286		0		1		0.217		
Leucine.....g	0.440		0		1		0.334		
Lysine.....g	0.388		0		1		0.295		
Methionine.....g	0.141		0		1		0.107		
Cystine.....g	0.112		0		1		0.085		
Phenylalanine.....g	0.298		0		1		0.226		
Tyrosine.....g	0.234		0		1		0.178		
Valine.....g	0.349		0		1		0.265		
Arginine.....g	0.334		0		1		0.254		
Histidine.....g	0.139		0		1		0.106		
Alanine.....g	0.260		0		1		0.198		
Aspartic acid.....g	0.991		0		1		0.753		
Glutamic acid.....g	0.995		0		1		0.756		
Glycine.....g	0.199		0		1		0.151		
Proline.....g	0.263		0		1		0.200		
Serine.....g	0.355		0		1		0.270		
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 = 76g: 1 pancake

Calories Factors: Protein 2.9

Fat 8.37

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11399
Potato puffs, frozen, prepared

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	4.355		0		1		5.574	0.305	2.613
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	4.355		0		1		5.574	0.305	2.613
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	0.804		0		1		1.029	0.056	0.482
18:2 undifferentiated.....g	0.804		0		1		1.029	0.056	0.482
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	Z	7		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	3		0	BFSN	4		4.184	0.229	1.961
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	19		0	BFSN	4		23.955	1.310	11.229

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 = 128g: 1 cup

Measure 2 = 7.0g: 1 puff

Measure 3 = 60g: 10 Crispy Crowns

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11398
Potato puffs, frozen, unprepared

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	3.473		0		1		4.445		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.473		0		1		4.445		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.642		0		1		0.822		
18:2 undifferentiated.....g	0.642		0		1		0.822		
18:3 undifferentiated.....g									
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	z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		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 = 128g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11414
Potato salad, home-prepared

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	2.480		0		1		6.200		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0		1		0.135		
17:1.....g									
18:1 undifferentiated.....g	2.418		0		1		6.045		
20:1.....g	0.009		0		1		0.023		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.737		0		1		9.343		
18:2 undifferentiated.....g	3.345		0		1		8.363		
18:3 undifferentiated.....g	0.370		0		1		0.925		
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	68		0		1		170		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.042		0		1		0.105		
Threonine.....g	0.116		0		1		0.290		
Isoleucine.....g	0.141		0		1		0.353		
Leucine.....g	0.202		0		1		0.505		
Lysine.....g	0.171		0		1		0.428		
Methionine.....g	0.066		0		1		0.165		
Cystine.....g	0.051		0		1		0.128		
Phenylalanine.....g	0.135		0		1		0.338		
Tyrosine.....g	0.104		0		1		0.260		
Valine.....g	0.172		0		1		0.430		
Arginine.....g	0.152		0		1		0.380		
Histidine.....g	0.062		0		1		0.155		
Alanine.....g	0.124		0		1		0.310		
Aspartic acid.....g	0.425		0		1		1.063		
Glutamic acid.....g	0.387		0		1		0.968		
Glycine.....g	0.086		0		1		0.215		
Proline.....g	0.102		0		1		0.255		
Serine.....g	0.164		0		1		0.410		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	36		0	NR	4		90.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11674

Potato, baked, flesh and skin, 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	0.022		0	BFFN	4		0.065	0.037	0.030
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.016	0.009	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	BFFN	4		0.008	0.005	0.004
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
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	0.058		0	BFFN	4		0.173	0.100	0.080
18:2 undifferentiated.....g	0.043		0	BFFN	4		0.129	0.075	0.060
18:3 undifferentiated.....g	0.013		0	BFFN	4		0.040	0.023	0.019
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0	BFFN	4		0.117	0.068	0.054
Threonine.....g	0.091		0	BFFN	4		0.273	0.158	0.126
Isoleucine.....g	0.101		0	BFFN	4		0.302	0.175	0.139
Leucine.....g	0.150		0	BFFN	4		0.448	0.259	0.207
Lysine.....g	0.152		0	BFFN	4		0.454	0.263	0.210
Methionine.....g	0.039		0	BFFN	4		0.117	0.068	0.054
Cystine.....g	0.031		0	BFFN	4		0.094	0.054	0.043
Phenylalanine.....g	0.111		0	BFFN	4		0.331	0.192	0.153
Tyrosine.....g	0.092		0	BFFN	4		0.276	0.160	0.127
Valine.....g	0.141		0	BFFN	4		0.422	0.244	0.195
Arginine.....g	0.115		0	BFFN	4		0.344	0.199	0.159
Histidine.....g	0.054		0	BFFN	4		0.162	0.094	0.075
Alanine.....g	0.077		0	BFFN	4		0.230	0.133	0.106
Aspartic acid.....g	0.611		0	BFFN	4		1.827	1.057	0.843
Glutamic acid.....g	0.419		0	BFFN	4		1.253	0.725	0.578
Glycine.....g	0.074		0	BFFN	4		0.221	0.128	0.102
Proline.....g	0.090		0	BFFN	4		0.269	0.156	0.124
Serine.....g	0.109		0	BFFN	4		0.324	0.188	0.150
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0			Z	7		0	0	0
Theobromine.....mg	0			Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	6		21	JO	11		18.300	10.588	8.446
Carotene, alpha.....mcg	0		21	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		21	JO	11		0.000	0.000	0.000
Lycopene.....mcg	0		21	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	30		12	JO	11		90.896	52.592	41.952

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.

NDB No. 11674

Potato, baked, flesh and skin, without salt

Common Measures:

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia.)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia.)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11352
Potato, flesh and skin, raw

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	0.016		59		1		0.059	0.034	0.027
17:0.....g									
18:0.....g	0.004		59		1		0.015	0.009	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.007	0.004	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		37		1		0.004	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.001		59		1		0.004	0.002	0.002
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	0.043		0		1		0.159	0.092	0.073
18:2 undifferentiated.....g	0.032		59		1		0.118	0.068	0.054
18:3 undifferentiated.....g	0.010		59		1		0.037	0.021	0.017
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	Z	7		0	0	0
Phytosterols.....mg	5		0		1		18	11	9
Amino Acids:									
Tryptophan.....g	0.032		6		1		0.118	0.068	0.054
Threonine.....g	0.075		7		1		0.277	0.160	0.128
Isoleucine.....g	0.084		7		1		0.310	0.179	0.143
Leucine.....g	0.124		7		1		0.458	0.264	0.211
Lysine.....g	0.126		7		1		0.465	0.268	0.214
Methionine.....g	0.033		7		1		0.122	0.070	0.056
Cystine.....g	0.026		6		1		0.096	0.055	0.044
Phenylalanine.....g	0.092		7		1		0.339	0.196	0.156
Tyrosine.....g	0.077		6		1		0.284	0.164	0.131
Valine.....g	0.117		7		1		0.432	0.249	0.199
Arginine.....g	0.095		9		1		0.351	0.202	0.162
Histidine.....g	0.045		9		1		0.166	0.096	0.077
Alanine.....g	0.064		6		1		0.236	0.136	0.109
Aspartic acid.....g	0.506		6		1		1.867	1.078	0.860
Glutamic acid.....g	0.347		8		1		1.280	0.739	0.590
Glycine.....g	0.062		6		1		0.229	0.132	0.105
Proline.....g	0.074		8		1		0.273	0.158	0.126
Serine.....g	0.090		6		1		0.332	0.192	0.153
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0			Z	7		0	0	0
Theobromine.....mg	0			Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1	0.570	11	JO	11		5.290	3.054	2.437
Carotene, alpha.....mcg	0	0.000	11	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	11	JO	11		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	11	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	8	2.357	10	JO	11		30.289	17.484	13.954

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.

NDB No. 11352

Potato, flesh and skin, raw

Common Measures:

Measure 1 = 369g: 1 Potato large (3" to 4-1/4" dia)

Measure 2 = 213g: 1 Potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 170g: 1 Potato small (1-3/4" to 2-1/2" dia)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11356

Potatoes, Russet, flesh and skin, baked

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	0.016		0		1		0.048	0.028	0.022
17:0.....g									
18:0.....g	0.004		0		1		0.012	0.007	0.006
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.006	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
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	0.043		0		1		0.129	0.074	0.059
18:2 undifferentiated.....g	0.032		0		1		0.096	0.055	0.044
18:3 undifferentiated.....g	0.010		0		1		0.030	0.017	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	Z	7		0	0	0
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	6	0.000	9	JO	11		18.322	10.601	8.456
Carotene, alpha.....mcg	0	0.000	9	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	9	JO	11		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	9	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg									

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 = 299g: 1 potato large (3" to 4-1/4" dia)
- Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia)
- Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11385

Potatoes, au gratin, dry mix, prepared with water, whole milk and 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	1.175		0		1		1.610	9.659	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.107		0		1		0.147	0.880	
17:1.....g									
18:1 undifferentiated.....g	1.006		0		1		1.378	8.269	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.184	1.101	
18:2 undifferentiated.....g	0.083		0		1		0.114	0.682	
18:3 undifferentiated.....g	0.053		0		1		0.073	0.436	
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	15		0		4		21	123	
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 = 137g: .167 package (5.5 oz) yields

Measure 2 = 822g: 1 package yield, 5.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11384

Potatoes, au gratin, dry mix, unprepared

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	1.055		0		1		1.646	0.274	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.096		0		1		0.150	0.025	
17:1.....g									
18:1 undifferentiated.....g	0.903		0		1		1.409	0.235	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0		1		0.189	0.031	
18:2 undifferentiated.....g	0.075		0		1		0.117	0.020	
18:3 undifferentiated.....g	0.048		0		1		0.075	0.012	
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									
Carotenoids:									
Carotene, beta.....mcg	60		0	NR	4		93.600	15.600	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 156g: 1 package (5.5 oz)

Measure 2 = 26g: .167 package (5.5 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11373

Potatoes, au gratin, home-prepared from recipe using 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	2.149		0		1		5.265		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.193		0		1		0.473		
17:1.....g									
18:1 undifferentiated.....g	1.844		0		1		4.518		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.276		0		1		0.676		
18:2 undifferentiated.....g	0.175		0		1		0.429		
18:3 undifferentiated.....g	0.105		0		1		0.257		
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	23		0		1		56		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.070		0		1		0.172		
Threonine.....g	0.192		0		1		0.470		
Isoleucine.....g	0.284		0		1		0.696		
Leucine.....g	0.443		0		1		1.085		
Lysine.....g	0.381		0		1		0.933		
Methionine.....g	0.117		0		1		0.287		
Cystine.....g	0.044		0		1		0.108		
Phenylalanine.....g	0.254		0		1		0.622		
Tyrosine.....g	0.230		0		1		0.564		
Valine.....g	0.325		0		1		0.796		
Arginine.....g	0.203		0		1		0.497		
Histidine.....g	0.151		0		1		0.370		
Alanine.....g	0.156		0		1		0.382		
Aspartic acid.....g	0.569		0		1		1.394		
Glutamic acid.....g	1.141		0		1		2.795		
Glycine.....g	0.113		0		1		0.277		
Proline.....g	0.463		0		1		1.134		
Serine.....g	0.275		0		1		0.674		
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 = 245g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11843

Potatoes, au gratin, home-prepared from recipe using margarine

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	2.587		0		1		6.338		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.135		0		1		0.331		
17:1.....g									
18:1 undifferentiated.....g	2.388		0		1		5.851		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.076		0		1		2.636		
18:2 undifferentiated.....g	0.978		0		1		2.396		
18:3 undifferentiated.....g	0.102		0		1		0.250		
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	15		0		1		37		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.070		0		1		0.172		
Threonine.....g	0.192		0		1		0.470		
Isoleucine.....g	0.284		0		1		0.696		
Leucine.....g	0.443		0		1		1.085		
Lysine.....g	0.381		0		1		0.933		
Methionine.....g	0.117		0		1		0.287		
Cystine.....g	0.044		0		1		0.108		
Phenylalanine.....g	0.254		0		1		0.622		
Tyrosine.....g	0.230		0		1		0.564		
Valine.....g	0.325		0		1		0.796		
Arginine.....g	0.203		0		1		0.497		
Histidine.....g	0.151		0		1		0.370		
Alanine.....g	0.156		0		1		0.382		
Aspartic acid.....g	0.569		0		1		1.394		
Glutamic acid.....g	1.141		0		1		2.795		
Glycine.....g	0.113		0		1		0.277		
Proline.....g	0.463		0		1		1.134		
Serine.....g	0.275		0		1		0.674		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	48		0	NR	4		117.600		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11828

Potatoes, baked, flesh and skin, 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
16:0.....g	0.022		0	BFFN	4		0.065	0.037	0.030
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.016	0.009	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	BFFN	4		0.008	0.005	0.004
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.058		0	BFFN	4		0.173	0.100	0.080
18:2 undifferentiated.....g	0.043		0	BFFN	4		0.129	0.075	0.060
18:3 undifferentiated.....g	0.013		0	BFFN	4		0.040	0.023	0.019
18:4.....g	0.000		0	BFFN	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	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0	BFFN	4		0.117	0.068	0.054
Threonine.....g	0.091		0	BFFN	4		0.273	0.158	0.126
Isoleucine.....g	0.101		0	BFFN	4		0.302	0.175	0.139
Leucine.....g	0.150		0	BFFN	4		0.448	0.259	0.207
Lysine.....g	0.152		0	BFFN	4		0.454	0.263	0.210
Methionine.....g	0.039		0	BFFN	4		0.117	0.068	0.054
Cystine.....g	0.031		0	BFFN	4		0.094	0.054	0.043
Phenylalanine.....g	0.111		0	BFFN	4		0.331	0.192	0.153
Tyrosine.....g	0.092		0	BFFN	4		0.276	0.160	0.127
Valine.....g	0.141		0	BFFN	4		0.422	0.244	0.195
Arginine.....g	0.115		0	BFFN	4		0.344	0.199	0.159
Histidine.....g	0.054		0	BFFN	4		0.162	0.094	0.075
Alanine.....g	0.077		0	BFFN	4		0.230	0.133	0.106
Aspartic acid.....g	0.611		0	BFFN	4		1.827	1.057	0.843
Glutamic acid.....g	0.419		0	BFFN	4		1.253	0.725	0.578
Glycine.....g	0.074		0	BFFN	4		0.221	0.128	0.102
Proline.....g	0.090		0	BFFN	4		0.269	0.156	0.124
Serine.....g	0.109		0	BFFN	4		0.324	0.188	0.150
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	6		21	JO	11		18.300	10.588	8.446
Carotene, alpha.....mcg	0		21	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		21	JO	11		0.000	0.000	0.000
Lycopene.....mcg	0		21	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	30		12	JO	11		90.896	52.592	41.952

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 = 299g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia)

NDB No. 11828

Potatoes, baked, flesh and skin, with salt

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11829
Potatoes, baked, flesh, 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	0.002		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.026	0.067	
18:2 undifferentiated.....g	0.032		0		1		0.020	0.050	
18:3 undifferentiated.....g	0.010		0		1		0.006	0.016	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.030		0		1		0.018	0.047	
Threonine.....g	0.071		0		1		0.043	0.111	
Isoleucine.....g	0.080		0		1		0.049	0.125	
Leucine.....g	0.118		0		1		0.072	0.184	
Lysine.....g	0.119		0		1		0.073	0.186	
Methionine.....g	0.031		0		1		0.019	0.048	
Cystine.....g	0.025		0		1		0.015	0.039	
Phenylalanine.....g	0.087		0		1		0.053	0.136	
Tyrosine.....g	0.073		0		1		0.045	0.114	
Valine.....g	0.110		0		1		0.067	0.172	
Arginine.....g	0.090		0		1		0.055	0.140	
Histidine.....g	0.043		0		1		0.026	0.067	
Alanine.....g	0.060		0		1		0.037	0.094	
Aspartic acid.....g	0.479		0		1		0.292	0.747	
Glutamic acid.....g	0.328		0		1		0.200	0.512	
Glycine.....g	0.058		0		1		0.035	0.090	
Proline.....g	0.070		0		1		0.043	0.109	
Serine.....g	0.085		0		1		0.052	0.133	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
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	

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 = 61g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

NDB No. 11829

Potatoes, baked, flesh, with salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11363

Potatoes, baked, flesh, 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	0.002		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
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	0.043		0		1		0.026	0.067	
18:2 undifferentiated.....g	0.032		0		1		0.020	0.050	
18:3 undifferentiated.....g	0.010		0		1		0.006	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	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.018	0.047	
Threonine.....g	0.071		0		1		0.043	0.111	
Isoleucine.....g	0.080		0		1		0.049	0.125	
Leucine.....g	0.118		0		1		0.072	0.184	
Lysine.....g	0.119		0		1		0.073	0.186	
Methionine.....g	0.031		0		1		0.019	0.048	
Cystine.....g	0.025		0		1		0.015	0.039	
Phenylalanine.....g	0.087		0		1		0.053	0.136	
Tyrosine.....g	0.073		0		1		0.045	0.114	
Valine.....g	0.110		0		1		0.067	0.172	
Arginine.....g	0.090		0		1		0.055	0.140	
Histidine.....g	0.043		0		1		0.026	0.067	
Alanine.....g	0.060		0		1		0.037	0.094	
Aspartic acid.....g	0.479		0		1		0.292	0.747	
Glutamic acid.....g	0.328		0		1		0.200	0.512	
Glycine.....g	0.058		0		1		0.035	0.090	
Proline.....g	0.070		0		1		0.043	0.109	
Serine.....g	0.085		0		1		0.052	0.133	
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 = 61g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

NDB No. 11363

Potatoes, baked, flesh, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11830
Potatoes, baked, skin, 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	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.025		
18:2 undifferentiated.....g	0.032		0		1		0.019		
18:3 undifferentiated.....g	0.010		0		1		0.006		
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	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	6		0	O	4		3.480		
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	30		0	O	4		17.400		

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 = 58g: 1 skin

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11364
Potatoes, baked, skin, 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	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.025		
18:2 undifferentiated.....g	0.032		0		1		0.019		
18:3 undifferentiated.....g	0.010		0		1		0.006		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	6		0	O	4		3.480		
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	30		0	O	4		17.400		

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 = 58g: 1 skin

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11831

Potatoes, boiled, cooked in skin, flesh, 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	0.002		0		1		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
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	0.043		0		1		0.034	0.058	
18:2 undifferentiated.....g	0.032		0		1		0.025	0.044	
18:3 undifferentiated.....g	0.010		0		1		0.008	0.014	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.023	0.039	
Threonine.....g	0.068		0		1		0.053	0.092	
Isoleucine.....g	0.076		0		1		0.059	0.103	
Leucine.....g	0.112		0		1		0.087	0.152	
Lysine.....g	0.114		0		1		0.089	0.155	
Methionine.....g	0.030		0		1		0.023	0.041	
Cystine.....g	0.024		0		1		0.019	0.033	
Phenylalanine.....g	0.083		0		1		0.065	0.113	
Tyrosine.....g	0.069		0		1		0.054	0.094	
Valine.....g	0.105		0		1		0.082	0.143	
Arginine.....g	0.086		0		1		0.067	0.117	
Histidine.....g	0.041		0		1		0.032	0.056	
Alanine.....g	0.057		0		1		0.044	0.078	
Aspartic acid.....g	0.457		0		1		0.356	0.622	
Glutamic acid.....g	0.314		0		1		0.245	0.427	
Glycine.....g	0.056		0		1		0.044	0.076	
Proline.....g	0.067		0		1		0.052	0.091	
Serine.....g	0.081		0		1		0.063	0.110	
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	2		0	BFSY	4		1.246	2.173	
Carotene, alpha.....mcg	0		0	BFSY	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSY	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	BFSY	4		7.135	12.440	

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 = 78g: .5 cup

Measure 2 = 136g: 1 potato (2-1/2" dia, sphere)

NDB No. 11831

Potatoes, boiled, cooked in skin, flesh, with salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11365

Potatoes, boiled, cooked in skin, flesh, 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	0.002		0		1		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
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	0.043		0		1		0.034	0.058	
18:2 undifferentiated.....g	0.032		0		1		0.025	0.044	
18:3 undifferentiated.....g	0.010		0		1		0.008	0.014	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.023	0.039	
Threonine.....g	0.068		0		1		0.053	0.092	
Isoleucine.....g	0.076		0		1		0.059	0.103	
Leucine.....g	0.112		0		1		0.087	0.152	
Lysine.....g	0.114		0		1		0.089	0.155	
Methionine.....g	0.030		0		1		0.023	0.041	
Cystine.....g	0.024		0		1		0.019	0.033	
Phenylalanine.....g	0.083		0		1		0.065	0.113	
Tyrosine.....g	0.069		0		1		0.054	0.094	
Valine.....g	0.105		0		1		0.082	0.143	
Arginine.....g	0.086		0		1		0.067	0.117	
Histidine.....g	0.041		0		1		0.032	0.056	
Alanine.....g	0.057		0		1		0.044	0.078	
Aspartic acid.....g	0.457		0		1		0.356	0.622	
Glutamic acid.....g	0.314		0		1		0.245	0.427	
Glycine.....g	0.056		0		1		0.044	0.076	
Proline.....g	0.067		0		1		0.052	0.091	
Serine.....g	0.081		0		1		0.063	0.110	
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	2		0	BFSN	4		1.246	2.173	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	BFSN	4		7.135	12.440	

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 = 78g: .5 cup

Measure 2 = 136g: 1 potato (2-1/2" dia, sphere)

NDB No. 11365

Potatoes, boiled, cooked in skin, flesh, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11832

Potatoes, boiled, cooked in skin, skin, 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	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.015		
18:2 undifferentiated.....g	0.032		0		1		0.011		
18:3 undifferentiated.....g	0.010		0		1		0.003		
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	z	7		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 = 34g: 1 skin

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11366

Potatoes, boiled, cooked in skin, skin, 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	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.015		
18:2 undifferentiated.....g	0.032		0		1		0.011		
18:3 undifferentiated.....g	0.010		0		1		0.003		
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	Z	7		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 = 34g: 1 skin

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11833

Potatoes, boiled, cooked without skin, flesh, 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	0.002		0		1		0.006	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
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	0.043		0		1		0.129	0.072	0.054
18:2 undifferentiated.....g	0.032		0		1		0.096	0.053	0.040
18:3 undifferentiated.....g	0.010		0		1		0.030	0.017	0.013
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.081	0.045	0.034
Threonine.....g	0.062		0		1		0.186	0.104	0.078
Isoleucine.....g	0.070		0		1		0.210	0.117	0.088
Leucine.....g	0.103		0		1		0.309	0.172	0.129
Lysine.....g	0.104		0		1		0.312	0.174	0.130
Methionine.....g	0.027		0		1		0.081	0.045	0.034
Cystine.....g	0.022		0		1		0.066	0.037	0.028
Phenylalanine.....g	0.076		0		1		0.228	0.127	0.095
Tyrosine.....g	0.064		0		1		0.192	0.107	0.080
Valine.....g	0.096		0		1		0.288	0.160	0.120
Arginine.....g	0.079		0		1		0.237	0.132	0.099
Histidine.....g	0.038		0		1		0.114	0.063	0.048
Alanine.....g	0.053		0		1		0.159	0.089	0.066
Aspartic acid.....g	0.419		0		1		1.257	0.700	0.524
Glutamic acid.....g	0.287		0		1		0.861	0.479	0.359
Glycine.....g	0.051		0		1		0.153	0.085	0.064
Proline.....g	0.062		0		1		0.186	0.104	0.078
Serine.....g	0.075		0		1		0.225	0.125	0.094
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0			Z	7		0	0	0
Theobromine.....mg	0			Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	BFSN	4		4.693	2.612	1.955
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	BFSN	4		26.869	14.957	11.195

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 = 300g: 1 large (3" to 4-1/4" dia.)

Measure 2 = 167g: 1 medium (2-1/4" to 2-1/4" dia.)

Measure 3 = 125g: 1 small (1-3/4" to 2-1/2" dia.)

NDB No. 11833

Potatoes, boiled, cooked without skin, flesh, with salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11367

Potatoes, boiled, cooked without skin, flesh, 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	0.002		0		1		0.006	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
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	0.043		0		1		0.129	0.072	0.054
18:2 undifferentiated.....g	0.032		0		1		0.096	0.053	0.040
18:3 undifferentiated.....g	0.010		0		1		0.030	0.017	0.013
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.081	0.045	0.034
Threonine.....g	0.062		0		1		0.186	0.104	0.078
Isoleucine.....g	0.070		0		1		0.210	0.117	0.088
Leucine.....g	0.103		0		1		0.309	0.172	0.129
Lysine.....g	0.104		0		1		0.312	0.174	0.130
Methionine.....g	0.027		0		1		0.081	0.045	0.034
Cystine.....g	0.022		0		1		0.066	0.037	0.028
Phenylalanine.....g	0.076		0		1		0.228	0.127	0.095
Tyrosine.....g	0.064		0		1		0.192	0.107	0.080
Valine.....g	0.096		0		1		0.288	0.160	0.120
Arginine.....g	0.079		0		1		0.237	0.132	0.099
Histidine.....g	0.038		0		1		0.114	0.063	0.048
Alanine.....g	0.053		0		1		0.159	0.089	0.066
Aspartic acid.....g	0.419		0		1		1.257	0.700	0.524
Glutamic acid.....g	0.287		0		1		0.861	0.479	0.359
Glycine.....g	0.051		0		1		0.153	0.085	0.064
Proline.....g	0.062		0		1		0.186	0.104	0.078
Serine.....g	0.075		0		1		0.225	0.125	0.094
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0			Z	7		0	0	0
Theobromine.....mg	0			Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	BFSN	4		4.693	2.612	1.955
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	BFSN	4		26.869	14.957	11.195

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 = 300g: 1 large (3" to 4-1/4" dia.)

Measure 2 = 167g: 1 medium (2-1/4" to 3-1/4" dia.)

Measure 3 = 125g: 1 small (1-3/4" to 2-1/2" dia.)

NDB No. 11367

Potatoes, boiled, cooked without skin, flesh, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11376
Potatoes, canned, drained solids

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	0.005		0		1		0.009	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.004	0.001	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0		1		0.160	0.031	
18:2 undifferentiated.....g	0.066		0		1		0.119	0.023	
18:3 undifferentiated.....g	0.021		0		1		0.038	0.007	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.022		0		1		0.040	0.008	
Threonine.....g	0.051		0		1		0.092	0.018	
Isoleucine.....g	0.057		0		1		0.103	0.020	
Leucine.....g	0.085		0		1		0.153	0.030	
Lysine.....g	0.086		0		1		0.155	0.030	
Methionine.....g	0.022		0		1		0.040	0.008	
Cystine.....g	0.018		0		1		0.032	0.006	
Phenylalanine.....g	0.063		0		1		0.113	0.022	
Tyrosine.....g	0.052		0		1		0.094	0.018	
Valine.....g	0.080		0		1		0.144	0.028	
Arginine.....g	0.065		0		1		0.117	0.023	
Histidine.....g	0.031		0		1		0.056	0.011	
Alanine.....g	0.043		0		1		0.077	0.015	
Aspartic acid.....g	0.346		0		1		0.623	0.121	
Glutamic acid.....g	0.237		0		1		0.427	0.083	
Glycine.....g	0.042		0		1		0.076	0.015	
Proline.....g	0.051		0		1		0.092	0.018	
Serine.....g	0.061		0		1		0.110	0.021	
Hydroxyproline.....g									
<u>Others:</u>									
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 = 180g: 1 cup
 Measure 2 = 35g: 1 potato

Calories Factors: Protein 2.78 Fat 8.37 Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43311

Potatoes, canned, drained solids, no 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	0.005				4		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.002				4		0.004		
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	0.085				4		0.153		
18:2 undifferentiated.....g	0.063				4		0.113		
18:3 undifferentiated.....g	0.020				4		0.036		
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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1		0	BFSN	4		1.961		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	6		0	BFSN	4		11.229		

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 = 180g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11374

Potatoes, canned, solids and liquids

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	0.002		0	BFFN	4		0.006	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.003	0.005	
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	0.048		0	BFFN	4		0.144	0.218	
18:2 undifferentiated.....g	0.035		0	BFFN	4		0.105	0.159	
18:3 undifferentiated.....g	0.011		0	BFFN	4		0.033	0.050	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.018		0	BFFN	4		0.054	0.082	
Threonine.....g	0.043		0	BFFN	4		0.129	0.195	
Isoleucine.....g	0.048		0	BFFN	4		0.144	0.218	
Leucine.....g	0.072		0	BFFN	4		0.216	0.327	
Lysine.....g	0.073		0	BFFN	4		0.219	0.331	
Methionine.....g	0.019		0	BFFN	4		0.057	0.086	
Cystine.....g	0.015		0	BFFN	4		0.045	0.068	
Phenylalanine.....g	0.054		0	BFFN	4		0.162	0.245	
Tyrosine.....g	0.045		0	BFFN	4		0.135	0.204	
Valine.....g	0.068		0	BFFN	4		0.204	0.309	
Arginine.....g	0.056		0	BFFN	4		0.168	0.254	
Histidine.....g	0.026		0	BFFN	4		0.078	0.118	
Alanine.....g	0.037		0	BFFN	4		0.111	0.168	
Aspartic acid.....g	0.295		0	BFFN	4		0.885	1.339	
Glutamic acid.....g	0.202		0	BFFN	4		0.606	0.917	
Glycine.....g	0.036		0	BFFN	4		0.108	0.163	
Proline.....g	0.043		0	BFFN	4		0.129	0.195	
Serine.....g	0.052		0	BFFN	4		0.156	0.236	
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 = 300g: 1 cup, whole

Measure 2 = 454g: 1 can (303 x 406)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11838

Potatoes, french fried, frozen, home-prepared, heated in oven, 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	4.761		0		1		2.381	9.427	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	4.747		0		1		2.374	9.399	
20:1.....g	0.014		0		1		0.007	0.028	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.779		0		1		0.390	1.542	
18:2 undifferentiated.....g	0.734		0		1		0.367	1.453	
18:3 undifferentiated.....g	0.045		0		1		0.023	0.089	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.043		0		1		0.022	0.085	
Threonine.....g	0.129		0		1		0.065	0.255	
Isoleucine.....g	0.132		0		1		0.066	0.261	
Leucine.....g	0.186		0		1		0.093	0.368	
Lysine.....g	0.164		0		1		0.082	0.325	
Methionine.....g	0.039		0		1		0.020	0.077	
Cystine.....g	0.023		0		1		0.012	0.046	
Phenylalanine.....g	0.135		0		1		0.068	0.267	
Tyrosine.....g	0.083		0		1		0.042	0.164	
Valine.....g	0.163		0		1		0.082	0.323	
Arginine.....g	0.143		0		1		0.072	0.283	
Histidine.....g	0.055		0		1		0.028	0.109	
Alanine.....g	0.099		0		1		0.050	0.196	
Aspartic acid.....g	0.684		0		1		0.342	1.354	
Glutamic acid.....g	0.504		0		1		0.252	0.998	
Glycine.....g	0.101		0		1		0.051	0.200	
Proline.....g	0.093		0		1		0.047	0.184	
Serine.....g	0.101		0		1		0.051	0.200	
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 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz) yields

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11403

Potatoes, french fried, frozen, home-prepared, heated in oven, 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	4.761		0		1		2.381	9.427	
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	4.747		0		1		2.374	9.399	
20:1.....g	0.014		0		1		0.007	0.028	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.779		0		1		0.390	1.542	
18:2 undifferentiated.....g	0.734		0		1		0.367	1.453	
18:3 undifferentiated.....g	0.045		0		1		0.023	0.089	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0		1		0.022	0.085	
Threonine.....g	0.129		0		1		0.065	0.255	
Isoleucine.....g	0.132		0		1		0.066	0.261	
Leucine.....g	0.186		0		1		0.093	0.368	
Lysine.....g	0.164		0		1		0.082	0.325	
Methionine.....g	0.039		0		1		0.020	0.077	
Cystine.....g	0.023		0		1		0.012	0.046	
Phenylalanine.....g	0.135		0		1		0.068	0.267	
Tyrosine.....g	0.083		0		1		0.042	0.164	
Valine.....g	0.163		0		1		0.082	0.323	
Arginine.....g	0.143		0		1		0.072	0.283	
Histidine.....g	0.055		0		1		0.028	0.109	
Alanine.....g	0.099		0		1		0.050	0.196	
Aspartic acid.....g	0.684		0		1		0.342	1.354	
Glutamic acid.....g	0.504		0		1		0.252	0.998	
Glycine.....g	0.101		0		1		0.051	0.200	
Proline.....g	0.093		0		1		0.047	0.184	
Serine.....g	0.101		0		1		0.051	0.200	
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	3		0	BFSN	4		1.487	5.888	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	17		0	BFSN	4		8.513	33.712	

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 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz), yields

NDB No. 11403

Potatoes, french fried, frozen, home-prepared, heated in oven, without salt

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11402

Potatoes, french fried, frozen, unprepared

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	3.714		0		1		2.414	9.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.703		2		1		2.407	9.443	
20:1.....g	0.011		2		1		0.007	0.028	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.608		0		1		0.395	1.550	
18:2 undifferentiated.....g	0.572		2		1		0.372	1.459	
18:3 undifferentiated.....g	0.035		2		1		0.023	0.089	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.033		16		1		0.021	0.084	
Threonine.....g	0.101		16		1		0.066	0.258	
Isoleucine.....g	0.103		16		1		0.067	0.263	
Leucine.....g	0.145		16		1		0.094	0.370	
Lysine.....g	0.128		16		1		0.083	0.326	
Methionine.....g	0.030		16		1		0.020	0.077	
Cystine.....g	0.018		10		1		0.012	0.046	
Phenylalanine.....g	0.105		16		1		0.068	0.268	
Tyrosine.....g	0.065		10		1		0.042	0.166	
Valine.....g	0.127		16		1		0.083	0.324	
Arginine.....g	0.112		16		1		0.073	0.286	
Histidine.....g	0.043		16		1		0.028	0.110	
Alanine.....g	0.077		10		1		0.050	0.196	
Aspartic acid.....g	0.534		5		1		0.347	1.362	
Glutamic acid.....g	0.393		10		1		0.255	1.002	
Glycine.....g	0.079		10		1		0.051	0.201	
Proline.....g	0.073		10		1		0.047	0.186	
Serine.....g	0.079		10		1		0.051	0.201	
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 = 65g: 10 strips

Measure 2 = 255g: 1 package (9 oz)

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11840

Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, 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	3.328		0		1		1.664	6.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.328		0		1		1.664	6.589	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.615		0		1		0.308	1.218	
18:2 undifferentiated.....g	0.615		0		1		0.308	1.218	
18:3 undifferentiated.....g									
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.046		0		1		0.023	0.091	
Threonine.....g	0.156		0		1		0.078	0.309	
Isoleucine.....g	0.148		0		1		0.074	0.293	
Leucine.....g	0.207		0		1		0.104	0.410	
Lysine.....g	0.183		0		1		0.092	0.362	
Methionine.....g	0.039		0		1		0.020	0.077	
Cystine.....g	0.021		0		1		0.011	0.042	
Phenylalanine.....g	0.147		0		1		0.074	0.291	
Tyrosine.....g	0.086		0		1		0.043	0.170	
Valine.....g	0.175		0		1		0.088	0.347	
Arginine.....g	0.163		0		1		0.082	0.323	
Histidine.....g	0.058		0		1		0.029	0.115	
Alanine.....g	0.119		0		1		0.060	0.236	
Aspartic acid.....g	0.796		0		1		0.398	1.576	
Glutamic acid.....g	0.537		0		1		0.269	1.063	
Glycine.....g	0.124		0		1		0.062	0.246	
Proline.....g	0.111		0		1		0.056	0.220	
Serine.....g	0.124		0		1		0.062	0.246	
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 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz) yields

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11407

Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, 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	3.328		0		1		1.664	6.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	3.328		0		1		1.664	6.589	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.615		0		1		0.308	1.218	
18:2 undifferentiated.....g	0.615		0		1		0.308	1.218	
18:3 undifferentiated.....g									
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.046		0		1		0.023	0.091	
Threonine.....g	0.156		0		1		0.078	0.309	
Isoleucine.....g	0.148		0		1		0.074	0.293	
Leucine.....g	0.207		0		1		0.104	0.410	
Lysine.....g	0.183		0		1		0.092	0.362	
Methionine.....g	0.039		0		1		0.020	0.077	
Cystine.....g	0.021		0		1		0.011	0.042	
Phenylalanine.....g	0.147		0		1		0.074	0.291	
Tyrosine.....g	0.086		0		1		0.043	0.170	
Valine.....g	0.175		0		1		0.088	0.347	
Arginine.....g	0.163		0		1		0.082	0.323	
Histidine.....g	0.058		0		1		0.029	0.115	
Alanine.....g	0.119		0		1		0.060	0.236	
Aspartic acid.....g	0.796		0		1		0.398	1.576	
Glutamic acid.....g	0.537		0		1		0.269	1.063	
Glycine.....g	0.124		0		1		0.062	0.246	
Proline.....g	0.111		0		1		0.056	0.220	
Serine.....g	0.124		0		1		0.062	0.246	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz), yields

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11406

Potatoes, frozen, french fried, par fried, cottage-cut, unprepared

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	2.345		0		1		1.524	5.980	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.345		0		1		1.524	5.980	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.433		0		1		0.281	1.104	
18:2 undifferentiated.....g	0.433		0		1		0.281	1.104	
18:3 undifferentiated.....g									
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.033		0		1		0.021	0.084	
Threonine.....g	0.110		0		1		0.072	0.281	
Isoleucine.....g	0.104		0		1		0.068	0.265	
Leucine.....g	0.146		0		1		0.095	0.372	
Lysine.....g	0.128		0		1		0.083	0.326	
Methionine.....g	0.027		0		1		0.018	0.069	
Cystine.....g	0.015		0		1		0.010	0.038	
Phenylalanine.....g	0.103		0		1		0.067	0.263	
Tyrosine.....g	0.061		0		1		0.040	0.156	
Valine.....g	0.123		0		1		0.080	0.314	
Arginine.....g	0.115		0		1		0.075	0.293	
Histidine.....g	0.041		0		1		0.027	0.105	
Alanine.....g	0.084		0		1		0.055	0.214	
Aspartic acid.....g	0.560		0		1		0.364	1.428	
Glutamic acid.....g	0.378		0		1		0.246	0.964	
Glycine.....g	0.087		0		1		0.057	0.222	
Proline.....g	0.078		0		1		0.051	0.199	
Serine.....g	0.087		0		1		0.057	0.222	
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 = 65g: 10 strips

Measure 2 = 255g: 1 package (9 oz)

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11409

Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, 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	11.338		0		4		5.669	22.449	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		4		0.019	0.075	
17:1.....g									
18:1 undifferentiated.....g	11.317		0		4		5.659	22.408	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.405		0		4		0.703	2.782	
18:2 undifferentiated.....g	1.405		0		4		0.703	2.782	
18:3 undifferentiated.....g									
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.048		0		1		0.024	0.095	
Threonine.....g	0.161		0		1		0.081	0.319	
Isoleucine.....g	0.153		0		1		0.077	0.303	
Leucine.....g	0.214		0		1		0.107	0.424	
Lysine.....g	0.188		0		1		0.094	0.372	
Methionine.....g	0.040		0		1		0.020	0.079	
Cystine.....g	0.023		0		1		0.012	0.046	
Phenylalanine.....g	0.152		0		1		0.076	0.301	
Tyrosine.....g	0.089		0		1		0.045	0.176	
Valine.....g	0.180		0		1		0.090	0.356	
Arginine.....g	0.168		0		1		0.084	0.333	
Histidine.....g	0.060		0		1		0.030	0.119	
Alanine.....g	0.122		0		1		0.061	0.242	
Aspartic acid.....g	0.821		0		1		0.411	1.626	
Glutamic acid.....g	0.554		0		1		0.277	1.097	
Glycine.....g	0.128		0		1		0.064	0.253	
Proline.....g	0.114		0		1		0.057	0.226	
Serine.....g	0.128		0		1		0.064	0.253	
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 = 50g: 10 strips

Measure 2 = 198g: 1 package (9 oz), yields

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11408

Potatoes, frozen, french fried, par fried, extruded, unprepared

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	8.659		0		1		5.628	22.080	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0		1		0.019	0.074	
17:1.....g									
18:1 undifferentiated.....g	8.631		0		1		5.610	22.009	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.072		0		1		0.697	2.734	
18:2 undifferentiated.....g	1.072		0		1		0.697	2.734	
18:3 undifferentiated.....g									
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.038		0		1		0.025	0.097	
Threonine.....g	0.129		0		1		0.084	0.329	
Isoleucine.....g	0.122		0		1		0.079	0.311	
Leucine.....g	0.171		0		1		0.111	0.436	
Lysine.....g	0.150		0		1		0.098	0.383	
Methionine.....g	0.032		0		1		0.021	0.082	
Cystine.....g	0.018		0		1		0.012	0.046	
Phenylalanine.....g	0.121		0		1		0.079	0.309	
Tyrosine.....g	0.071		0		1		0.046	0.181	
Valine.....g	0.144		0		1		0.094	0.367	
Arginine.....g	0.134		0		1		0.087	0.342	
Histidine.....g	0.048		0		1		0.031	0.122	
Alanine.....g	0.098		0		1		0.064	0.250	
Aspartic acid.....g	0.656		0		1		0.426	1.673	
Glutamic acid.....g	0.442		0		1		0.287	1.127	
Glycine.....g	0.102		0		1		0.066	0.260	
Proline.....g	0.091		0		1		0.059	0.232	
Serine.....g	0.102		0		1		0.066	0.260	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 65g: 10 strips

Measure 2 = 255g: 1 package (9 oz)

Calories Factors: Protein 2.8

Fat 8.8

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11837

Potatoes, frozen, whole, cooked, boiled, drained, 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	0.003		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0			1			
17:1.....g									
18:1 undifferentiated.....g	0.001		0			1			
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0			1			
18:2 undifferentiated.....g	0.042		0			1			
18:3 undifferentiated.....g	0.013		0			1			
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	z		7			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.031		0			1			
Threonine.....g	0.072		0			1			
Isoleucine.....g	0.080		0			1			
Leucine.....g	0.119		0			1			
Lysine.....g	0.120		0			1			
Methionine.....g	0.031		0			1			
Cystine.....g	0.025		0			1			
Phenylalanine.....g	0.088		0			1			
Tyrosine.....g	0.073		0			1			
Valine.....g	0.111		0			1			
Arginine.....g	0.091		0			1			
Histidine.....g	0.043		0			1			
Alanine.....g	0.061		0			1			
Aspartic acid.....g	0.483		0			1			
Glutamic acid.....g	0.331		0			1			
Glycine.....g	0.059		0			1			
Proline.....g	0.071		0			1			
Serine.....g	0.086		0			1			
Hydroxyproline.....g									

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Common Measures:

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11401

Potatoes, frozen, whole, cooked, boiled, drained, 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	0.003		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0		1				
18:2 undifferentiated.....g	0.042		0		1				
18:3 undifferentiated.....g	0.013		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.031		0		1				
Threonine.....g	0.072		0		1				
Isoleucine.....g	0.080		0		1				
Leucine.....g	0.119		0		1				
Lysine.....g	0.120		0		1				
Methionine.....g	0.031		0		1				
Cystine.....g	0.025		0		1				
Phenylalanine.....g	0.088		0		1				
Tyrosine.....g	0.073		0		1				
Valine.....g	0.111		0		1				
Arginine.....g	0.091		0		1				
Histidine.....g	0.043		0		1				
Alanine.....g	0.061		0		1				
Aspartic acid.....g	0.483		0		1				
Glutamic acid.....g	0.331		0		1				
Glycine.....g	0.059		0		1				
Proline.....g	0.071		0		1				
Serine.....g	0.086		0		1				
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:

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11400

Potatoes, frozen, whole, unprepared

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	0.003		0		1		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.002		0		1		0.004		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.067		0		1		0.122		
18:2 undifferentiated.....g	0.050		0		1		0.091		
18:3 undifferentiated.....g	0.016		0		1		0.029		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.037		0		1		0.067		
Threonine.....g	0.086		0		1		0.157		
Isoleucine.....g	0.097		0		1		0.177		
Leucine.....g	0.143		0		1		0.260		
Lysine.....g	0.144		0		1		0.262		
Methionine.....g	0.038		0		1		0.069		
Cystine.....g	0.030		0		1		0.055		
Phenylalanine.....g	0.106		0		1		0.193		
Tyrosine.....g	0.088		0		1		0.160		
Valine.....g	0.134		0		1		0.244		
Arginine.....g	0.109		0		1		0.198		
Histidine.....g	0.052		0		1		0.095		
Alanine.....g	0.073		0		1		0.133		
Aspartic acid.....g	0.581		0		1		1.057		
Glutamic acid.....g	0.399		0		1		0.726		
Glycine.....g	0.071		0		1		0.129		
Proline.....g	0.086		0		1		0.157		
Serine.....g	0.103		0		1		0.187		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1		0	BFSN	4		2.615		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	8		0	BFSN	4		14.970		

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Common Measures:

Measure 1 = 182g: 1 cup

NDB No. 11400

Potatoes, frozen, whole, unprepared

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11391

Potatoes, hashed brown, frozen, plain, prepared

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	5.137		0		1		1.490	4.007	10.531
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.308		0		1		0.089	0.240	0.631
17:1.....g									
18:1 undifferentiated.....g	4.692		0		1		1.361	3.660	9.619
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	1.325		0		1		0.384	1.034	2.716
18:2 undifferentiated.....g	1.198		0		1		0.347	0.934	2.456
18:3 undifferentiated.....g	0.126		0		1		0.037	0.098	0.258
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.012	0.033	0.086
Threonine.....g	0.143		0		1		0.041	0.112	0.293
Isoleucine.....g	0.136		0		1		0.039	0.106	0.279
Leucine.....g	0.190		0		1		0.055	0.148	0.390
Lysine.....g	0.168		0		1		0.049	0.131	0.344
Methionine.....g	0.035		0		1		0.010	0.027	0.072
Cystine.....g	0.020		0		1		0.006	0.016	0.041
Phenylalanine.....g	0.135		0		1		0.039	0.105	0.277
Tyrosine.....g	0.079		0		1		0.023	0.062	0.162
Valine.....g	0.161		0		1		0.047	0.126	0.330
Arginine.....g	0.149		0		1		0.043	0.116	0.305
Histidine.....g	0.053		0		1		0.015	0.041	0.109
Alanine.....g	0.109		0		1		0.032	0.085	0.223
Aspartic acid.....g	0.731		0		1		0.212	0.570	1.499
Glutamic acid.....g	0.493		0		1		0.143	0.385	1.011
Glycine.....g	0.114		0		1		0.033	0.089	0.234
Proline.....g	0.102		0		1		0.030	0.080	0.209
Serine.....g	0.114		0		1		0.033	0.089	0.234
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 = 29g: 1 patty, oval (approx 3" x 1-1/2" x 1/2")

Measure 2 = 78g: .5 cup

Measure 3 = 205g: 1 package yield, 12 oz

NDB No. 11391

Potatoes, hashed brown, frozen, plain, prepared

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11390

Potatoes, hashed brown, frozen, plain, unprepared

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	0.014		0		1		0.015	0.048	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.005	0.017	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.007	0.024	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.269		0		1		0.282	0.915	
18:2 undifferentiated.....g	0.201		0		1		0.211	0.683	
18:3 undifferentiated.....g	0.064		0		1		0.067	0.218	
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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.028		0		1		0.029	0.095	
Threonine.....g	0.094		0		1		0.099	0.320	
Isoleucine.....g	0.089		0		1		0.093	0.303	
Leucine.....g	0.124		0		1		0.130	0.422	
Lysine.....g	0.110		0		1		0.116	0.374	
Methionine.....g	0.023		0		1		0.024	0.078	
Cystine.....g	0.013		0		1		0.014	0.044	
Phenylalanine.....g	0.088		0		1		0.092	0.299	
Tyrosine.....g	0.052		0		1		0.055	0.177	
Valine.....g	0.105		0		1		0.110	0.357	
Arginine.....g	0.098		0		1		0.103	0.333	
Histidine.....g	0.035		0		1		0.037	0.119	
Alanine.....g	0.071		0		1		0.075	0.241	
Aspartic acid.....g	0.478		0		1		0.502	1.625	
Glutamic acid.....g	0.322		0		1		0.338	1.095	
Glycine.....g	0.075		0		1		0.079	0.255	
Proline.....g	0.066		0		1		0.069	0.224	
Serine.....g	0.074		0		1		0.078	0.252	
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 = 105g: .5 cup

Measure 2 = 340g: 1 package (12 oz)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11393

Potatoes, hashed brown, frozen, with butter sauce, prepared

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	3.149		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		0		1				
17:1.....g									
18:1 undifferentiated.....g	2.965		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.814		0		1				
18:2 undifferentiated.....g	1.634		0		1				
18:3 undifferentiated.....g	0.180		0		1				
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	23		0		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:

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11392

Potatoes, hashed brown, frozen, with butter sauce, unprepared

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	2.386		0		1		4.056		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.087		0		1		0.148		
17:1.....g									
18:1 undifferentiated.....g	2.246		0		1		3.818		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.374		0		1		2.336		
18:2 undifferentiated.....g	1.238		0		1		2.105		
18:3 undifferentiated.....g	0.136		0		1		0.231		
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 = 170g: 1 package (6 oz)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11370

Potatoes, hashed brown, home-prepared

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	4.019		0	NC	4		6.269		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	RC	4		0.060		
17:1.....g									
18:1 undifferentiated.....g	3.980		0	RC	4		6.209		
20:1.....g	0.000		0	RC	4		0.000		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.567		0	NC	4		5.564		
18:2 undifferentiated.....g	3.310		0	RC	4		5.163		
18:3 undifferentiated.....g	0.257		0	RC	4		0.400		
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000		
20:5 n-3.....g	0.000		0	RC	4		0.000		
22:5 n-3.....g	0.000		0	RC	4		0.000		
22:6 n-3.....g	0.000		0	RC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RC	4		0		
Phytosterols.....mg	0		0	RC	4		0		
Amino Acids:									
Tryptophan.....g	0.047		0	RC	4		0.074		
Threonine.....g	0.109		0	RC	4		0.170		
Isoleucine.....g	0.123		0	RC	4		0.192		
Leucine.....g	0.181		0	RC	4		0.282		
Lysine.....g	0.182		0	RC	4		0.285		
Methionine.....g	0.047		0	RC	4		0.074		
Cystine.....g	0.039		0	RC	4		0.060		
Phenylalanine.....g	0.133		0	RC	4		0.208		
Tyrosine.....g	0.112		0	RC	4		0.175		
Valine.....g	0.168		0	RC	4		0.263		
Arginine.....g	0.139		0	RC	4		0.216		
Histidine.....g	0.067		0	RC	4		0.104		
Alanine.....g	0.093		0	RC	4		0.145		
Aspartic acid.....g	0.735		0	RC	4		1.147		
Glutamic acid.....g	0.504		0	RC	4		0.786		
Glycine.....g	0.089		0	RC	4		0.140		
Proline.....g	0.109		0	RC	4		0.170		
Serine.....g	0.132		0	RC	4		0.205		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RC	4		0.0		
Caffeine.....mg	0		0	RC	4		0		
Theobromine.....mg	0		0	RC	4		0		
Carotenoids:									
Carotene, beta.....mcg	3		0	RC	4		4.282		
Carotene, alpha.....mcg	0		0	RC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000		
Lycopene.....mcg	0		0	RC	4		0.000		
Lutein + zeaxanthin.....mcg	16		0	RC	4		24.517		

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 = 156g: 1 cup

NDB No. 11370

Potatoes, hashed brown, home-prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11378

Potatoes, mashed, dehydrated, flakes without milk, dry form

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	0.008		0		1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		1		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.005		1		1		0.002		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0		1		0.083		
18:2 undifferentiated.....g	0.131		1		1		0.063		
18:3 undifferentiated.....g	0.041		1		1		0.020		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.041		
Threonine.....g	0.372		0		1		0.179		
Isoleucine.....g	0.425		0		1		0.204		
Leucine.....g	0.659		0		1		0.316		
Lysine.....g	0.583		0		1		0.280		
Methionine.....g	0.142		0		1		0.068		
Cystine.....g	0.098		0		1		0.047		
Phenylalanine.....g	0.394		0		1		0.189		
Tyrosine.....g	0.361		0		1		0.173		
Valine.....g	0.521		0		1		0.250		
Arginine.....g	0.369		0		1		0.177		
Histidine.....g	0.203		0		1		0.097		
Alanine.....g	0.299		0		1		0.144		
Aspartic acid.....g	1.293		0		1		0.621		
Glutamic acid.....g	1.547		0		1		0.743		
Glycine.....g	0.247		0		1		0.119		
Proline.....g	0.503		0		1		0.241		
Serine.....g	0.389		0		1		0.187		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	6		0	BFSN	4		3.114		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	37		0	BFSN	4		17.831		

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Common Measures:

Measure 1 = 48g: 1 cup

NDB No. 11378

Potatoes, mashed, dehydrated, flakes without milk, dry form

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11382

Potatoes, mashed, dehydrated, granules with milk, dry form

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	0.152		0		1		0.304		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0		1		0.032		
17:1.....g									
18:1 undifferentiated.....g	0.127		0		1		0.254		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.285		0		1		0.570		
18:2 undifferentiated.....g	0.210		0		1		0.420		
18:3 undifferentiated.....g	0.071		0		1		0.142		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		4		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		1		0.196		
Threonine.....g	0.481		0		1		0.962		
Isoleucine.....g	0.514		0		1		1.028		
Leucine.....g	0.781		0		1		1.562		
Lysine.....g	0.720		0		1		1.440		
Methionine.....g	0.153		0		1		0.306		
Cystine.....g	0.134		0		1		0.268		
Phenylalanine.....g	0.508		0		1		1.016		
Tyrosine.....g	0.448		0		1		0.896		
Valine.....g	0.657		0		1		1.314		
Arginine.....g	0.509		0		1		1.018		
Histidine.....g	0.253		0		1		0.506		
Alanine.....g	0.392		0		1		0.784		
Aspartic acid.....g	1.978		0		1		3.956		
Glutamic acid.....g	1.913		0		1		3.826		
Glycine.....g	0.352		0		1		0.704		
Proline.....g	0.511		0		1		1.022		
Serine.....g	0.476		0		1		0.952		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	10		0	NR	4		20.880		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	37		0	BFSN	4		74.463		

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 = 200g: 1 cup

NDB No. 11382

Potatoes, mashed, dehydrated, granules with milk, dry form

Calories Factors: Protein 3.21

Fat 8.82

Carbohydrate 4.02

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11380

Potatoes, mashed, dehydrated, granules without milk, dry form

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	0.011		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		1		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.006		1		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.238		0		1		0.476		
18:2 undifferentiated.....g	0.180		1		1		0.360		
18:3 undifferentiated.....g	0.057		1		1		0.114		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.168		
Threonine.....g	0.366		0		1		0.732		
Isoleucine.....g	0.418		0		1		0.836		
Leucine.....g	0.649		0		1		1.298		
Lysine.....g	0.574		0		1		1.148		
Methionine.....g	0.139		0		1		0.278		
Cystine.....g	0.096		0		1		0.192		
Phenylalanine.....g	0.388		0		1		0.776		
Tyrosine.....g	0.355		0		1		0.710		
Valine.....g	0.513		0		1		1.026		
Arginine.....g	0.363		0		1		0.726		
Histidine.....g	0.200		0		1		0.400		
Alanine.....g	0.295		0		1		0.590		
Aspartic acid.....g	1.272		0		1		2.544		
Glutamic acid.....g	1.522		0		1		3.044		
Glycine.....g	0.243		0		1		0.486		
Proline.....g	0.495		0		1		0.990		
Serine.....g	0.383		0		1		0.766		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	7		0	BFSN	4		13.376		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		76.585		

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 = 200g: 1 cup

NDB No. 11380

Potatoes, mashed, dehydrated, granules without milk, dry form

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11379

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added

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	81.24		0	RPI	6		170.60		
Energy.....kcal	97		0	NC	4		203		
Energy.....kj	404		0	NC	4		848		
Protein.....g	1.79		0	RPI	6		3.76		
Total lipid (fat).....g	5.12		0	RPI	6		10.76		
Ash.....g	1.04		0	RPI	6		2.18		
Carbohydrate, by difference.....g	10.81		0	NC	4		22.70		
Fiber, total dietary.....g	0.8		0	RPI	6		1.7		
Sugars, total.....g	1.21		0	NC	4		2.53		
Sucrose.....g	0.00		0	RPA	1		0.00		
Glucose (dextrose).....g	0.00		0	RPA	1		0.00		
Fructose.....g	0.00		0	RPA	1		0.00		
Lactose.....g	1.21		0	RPA	1		2.53		
Maltose.....g	0.00		0	RPA	1		0.00		
Galactose.....g	0.00		0	RPA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	RPA	1		61		
Iron, Fe.....mg	0.16		0	RPA	1		0.33		
Magnesium, Mg.....mg	11		0	RPA	1		22		
Phosphorus, P.....mg	39		0	RPA	1		82		
Potassium, K.....mg	162		0	RPA	1		341		
Sodium, Na.....mg	164		0	RPA	1		345		
Zinc, Zn.....mg	0.18		0	RPA	1		0.37		
Copper, Cu.....mg	0.028		0	RPA	1		0.059		
Manganese, Mn.....mg	0.014		0	RPA	1		0.028		
Selenium, Se.....mcg	4.1		0	RPI	6		8.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.1		0	RPI	6		21.1		
Thiamin.....mg	0.134		0	RPI	6		0.282		
Riboflavin.....mg	0.057		0	RPI	6		0.120		
Niacin.....mg	0.766		0	RPI	6		1.609		
Pantothenic acid.....mg	0.344		0	RPI	6		0.722		
Vitamin B-6.....mg	0.100		0	RPI	6		0.210		
Folate, total.....mcg	6		0	RPI	6		13		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	6		0	RPI	6		13		
Folate, DFE.....mcg_DFE	6		0	NC	4		13		
Vitamin B-12.....mcg	0.11		0	RPI	6		0.23		
Vitamin A, IU.....IU	158		0	NC	4		332		
Vitamin A, RAE.....mcg_RAE	43		0	NC	4		91		
Retinol.....mcg	42		0	RPI	6		89		
Vitamin E (alpha-tocopherol).....mg	0.14		0	RPI	6		0.30		
Tocopherol, beta.....mg	0.00		0	RPA	1		0.00		
Tocopherol, gamma.....mg	0.00		0	RPA	1		0.00		
Tocopherol, delta.....mg	0.00		0	RPA	1		0.00		
Vitamin D.....IU	12.263		0	RPI	6		25.752		
Vitamin K (phylloquinone).....mcg	1.5		0	RPI	6		3.1		
Lipids:									
Fatty acids, total saturated.....g	2.801		0	NC	4		5.882		
4:0.....g	0.165		0	RPA	1		0.346		
6:0.....g	0.109		0	RPA	1		0.230		
8:0.....g	0.072		0	RPA	1		0.152		
10:0.....g	0.133		0	RPA	1		0.280		
12:0.....g	0.138		0	RPA	1		0.290		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.411		0	RPA	1		0.862		

NDB No. 11379

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter 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
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	1.196		0	RPA	1		2.512		
17:0.....g	0.025		0	RPA	1		0.053		
18:0.....g	0.545		0	RPA	1		1.144		
20:0.....g	0.006		0	RPA	1		0.013		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	1.154		0	NC	4		2.424		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.044		0	RPA	1		0.092		
17:1.....g									
18:1 undifferentiated.....g	1.106		0	RPA	1		2.322		
20:1.....g	0.005		0	RPA	1		0.010		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0	NC	4		0.200		
18:2 undifferentiated.....g	0.072		0	RPA	1		0.151		
18:3 undifferentiated.....g	0.024		0	RPI	6		0.049		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g	0.138			RPA	1		0.290		
Fatty acids, total trans-monoenoic.....g	0.127			RPA	1		0.266		
Fatty acids, total trans-polyenoic.....g	0.011			RPA	1		0.024		
Cholesterol.....mg	14		0	RPI	6		29		
Phytosterols.....mg	0		0	RPA	1		0		
Stigmasterol.....mg	0		0	RPA	1		0		
Campesterol.....mg	0		0	RPA	1		0		
Beta-sitosterol.....mg	0		0	RPA	1		0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.028		0	RPI	6		0.059		
Threonine.....g	0.080		0	RPI	6		0.167		
Isoleucine.....g	0.092		0	RPI	6		0.193		
Leucine.....g	0.145		0	RPI	6		0.304		
Lysine.....g	0.106		0	RPI	6		0.222		
Methionine.....g	0.035		0	RPI	6		0.074		
Cystine.....g	0.016		0	RPI	6		0.034		
Phenylalanine.....g	0.083		0	RPI	6		0.175		
Tyrosine.....g	0.080		0	RPI	6		0.169		
Valine.....g	0.110		0	RPI	6		0.231		
Arginine.....g	0.063		0	RPI	6		0.133		
Histidine.....g	0.043		0	RPI	6		0.090		
Alanine.....g	0.061		0	RPI	6		0.128		
Aspartic acid.....g	0.213		0	RPI	6		0.448		
Glutamic acid.....g	0.344		0	RPI	6		0.723		
Glycine.....g	0.048		0	RPI	6		0.100		
Proline.....g	0.143		0	RPI	6		0.301		
Serine.....g	0.074		0	RPI	6		0.155		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	10		0	RPI	6		21.802		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		

NDB No. 11379

Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added

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	Measure 3
Lutein + zeaxanthin.....mcg	4		0	RPI	6		9.387		

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 = 210g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11383

Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

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	76.01		0	RPI	6		159.62		
Energy.....kcal	116		0	NC	4		244		
Energy.....kj	486		0	NC	4		1021		
Protein.....g	2.19		0	RPI	6		4.59		
Total lipid (fat).....g	4.79		0	RPI	6		10.06		
Ash.....g	0.94		0	RPI	6		1.97		
Carbohydrate, by difference.....g	16.08		0	NC	4		33.76		
Fiber, total dietary.....g	1.3		0	RPI	6		2.6		
Sugars, total.....g	1.77		0	RPI	6		3.72		
Sucrose.....g	0.00		0	RPA	1		0.00		
Glucose (dextrose).....g	0.00		0	RPA	1		0.00		
Fructose.....g	0.00		0	RPA	1		0.00		
Lactose.....g	1.13		0	RPA	1		2.37		
Maltose.....g	0.00		0	RPA	1		0.00		
Galactose.....g	0.00		0	RPA	1		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	RPA	1		67		
Iron, Fe.....mg	0.21		0	RPA	1		0.43		
Magnesium, Mg.....mg	20		0	RPA	1		42		
Phosphorus, P.....mg	62		0	RPA	1		131		
Potassium, K.....mg	155		0	RPA	1		325		
Sodium, Na.....mg	172		0	RPA	1		360		
Zinc, Zn.....mg	0.24		0	RPI	6		0.51		
Copper, Cu.....mg	0.027		0	RPI	6		0.056		
Manganese, Mn.....mg	0.199		0	RPA	1		0.417		
Selenium, Se.....mcg	5.6		0	RPI	6		11.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.5		0	RPI	6		13.7		
Thiamin.....mg	0.090		0	RPI	6		0.188		
Riboflavin.....mg	0.086		0	RPI	6		0.180		
Niacin.....mg	0.864		0	RPI	6		1.813		
Pantothenic acid.....mg	0.143		0	RPI	6		0.300		
Vitamin B-6.....mg	0.160		0	RPI	6		0.336		
Folate, total.....mcg	8		0	RPI	6		17		
Folic acid.....mcg	0		0	RPI	6		0		
Folate, food.....mcg	8		0	RPI	6		17		
Folate, DFE.....mcg_DFE	8		0	NC	4		17		
Vitamin B-12.....mcg	0.10		0	RPI	6		0.21		
Vitamin A, IU.....IU	202		0	NC	4		423		
Vitamin A, RAE.....mcg_RAE	47		0	NC	4		98		
Retinol.....mcg	44		0	RPI	6		93		
Vitamin E (alpha-tocopherol).....mg	0.51		0	RPI	6		1.06		
Tocopherol, beta.....mg	0.00		0	RPA	1		0.00		
Tocopherol, gamma.....mg	0.00		0	RPA	1		0.00		
Tocopherol, delta.....mg	0.00		0	RPA	1		0.00		
Vitamin D.....IU	8.688		0	RPA	1		18.246		
Vitamin K (phylloquinone).....mcg	6.2		0	RPI	6		13.1		
Lipids:									
Fatty acids, total saturated.....g	1.210		0	RPI	6		2.541		
4:0.....g	0.016		0	RPA	1		0.034		
6:0.....g	0.016		0	RPA	1		0.034		
8:0.....g	0.016		0	RPA	1		0.034		
10:0.....g	0.017		0	RPA	1		0.035		
12:0.....g	0.020		0	RPA	1		0.042		
13:0.....g	0.000		0	RPA	1		0.000		
14:0.....g	0.074		0	RPA	1		0.156		

NDB No. 11383

Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine 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
15:0.....g	0.000		0	RPA	1		0.000		
16:0.....g	0.676		0	RPA	1		1.420		
17:0.....g	0.000		0	RPA	1		0.000		
18:0.....g	0.375		0	RPA	1		0.787		
20:0.....g	0.000		0	RPA	1		0.000		
22:0.....g	0.000		0	RPA	1		0.000		
24:0.....g	0.000		0	RPA	1		0.000		
Fatty acids, total monounsaturated.....g	1.955		0	RPI	6		4.105		
14:1.....g	0.000		0	RPA	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RPA	1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.954		0	RPA	1		4.103		
20:1.....g	0.000		0	RPA	1		0.000		
22:1 undifferentiated.....g	0.000		0	RPA	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.345		0	RPI	6		2.825		
18:2 undifferentiated.....g	1.265		0	RPA	1		2.656		
18:3 undifferentiated.....g	0.081		0	RPA	1		0.169		
18:4.....g	0.000		0	RPA	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1		0.000		
20:5 n-3.....g	0.000		0	RPA	1		0.000		
22:5 n-3.....g	0.000		0	RPA	1		0.000		
22:6 n-3.....g	0.000		0	RPA	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	RPI	6		5		
Phytosterols.....mg	13		0	RPI	6		28		
Amino Acids:									
Tryptophan.....g	0.031		0	RPI	6		0.066		
Threonine.....g	0.097		0	RPI	6		0.204		
Isoleucine.....g	0.112		0	RPI	6		0.235		
Leucine.....g	0.176		0	RPI	6		0.369		
Lysine.....g	0.135		0	RPI	6		0.283		
Methionine.....g	0.042		0	RPI	6		0.087		
Cystine.....g	0.021		0	RPI	6		0.044		
Phenylalanine.....g	0.102		0	RPI	6		0.214		
Tyrosine.....g	0.097		0	RPI	6		0.204		
Valine.....g	0.134		0	RPI	6		0.282		
Arginine.....g	0.082		0	RPI	6		0.171		
Histidine.....g	0.052		0	RPI	6		0.110		
Alanine.....g	0.075		0	RPI	6		0.159		
Aspartic acid.....g	0.278		0	RPI	6		0.584		
Glutamic acid.....g	0.416		0	RPI	6		0.874		
Glycine.....g	0.060		0	RPI	6		0.126		
Proline.....g	0.165		0	RPI	6		0.346		
Serine.....g	0.093		0	RPI	6		0.195		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0		
Caffeine.....mg	0		0	RPI	6		0		
Theobromine.....mg	0		0	RPI	6		0		
Carotenoids:									
Carotene, beta.....mcg	33		0	RPI	6		68.451		
Carotene, alpha.....mcg	0		0	RPI	6		0.000		
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000		
Lycopene.....mcg	0		0	RPI	6		0.000		
Lutein + zeaxanthin.....mcg	7		0	RPI	6		14.165		

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.

NDB No. 11383

Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added

Common Measures:

Measure 1 = 210g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11381

Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter 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	1.405		0		1		2.951		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.115		0		1		0.242		
17:1.....g									
18:1 undifferentiated.....g	1.290		0		1		2.709		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.227		0		1		0.477		
18:2 undifferentiated.....g	0.144		0		1		0.302		
18:3 undifferentiated.....g	0.083		0		1		0.174		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0		1		29		
Phytosterols.....mg	0		0		1		0		
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.048		
Threonine.....g	0.090		0		1		0.189		
Isoleucine.....g	0.110		0		1		0.231		
Leucine.....g	0.173		0		1		0.363		
Lysine.....g	0.147		0		1		0.309		
Methionine.....g	0.040		0		1		0.084		
Cystine.....g	0.022		0		1		0.046		
Phenylalanine.....g	0.096		0		1		0.202		
Tyrosine.....g	0.091		0		1		0.191		
Valine.....g	0.129		0		1		0.271		
Arginine.....g	0.083		0		1		0.174		
Histidine.....g	0.051		0		1		0.107		
Alanine.....g	0.071		0		1		0.149		
Aspartic acid.....g	0.254		0		1		0.533		
Glutamic acid.....g	0.390		0		1		0.819		
Glycine.....g	0.053		0		1		0.111		
Proline.....g	0.148		0		1		0.311		
Serine.....g	0.099		0		1		0.208		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	30		0	NR	4		63.000		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 210g: 1 cup

Calories Factors: Protein 3.21

Fat 8.82

Carbohydrate 4.02

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11657

Potatoes, mashed, home-prepared, whole milk added

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	78.51		0	RA	4		164.87		
Energy.....kcal	83		0	NC	4		174		
Energy.....kj	347		0	NC	4		729		
Protein.....g	1.92		0	RA	4		4.04		
Total lipid (fat).....g	0.57		0	RA	4		1.20		
Ash.....g	1.46		0	RA	4		3.07		
Carbohydrate, by difference.....g	17.53		0	NC	4		36.81		
Fiber, total dietary.....g	1.5		0	RA	4		3.2		
Sugars, total.....g	1.51		0	RA	4		3.16		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0	RA	4		46		
Iron, Fe.....mg	0.27		0	RA	4		0.56		
Magnesium, Mg.....mg	18		0	RA	4		39		
Phosphorus, P.....mg	46		0	RA	4		97		
Potassium, K.....mg	296		0	RA	4		622		
Sodium, Na.....mg	302		0	RA	4		634		
Zinc, Zn.....mg	0.29		0	RA	4		0.60		
Copper, Cu.....mg	0.144		0	RA	4		0.303		
Manganese, Mn.....mg	0.119		0	RA	4		0.250		
Selenium, Se.....mcg	0.8		0	RA	4		1.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.2		0	RA	4		13.1		
Thiamin.....mg	0.089		0	RA	4		0.187		
Riboflavin.....mg	0.043		0	RA	4		0.091		
Niacin.....mg	1.121		0	RA	4		2.354		
Pantothenic acid.....mg	0.483		0	RA	4		1.015		
Vitamin B-6.....mg	0.232		0	RA	4		0.487		
Folate, total.....mcg	8		0	RA	4		17		
Folic acid.....mcg	0		0	RA	4		0		
Folate, food.....mcg	8		0	RA	4		17		
Folate, DFE.....mcg_DFE	8		0	NC	4		17		
Vitamin B-12.....mcg	0.07		0	RA	4		0.14		
Vitamin A, IU.....IU	18		0	NC	4		37		
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		9		
Retinol.....mcg	4		0	RA	4		9		
Vitamin E (alpha-tocopherol).....mg	0.02		0	RA	4		0.03		
Tocopherol, beta.....mg	0.00		0	RA	4		0.00		
Tocopherol, gamma.....mg	0.00		0	RA	4		0.00		
Tocopherol, delta.....mg	0.00		0	RA	4		0.00		
Vitamin D.....IU	6.080		0	RA	4		12.768		
Vitamin K (phylloquinone).....mcg	1.8		0	RA	4		3.8		
Lipids:									
Fatty acids, total saturated.....g	0.302		0	RA	4		0.633		
4:0.....g	0.011		0	RA	4		0.024		
6:0.....g	0.011		0	RA	4		0.024		
8:0.....g	0.011		0	RA	4		0.024		
10:0.....g	0.012		0	RA	4		0.025		
12:0.....g	0.014		0	RA	4		0.030		
13:0.....g	0.000		0	RA	4		0.000		
14:0.....g	0.045		0	RA	4		0.096		
15:0.....g	0.000		0	RA	4		0.000		
16:0.....g	0.138		0	RA	4		0.290		
17:0.....g	0.000		0	RA	4		0.000		
18:0.....g	0.058		0	RA	4		0.122		
20:0.....g	0.000		0	RA	4		0.000		
22:0.....g	0.000		0	RA	4		0.000		

NDB No. 11657

Potatoes, mashed, home-prepared, whole milk 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
24:0.....g	0.000		0	RA	4		0.000		
Fatty acids, total monounsaturated.....g	0.124		0	RA	4		0.260		
14:1.....g	0.000		0	RA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.123		0	RA	4		0.258		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	RA	4		0.136		
18:2 undifferentiated.....g	0.045		0	RA	4		0.095		
18:3 undifferentiated.....g	0.020		0	RA	4		0.041		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3.....g	0.000		0	RA	4		0.000		
22:5 n-3.....g	0.000		0	RA	4		0.000		
22:6 n-3.....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	RA	4		3		
Phytosterols.....mg	0		0	RA	4		0		
Amino Acids:									
Tryptophan.....g	0.034		0	RA	4		0.071		
Threonine.....g	0.074		0	RA	4		0.155		
Isoleucine.....g	0.084		0	RA	4		0.176		
Leucine.....g	0.127		0	RA	4		0.266		
Lysine.....g	0.109		0	RA	4		0.228		
Methionine.....g	0.034		0	RA	4		0.071		
Cystine.....g	0.021		0	RA	4		0.044		
Phenylalanine.....g	0.086		0	RA	4		0.181		
Tyrosine.....g	0.077		0	RA	4		0.161		
Valine.....g	0.110		0	RA	4		0.230		
Arginine.....g	0.078		0	RA	4		0.163		
Histidine.....g	0.043		0	RA	4		0.091		
Alanine.....g	0.060		0	RA	4		0.126		
Aspartic acid.....g	0.389		0	RA	4		0.816		
Glutamic acid.....g	0.339		0	RA	4		0.712		
Glycine.....g	0.054		0	RA	4		0.114		
Proline.....g	0.104		0	RA	4		0.218		
Serine.....g	0.079		0	RA	4		0.166		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	RA	4		4.408		
Carotene, alpha.....mcg	0		0	RA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	8		0	RA	4		15.838		

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 = 210g: 1 cup

NDB No. 11657

Potatoes, mashed, home-prepared, whole milk added

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11934

Potatoes, mashed, home-prepared, whole milk and butter added

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	75.64		0	RC	4		158.84		
Energy.....kcal	113		0	NC	4		236		
Energy.....kj	471		0	NC	4		989		
Protein.....g	1.87		0	RC	4		3.93		
Total lipid (fat).....g	4.22		0	RC	4		8.86		
Ash.....g	1.50		0	RC	4		3.15		
Carbohydrate, by difference.....g	16.77		0	NC	4		35.23		
Fiber, total dietary.....g	1.5		0	RC	4		3.0		
Sugars, total.....g	0.74		0	NC	4		1.56		
Sucrose.....g	0.00		0	RC	4		0.00		
Glucose (dextrose).....g	0.00		0	RC	4		0.00		
Fructose.....g	0.00		0	RC	4		0.00		
Lactose.....g	0.74		0	RC	4		1.56		
Maltose.....g	0.00		0	RC	4		0.00		
Galactose.....g	0.00		0	RC	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0	RC	4		46		
Iron, Fe.....mg	0.26		0	RC	4		0.54		
Magnesium, Mg.....mg	18		0	RC	4		37		
Phosphorus, P.....mg	45		0	RC	4		95		
Potassium, K.....mg	284		0	RC	4		597		
Sodium, Na.....mg	317		0	RC	4		667		
Zinc, Zn.....mg	0.28		0	RC	4		0.58		
Copper, Cu.....mg	0.138		0	RC	4		0.290		
Manganese, Mn.....mg	0.114		0	RC	4		0.239		
Selenium, Se.....mcg	0.8		0	RC	4		1.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.0		0	RC	4		12.5		
Thiamin.....mg	0.085		0	RC	4		0.179		
Riboflavin.....mg	0.043		0	RC	4		0.090		
Niacin.....mg	1.075		0	RC	4		2.257		
Pantothenic acid.....mg	0.467		0	RC	4		0.980		
Vitamin B-6.....mg	0.222		0	RC	4		0.467		
Folate, total.....mcg	8		0	RC	4		17		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	8		0	RC	4		17		
Folate, DFE.....mcg_DFE	8		0	NC	4		17		
Vitamin B-12.....mcg	0.07		0	RC	4		0.15		
Vitamin A, IU.....IU	130		0	NC	4		273		
Vitamin A, RAE.....mcg_RAE	35		0	NC	4		74		
Retinol.....mcg	34		0	RC	4		72		
Vitamin E (alpha-tocopherol).....mg	0.12		0	RC	4		0.25		
Tocopherol, beta.....mg	0.00		0	RC	4		0.00		
Tocopherol, gamma.....mg	0.00		0	RC	4		0.00		
Tocopherol, delta.....mg	0.00		0	RC	4		0.00		
Vitamin D.....IU	8.245		0	RC	4		17.314		
Vitamin K (phylloquinone).....mcg	2.0		0	RC	4		4.3		
Lipids:									
Fatty acids, total saturated.....g	1.667		0	NC	4		3.502		
4:0.....g	0.099		0	RC	4		0.208		
6:0.....g	0.065		0	RC	4		0.136		
8:0.....g	0.042		0	RC	4		0.088		
10:0.....g	0.080		0	RC	4		0.168		
12:0.....g	0.083		0	RC	4		0.175		
13:0.....g	0.000		0	RC	4		0.000		

NDB No. 11934

Potatoes, mashed, home-prepared, whole milk and butter 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
14:0.....g	0.243		0	RC	4		0.510		
15:0.....g	0.000		0	RC	4		0.000		
16:0.....g	0.712		0	RC	4		1.496		
17:0.....g	0.016		0	RC	4		0.033		
18:0.....g	0.324		0	RC	4		0.681		
20:0.....g	0.004		0	RC	4		0.008		
22:0.....g	0.000		0	RC	4		0.000		
24:0.....g	0.000		0	RC	4		0.000		
Fatty acids, total monounsaturated.....g	1.272		0	NC	4		2.670		
14:1.....g	0.000		0	RC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.028		0	RC	4		0.058		
16:1 c.....g	0.027		0	RC	4		0.057		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	0.652		0	RC	4		1.369		
18:1 c.....g	0.478		0	RC	4		1.004		
18:1 t.....g	0.084		0	RC	4		0.176		
20:1.....g	0.003		0	RC	4		0.006		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0	NC	4		0.314		
18:2 undifferentiated.....g	0.049		0	RC	4		0.103		
18:2 n-6 c,c.....g	0.061		0	RC	4		0.128		
18:2 CLAs.....g	0.008		0	RC	4		0.016		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.008		0	RC	4		0.018		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.015		0	RC	4		0.030		
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000		
20:5 n-3.....g	0.000		0	RC	4		0.000		
22:5 n-3.....g	0.000		0	RC	4		0.000		
22:6 n-3.....g	0.000		0	RC	4		0.000		
Fatty acids, total trans.....g	0.117			RC	4		0.246		
Fatty acids, total trans-monoenoic.....g	0.108			RC	4		0.226		
Fatty acids, total trans-polyenoic.....g	0.010			RC	4		0.020		
Cholesterol.....mg	11		0	RC	4		24		
Phytosterols.....mg	0		0	RC	4		0		
Stigmasterol.....mg	0		0	RC	4		0		
Campesterol.....mg	0		0	RC	4		0		
Beta-sitosterol.....mg	0		0	RC	4		0		
Amino Acids:									
Tryptophan.....g	0.033		0	RC	4		0.069		
Threonine.....g	0.072		0	RC	4		0.151		
Isoleucine.....g	0.082		0	RC	4		0.172		
Leucine.....g	0.124		0	RC	4		0.261		
Lysine.....g	0.107		0	RC	4		0.224		
Methionine.....g	0.033		0	RC	4		0.070		
Cystine.....g	0.020		0	RC	4		0.043		
Phenylalanine.....g	0.084		0	RC	4		0.176		
Tyrosine.....g	0.075		0	RC	4		0.157		
Valine.....g	0.107		0	RC	4		0.225		
Arginine.....g	0.076		0	RC	4		0.159		
Histidine.....g	0.042		0	RC	4		0.089		
Alanine.....g	0.059		0	RC	4		0.123		
Aspartic acid.....g	0.374		0	RC	4		0.786		
Glutamic acid.....g	0.331		0	RC	4		0.695		
Glycine.....g	0.052		0	RC	4		0.110		

NDB No. 11934

Potatoes, mashed, home-prepared, whole milk and butter added

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	Measure 3
Proline.....g	0.102		0	RC	4		0.214		
Serine.....g	0.078		0	RC	4		0.163		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RC	4		0.0		
Caffeine.....mg	0		0	RC	4		0		
Theobromine.....mg	0		0	RC	4		0		
Carotenoids:									
Carotene, beta.....mcg	9		0	RC	4		19.190		
Carotene, alpha.....mcg	0		0	RC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000		
Lycopene.....mcg	0		0	RC	4		0.000		
Lutein + zeaxanthin.....mcg	7		0	RC	4		15.165		

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 = 210g; 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11371

Potatoes, mashed, home-prepared, whole milk and margarine added

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	75.24		0	RA	4		158.01		
Energy.....kcal	113		0	NC	4		238		
Energy.....kj	474		0	NC	4		996		
Protein.....g	2.00		0	RA	4		4.21		
Total lipid (fat).....g	4.19		0	RA	4		8.80		
Ash.....g	1.65		0	RA	4		3.47		
Carbohydrate, by difference.....g	16.91		0	NC	4		35.51		
Fiber, total dietary.....g	1.5		0	RA	4		3.0		
Sugars, total.....g	1.44		0	RA	4		3.03		
Sucrose.....g	0.00		0	RA	4		0.00		
Glucose (dextrose).....g	0.00		0	RA	4		0.00		
Fructose.....g	0.00		0	RA	4		0.00		
Lactose.....g	0.74		0	RA	4		1.56		
Maltose.....g	0.00		0	RA	4		0.00		
Galactose.....g	0.00		0	RA	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		0	RA	4		42		
Iron, Fe.....mg	0.26		0	RA	4		0.55		
Magnesium, Mg.....mg	19		0	RA	4		41		
Phosphorus, P.....mg	48		0	RA	4		102		
Potassium, K.....mg	326		0	RA	4		685		
Sodium, Na.....mg	333		0	RA	4		700		
Zinc, Zn.....mg	0.30		0	RA	4		0.62		
Copper, Cu.....mg	0.155		0	RA	4		0.326		
Manganese, Mn.....mg	0.112		0	RA	4		0.236		
Selenium, Se.....mcg	0.8		0	RA	4		1.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.5		0	RA	4		22.0		
Thiamin.....mg	0.092		0	RA	4		0.193		
Riboflavin.....mg	0.044		0	RA	4		0.092		
Niacin.....mg	1.176		0	RA	4		2.471		
Pantothenic acid.....mg	0.474		0	RA	4		0.996		
Vitamin B-6.....mg	0.247		0	RA	4		0.518		
Folate, total.....mcg	9		0	RA	4		19		
Folic acid.....mcg	0		0	RA	4		0		
Folate, food.....mcg	9		0	RA	4		19		
Folate, DFE.....mcg_DFE	9		0	NC	4		19		
Vitamin B-12.....mcg	0.07		0	RA	4		0.14		
Vitamin A, IU.....IU	179		0	NC	4		375		
Vitamin A, RAE.....mcg_RAE	41		0	NC	4		87		
Retinol.....mcg	39		0	RA	4		81		
Vitamin E (alpha-tocopherol).....mg	0.42		0	RA	4		0.89		
Tocopherol, beta.....mg	0.00		0	RA	4		0.00		
Tocopherol, gamma.....mg	0.00		0	RA	4		0.00		
Tocopherol, delta.....mg	0.00		0	RA	4		0.00		
Vitamin D.....IU	5.705		0	RA	4		11.980		
Vitamin K (phylloquinone).....mcg	6.0		0	RA	4		12.5		
Lipids:									
Fatty acids, total saturated.....g	1.000		0	RA	4		2.100		
4:0.....g	0.011		0	RA	4		0.022		
6:0.....g	0.011		0	RA	4		0.022		
8:0.....g	0.011		0	RA	4		0.022		
10:0.....g	0.011		0	RA	4		0.024		
12:0.....g	0.013		0	RA	4		0.028		
13:0.....g	0.000		0	RA	4		0.000		

NDB No. 11371

Potatoes, mashed, home-prepared, whole milk and margarine 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
14:0.....g	0.052		0	RA	4		0.109		
15:0.....g	0.000		0	RA	4		0.000		
16:0.....g	0.570		0	RA	4		1.197		
17:0.....g	0.000		0	RA	4		0.000		
18:0.....g	0.322		0	RA	4		0.677		
20:0.....g	0.000		0	RA	4		0.000		
22:0.....g	0.000		0	RA	4		0.000		
24:0.....g	0.000		0	RA	4		0.000		
Fatty acids, total monounsaturated.....g	1.740		0	RA	4		3.654		
14:1.....g	0.000		0	RA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.001		0	RA	4		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.739		0	RA	4		3.652		
20:1.....g	0.000		0	RA	4		0.000		
22:1 undifferentiated.....g	0.000		0	RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.213		0	RA	4		2.548		
18:2 undifferentiated.....g	1.145		0	RA	4		2.404		
18:3 undifferentiated.....g	0.068		0	RA	4		0.144		
18:4.....g	0.000		0	RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000		
20:5 n-3.....g	0.000		0	RA	4		0.000		
22:5 n-3.....g	0.000		0	RA	4		0.000		
22:6 n-3.....g	0.000		0	RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	RA	4		3		
Phytosterols.....mg	12		0	RA	4		25		
Amino Acids:									
Tryptophan.....g	0.034		0	RA	4		0.072		
Threonine.....g	0.077		0	RA	4		0.161		
Isoleucine.....g	0.087		0	RA	4		0.183		
Leucine.....g	0.132		0	RA	4		0.276		
Lysine.....g	0.115		0	RA	4		0.241		
Methionine.....g	0.036		0	RA	4		0.075		
Cystine.....g	0.022		0	RA	4		0.046		
Phenylalanine.....g	0.090		0	RA	4		0.188		
Tyrosine.....g	0.079		0	RA	4		0.166		
Valine.....g	0.114		0	RA	4		0.240		
Arginine.....g	0.081		0	RA	4		0.171		
Histidine.....g	0.045		0	RA	4		0.094		
Alanine.....g	0.062		0	RA	4		0.130		
Aspartic acid.....g	0.405		0	RA	4		0.850		
Glutamic acid.....g	0.353		0	RA	4		0.741		
Glycine.....g	0.057		0	RA	4		0.119		
Proline.....g	0.106		0	RA	4		0.223		
Serine.....g	0.082		0	RA	4		0.173		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0		
Caffeine.....mg	0		0	RA	4		0		
Theobromine.....mg	0		0	RA	4		0		
Carotenoids:									
Carotene, beta.....mcg	30		0	RA	4		62.343		
Carotene, alpha.....mcg	0		0	RA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	7		0	RA	4		15.488		

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.

NDB No. 11371

Potatoes, mashed, home-prepared, whole milk and margarine added

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

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 = 210g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11930

Potatoes, mashed, prepared from flakes, without milk, whole milk and margarine

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	2.307		0		1		4.845		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.046		
17:1.....g									
18:1 undifferentiated.....g	2.274		0		1		4.775		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.551		0		1		3.257		
18:2 undifferentiated.....g	1.463		0		1		3.072		
18:3 undifferentiated.....g	0.088		0		1		0.185		
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	4		0		1		8		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.040		
Threonine.....g	0.085		0		1		0.179		
Isoleucine.....g	0.097		0		1		0.204		
Leucine.....g	0.150		0		1		0.315		
Lysine.....g	0.133		0		1		0.279		
Methionine.....g	0.032		0		1		0.067		
Cystine.....g	0.022		0		1		0.046		
Phenylalanine.....g	0.090		0		1		0.189		
Tyrosine.....g	0.082		0		1		0.172		
Valine.....g	0.119		0		1		0.250		
Arginine.....g	0.084		0		1		0.176		
Histidine.....g	0.046		0		1		0.097		
Alanine.....g	0.068		0		1		0.143		
Aspartic acid.....g	0.294		0		1		0.617		
Glutamic acid.....g	0.352		0		1		0.739		
Glycine.....g	0.056		0		1		0.118		
Proline.....g	0.114		0		1		0.239		
Serine.....g	0.088		0		1		0.185		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	48		0	NR	4		100.800		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 210g: 1 cup

Calories Factors: Protein 3.21

Fat 8.82

Carbohydrate 4.02

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11929

Potatoes, mashed, prepared from granules, without milk, whole milk and margarine

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	2.041		0		1		4.286		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.038		
17:1.....g									
18:1 undifferentiated.....g	2.023		0		1		4.248		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.363		0		1		2.862		
18:2 undifferentiated.....g	1.286		0		1		2.701		
18:3 undifferentiated.....g	0.076		0		1		0.160		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		6		
Phytosterols.....mg	14		0		1		29		
Amino Acids:									
Tryptophan.....g	0.023		0		1		0.048		
Threonine.....g	0.090		0		1		0.189		
Isoleucine.....g	0.110		0		1		0.231		
Leucine.....g	0.173		0		1		0.363		
Lysine.....g	0.147		0		1		0.309		
Methionine.....g	0.040		0		1		0.084		
Cystine.....g	0.022		0		1		0.046		
Phenylalanine.....g	0.096		0		1		0.202		
Tyrosine.....g	0.091		0		1		0.191		
Valine.....g	0.129		0		1		0.271		
Arginine.....g	0.083		0		1		0.174		
Histidine.....g	0.051		0		1		0.107		
Alanine.....g	0.071		0		1		0.149		
Aspartic acid.....g	0.254		0		1		0.533		
Glutamic acid.....g	0.390		0		1		0.819		
Glycine.....g	0.053		0		1		0.111		
Proline.....g	0.148		0		1		0.311		
Serine.....g	0.099		0		1		0.208		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	48		0	NR	4		100.800		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 210g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11675

Potatoes, microwaved, cooked in skin, flesh and skin, 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	0.002		0		1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.002		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.087		
18:2 undifferentiated.....g	0.032		0		1		0.065		
18:3 undifferentiated.....g	0.010		0		1		0.020		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.038		0		1		0.077		
Threonine.....g	0.089		0		1		0.180		
Isoleucine.....g	0.099		0		1		0.200		
Leucine.....g	0.147		0		1		0.297		
Lysine.....g	0.149		0		1		0.301		
Methionine.....g	0.039		0		1		0.079		
Cystine.....g	0.031		0		1		0.063		
Phenylalanine.....g	0.109		0		1		0.220		
Tyrosine.....g	0.091		0		1		0.184		
Valine.....g	0.138		0		1		0.279		
Arginine.....g	0.113		0		1		0.228		
Histidine.....g	0.054		0		1		0.109		
Alanine.....g	0.075		0		1		0.152		
Aspartic acid.....g	0.598		0		1		1.208		
Glutamic acid.....g	0.410		0		1		0.828		
Glycine.....g	0.073		0		1		0.147		
Proline.....g	0.088		0		1		0.178		
Serine.....g	0.106		0		1		0.214		
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 = 202g: 1 potato (2-1/2" dia, sphere)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11835

Potatoes, microwaved, cooked in skin, flesh, 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	0.002		0		1		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.034	0.067	
18:2 undifferentiated.....g	0.032		0		1		0.025	0.050	
18:3 undifferentiated.....g	0.010		0		1		0.008	0.016	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.033		0		1		0.026	0.051	
Threonine.....g	0.076		0		1		0.059	0.119	
Isoleucine.....g	0.085		0		1		0.066	0.133	
Leucine.....g	0.126		0		1		0.098	0.197	
Lysine.....g	0.128		0		1		0.100	0.200	
Methionine.....g	0.033		0		1		0.026	0.051	
Cystine.....g	0.027		0		1		0.021	0.042	
Phenylalanine.....g	0.093		0		1		0.073	0.145	
Tyrosine.....g	0.078		0		1		0.061	0.122	
Valine.....g	0.118		0		1		0.092	0.184	
Arginine.....g	0.097		0		1		0.076	0.151	
Histidine.....g	0.046		0		1		0.036	0.072	
Alanine.....g	0.065		0		1		0.051	0.101	
Aspartic acid.....g	0.514		0		1		0.401	0.802	
Glutamic acid.....g	0.352		0		1		0.275	0.549	
Glycine.....g	0.062		0		1		0.048	0.097	
Proline.....g	0.076		0		1		0.059	0.119	
Serine.....g	0.091		0		1		0.071	0.142	
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 = 78g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11368

Potatoes, microwaved, cooked in skin, flesh, 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	0.002		0		1		0.002	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.034	0.067	
18:2 undifferentiated.....g	0.032		0		1		0.025	0.050	
18:3 undifferentiated.....g	0.010		0		1		0.008	0.016	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.033		0		1		0.026	0.051	
Threonine.....g	0.076		0		1		0.059	0.119	
Isoleucine.....g	0.085		0		1		0.066	0.133	
Leucine.....g	0.126		0		1		0.098	0.197	
Lysine.....g	0.128		0		1		0.100	0.200	
Methionine.....g	0.033		0		1		0.026	0.051	
Cystine.....g	0.027		0		1		0.021	0.042	
Phenylalanine.....g	0.093		0		1		0.073	0.145	
Tyrosine.....g	0.078		0		1		0.061	0.122	
Valine.....g	0.118		0		1		0.092	0.184	
Arginine.....g	0.097		0		1		0.076	0.151	
Histidine.....g	0.046		0		1		0.036	0.072	
Alanine.....g	0.065		0		1		0.051	0.101	
Aspartic acid.....g	0.514		0		1		0.401	0.802	
Glutamic acid.....g	0.352		0		1		0.275	0.549	
Glycine.....g	0.062		0		1		0.048	0.097	
Proline.....g	0.076		0		1		0.059	0.119	
Serine.....g	0.091		0		1		0.071	0.142	
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 = 78g: .5 cup

Measure 2 = 156g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11369

Potatoes, microwaved, cooked in skin, skin, 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	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.025		
18:2 undifferentiated.....g	0.032		0		1		0.019		
18:3 undifferentiated.....g	0.010		0		1		0.006		
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	z	7		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 = 58g: 1 skin

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11834

Potatoes, microwaved, cooked, in skin, flesh and skin, 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	0.002		0		1		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.002		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.087		
18:2 undifferentiated.....g	0.032		0		1		0.065		
18:3 undifferentiated.....g	0.010		0		1		0.020		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.038		0		1		0.077		
Threonine.....g	0.089		0		1		0.180		
Isoleucine.....g	0.099		0		1		0.200		
Leucine.....g	0.147		0		1		0.297		
Lysine.....g	0.149		0		1		0.301		
Methionine.....g	0.039		0		1		0.079		
Cystine.....g	0.031		0		1		0.063		
Phenylalanine.....g	0.109		0		1		0.220		
Tyrosine.....g	0.091		0		1		0.184		
Valine.....g	0.138		0		1		0.279		
Arginine.....g	0.113		0		1		0.228		
Histidine.....g	0.054		0		1		0.109		
Alanine.....g	0.075		0		1		0.152		
Aspartic acid.....g	0.598		0		1		1.208		
Glutamic acid.....g	0.410		0		1		0.828		
Glycine.....g	0.073		0		1		0.147		
Proline.....g	0.088		0		1		0.178		
Serine.....g	0.106		0		1		0.214		
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 = 202g: 1 potato (2-1/3" x 4-3/4")

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11836

Potatoes, microwaved, cooked, in skin, skin 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	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.025		
18:2 undifferentiated.....g	0.032		0		1		0.019		
18:3 undifferentiated.....g	0.010		0		1		0.006		
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	z	7		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 = 58g: 1 skin

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11397
Potatoes, o'brien, frozen, prepared

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	5.824		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1				
17:1.....g									
18:1 undifferentiated.....g	5.822		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.474		0		1				
18:2 undifferentiated.....g	3.252		0		1				
18:3 undifferentiated.....g	0.221		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.034		0		1				
Threonine.....g	0.080		0		1				
Isoleucine.....g	0.089		0		1				
Leucine.....g	0.131		0		1				
Lysine.....g	0.132		0		1				
Methionine.....g	0.034		0		1				
Cystine.....g	0.030		0		1				
Phenylalanine.....g	0.095		0		1				
Tyrosine.....g	0.079		0		1				
Valine.....g	0.120		0		1				
Arginine.....g	0.111		0		1				
Histidine.....g	0.048		0		1				
Alanine.....g	0.069		0		1				
Aspartic acid.....g	0.513		0		1				
Glutamic acid.....g	0.368		0		1				
Glycine.....g	0.068		0		1				
Proline.....g	0.080		0		1				
Serine.....g	0.095		0		1				
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:

Calories Factors: Protein 2.7

Fat 8.4

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11396
Potatoes, o'brien, frozen, unprepared

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	0.006		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0		1				
18:2 undifferentiated.....g	0.049		0		1				
18:3 undifferentiated.....g	0.012		0		1				
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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.028		0		1				
Threonine.....g	0.065		0		1				
Isoleucine.....g	0.073		0		1				
Leucine.....g	0.107		0		1				
Lysine.....g	0.108		0		1				
Methionine.....g	0.028		0		1				
Cystine.....g	0.025		0		1				
Phenylalanine.....g	0.078		0		1				
Tyrosine.....g	0.065		0		1				
Valine.....g	0.098		0		1				
Arginine.....g	0.091		0		1				
Histidine.....g	0.039		0		1				
Alanine.....g	0.057		0		1				
Aspartic acid.....g	0.421		0		1				
Glutamic acid.....g	0.302		0		1				
Glycine.....g	0.056		0		1				
Proline.....g	0.066		0		1				
Serine.....g	0.078		0		1				
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:

Calories Factors: Protein 2.7

Fat 8.4

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11671

Potatoes, o'brien, home-prepared

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	0.347		0		1		0.673	4.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0		1		0.070	0.418	
17:1.....g									
18:1 undifferentiated.....g	0.302		0		1		0.586	3.509	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.107	0.639	
18:2 undifferentiated.....g	0.037		0		1		0.072	0.430	
18:3 undifferentiated.....g	0.018		0		1		0.035	0.209	
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	4		0		1		8	46	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.035		0		1		0.068	0.407	
Threonine.....g	0.089		0		1		0.173	1.034	
Isoleucine.....g	0.110		0		1		0.213	1.278	
Leucine.....g	0.169		0		1		0.328	1.964	
Lysine.....g	0.144		0		1		0.279	1.673	
Methionine.....g	0.043		0		1		0.083	0.500	
Cystine.....g	0.030		0		1		0.058	0.349	
Phenylalanine.....g	0.106		0		1		0.206	1.232	
Tyrosine.....g	0.092		0		1		0.178	1.069	
Valine.....g	0.133		0		1		0.258	1.545	
Arginine.....g	0.109		0		1		0.211	1.267	
Histidine.....g	0.054		0		1		0.105	0.627	
Alanine.....g	0.076		0		1		0.147	0.883	
Aspartic acid.....g	0.376		0		1		0.729	4.369	
Glutamic acid.....g	0.470		0		1		0.912	5.461	
Glycine.....g	0.067		0		1		0.130	0.779	
Proline.....g	0.150		0		1		0.291	1.743	
Serine.....g	0.112		0		1		0.217	1.301	
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 = 194g: 1 cup

Measure 2 = 1162g: 1 recipe yield

Calories Factors: Protein 2.7

Fat 8.4

Carbohydrate 4

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11362
Potatoes, raw, skin

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	0.002		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.043		0		1		0.016		
18:2 undifferentiated.....g	0.032		0		1		0.012		
18:3 undifferentiated.....g	0.010		0		1		0.004		
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	z	7		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 = 38g: 1 skin

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11358

Potatoes, red, flesh and skin, baked

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	0.016		0		1		0.048	0.028	0.022
17:0.....g									
18:0.....g	0.004		0		1		0.012	0.007	0.006
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0		1		0.006	0.003	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.003	0.002	0.001
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	0.043		0		1		0.129	0.074	0.059
18:2 undifferentiated.....g	0.032		0		1		0.096	0.055	0.044
18:3 undifferentiated.....g	0.010		0		1		0.030	0.017	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	z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.108	0.062	0.050
Threonine.....g	0.084		0		1		0.251	0.145	0.116
Isoleucine.....g	0.093		0		1		0.278	0.161	0.128
Leucine.....g	0.138		0		1		0.413	0.239	0.190
Lysine.....g	0.140		0		1		0.419	0.242	0.193
Methionine.....g	0.036		0		1		0.108	0.062	0.050
Cystine.....g	0.029		0		1		0.087	0.050	0.040
Phenylalanine.....g	0.102		0		1		0.305	0.176	0.141
Tyrosine.....g	0.085		0		1		0.254	0.147	0.117
Valine.....g	0.130		0		1		0.389	0.225	0.179
Arginine.....g	0.106		0		1		0.317	0.183	0.146
Histidine.....g	0.050		0		1		0.150	0.087	0.069
Alanine.....g	0.071		0		1		0.212	0.123	0.098
Aspartic acid.....g	0.563		0		1		1.683	0.974	0.777
Glutamic acid.....g	0.386		0		1		1.154	0.668	0.533
Glycine.....g	0.068		0		1		0.203	0.118	0.094
Proline.....g	0.083		0		1		0.248	0.144	0.115
Serine.....g	0.100		0		1		0.299	0.173	0.138
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	6	0.000	7	JO	11		18.336	10.609	8.463
Carotene, alpha.....mcg	0	0.000	7	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	7	JO	11		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	7	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	31	2.813	7	JO	11		92.690	53.630	42.780

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NDB No. 11358

Potatoes, red, flesh and skin, baked

Common Measures:

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11355

Potatoes, red, flesh and skin, raw

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	0.022		0	BFFN	4		0.080	0.046	0.037
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.020	0.012	0.009
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.003		0	BFFN	4		0.010	0.006	0.005
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.005	0.003	0.002
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.005	0.003	0.002
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	0.043		0		1		0.159	0.092	0.073
18:2 undifferentiated.....g	0.044		0	BFFN	4		0.161	0.093	0.074
18:3 undifferentiated.....g	0.014		0	BFFN	4		0.050	0.029	0.023
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		6		1		0.118	0.068	0.054
Threonine.....g	0.075		7		1		0.277	0.160	0.128
Isoleucine.....g	0.084		7		1		0.310	0.179	0.143
Leucine.....g	0.124		7		1		0.458	0.264	0.211
Lysine.....g	0.126		7		1		0.465	0.268	0.214
Methionine.....g	0.033		7		1		0.122	0.070	0.056
Cystine.....g	0.026		6		1		0.096	0.055	0.044
Phenylalanine.....g	0.092		7		1		0.339	0.196	0.156
Tyrosine.....g	0.077		6		1		0.284	0.164	0.131
Valine.....g	0.117		7		1		0.432	0.249	0.199
Arginine.....g	0.095		9		1		0.351	0.202	0.162
Histidine.....g	0.045		9		1		0.166	0.096	0.077
Alanine.....g	0.064		6		1		0.236	0.136	0.109
Aspartic acid.....g	0.506		6		1		1.867	1.078	0.860
Glutamic acid.....g	0.347		8		1		1.280	0.739	0.590
Glycine.....g	0.062		6		1		0.229	0.132	0.105
Proline.....g	0.074		8		1		0.273	0.158	0.126
Serine.....g	0.090		6		1		0.332	0.192	0.153
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0			Z	7		0	0	0
Theobromine.....mg	0			Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4	0.131	4	JO	11		14.745	8.512	6.793
Carotene, alpha.....mcg	0	0.000	4	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	4	JO	11		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	4	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	21	1.061	4	JO	11		75.645	43.665	34.850

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NDB No. 11355

Potatoes, red, flesh and skin, raw

Common Measures:

Measure 1 = 369g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 213g: 1 potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 170g: 1 potato small (1-3/4" to 2-1/4" dia)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11353

Potatoes, russet, flesh and skin, raw

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	0.012		0	BFFN	4		0.021	0.027	0.046
17:0.....g									
18:0.....g									
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	BFFN	4		0.003	0.003	0.006
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.001	0.002	0.003
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.001	0.002	0.003
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.034		0	BFFN	4		0.057	0.072	0.124
18:2 undifferentiated.....g	0.025		0	BFFN	4		0.042	0.053	0.092
18:3 undifferentiated.....g	0.010		59		1		0.017	0.021	0.037
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	Z	7		0	0	0
Phytosterols.....mg	5		0		1		9	11	18
Amino Acids:									
Tryptophan.....g	0.018		2	A	1		0.031	0.038	0.066
Threonine.....g	0.055		2	A	1		0.094	0.118	0.204
Isoleucine.....g	0.058		2	A	1		0.099	0.124	0.216
Leucine.....g	0.086		2	A	1		0.147	0.184	0.319
Lysine.....g	0.101		2	A	1		0.172	0.216	0.374
Methionine.....g	0.031		2	A	1		0.053	0.066	0.114
Cystine.....g	0.021		2	A	1		0.036	0.045	0.077
Phenylalanine.....g	0.180		2	A	1		0.306	0.383	0.664
Tyrosine.....g	0.035		2	A	1		0.059	0.074	0.129
Valine.....g	0.097		2	A	1		0.165	0.207	0.358
Arginine.....g	0.090		2	A	1		0.152	0.191	0.330
Histidine.....g	0.035		2	A	1		0.059	0.074	0.129
Alanine.....g	0.051		2	A	1		0.087	0.110	0.190
Aspartic acid.....g	0.502		2	A	1		0.853	1.068	1.851
Glutamic acid.....g	0.374		2	A	1		0.636	0.797	1.380
Glycine.....g	0.048		2	A	1		0.081	0.101	0.175
Proline.....g	0.057		2	A	1		0.098	0.122	0.212
Serine.....g	0.069		2	A	1		0.118	0.148	0.256
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0			Z	7		0	0	0
Theobromine.....mg	0			Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0	0.369	4	JO	11		0.628	0.786	1.362
Carotene, alpha.....mcg	0	0.000	4	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	4	JO	11		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	4	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	5	2.578	4	JO	11		8.278	10.371	17.967

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.

NDB No. 11353

Potatoes, russet, flesh and skin, raw

Common Measures:

Measure 1 = 170g: 1 potato small (1-3/4" to 2-1/4" dia)

Measure 2 = 213g: 1 Potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 369g: 1 Potato large (3" to 4-1/4" dia)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11387

Potatoes, scalloped, dry mix, prepared with water, whole milk and 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	1.213		0		1		2.972	1.662	9.971
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.094		0		1		0.230	0.129	0.773
17:1.....g									
18:1 undifferentiated.....g	1.056		0		1		2.587	1.447	8.680
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	0.194		0		1		0.475	0.266	1.595
18:2 undifferentiated.....g	0.122		0		1		0.299	0.167	1.003
18:3 undifferentiated.....g	0.071		0		1		0.174	0.097	0.584
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	11		0		4		27	15	90
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	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 = 245g: 1 cup (unprepared)
- Measure 2 = 137g: .167 package (5.5 oz) yields
- Measure 3 = 822g: 1 package yield, 5.5 oz

Calories Factors: Protein 2.78 Fat 8.37 Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11386

Potatoes, scalloped, dry mix, unprepared

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	0.100		0		1		0.156	0.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0		1		0.061	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.078	0.013	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.985		0		1		3.097	0.516	
18:2 undifferentiated.....g	1.482		0		1		2.312	0.385	
18:3 undifferentiated.....g	0.470		0		1		0.733	0.122	
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	5		0	RC	4		8	1	
Phytosterols.....mg									
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 = 156g: 1 package (5.5 oz)

Measure 2 = 26g: .167 package (5.5 oz)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11372

Potatoes, scalloped, home-prepared with 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	1.039		0		1		2.546		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		1		0.196		
17:1.....g									
18:1 undifferentiated.....g	0.904		0		1		2.215		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.166		0		1		0.407		
18:2 undifferentiated.....g	0.105		0		1		0.257		
18:3 undifferentiated.....g	0.061		0		1		0.149		
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	12		0		1		29		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.042		0		1		0.103		
Threonine.....g	0.115		0		1		0.282		
Isoleucine.....g	0.144		0		1		0.353		
Leucine.....g	0.225		0		1		0.551		
Lysine.....g	0.192		0		1		0.470		
Methionine.....g	0.058		0		1		0.142		
Cystine.....g	0.034		0		1		0.083		
Phenylalanine.....g	0.135		0		1		0.331		
Tyrosine.....g	0.121		0		1		0.296		
Valine.....g	0.174		0		1		0.426		
Arginine.....g	0.118		0		1		0.289		
Histidine.....g	0.070		0		1		0.172		
Alanine.....g	0.094		0		1		0.230		
Aspartic acid.....g	0.442		0		1		1.083		
Glutamic acid.....g	0.579		0		1		1.419		
Glycine.....g	0.076		0		1		0.186		
Proline.....g	0.202		0		1		0.495		
Serine.....g	0.142		0		1		0.348		
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 = 245g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11844

Potatoes, scalloped, home-prepared with margarine

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	1.352		0		1		3.312		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.093		
17:1.....g									
18:1 undifferentiated.....g	1.296		0		1		3.175		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.746		0		1		1.828		
18:2 undifferentiated.....g	0.693		0		1		1.698		
18:3 undifferentiated.....g	0.060		0		1		0.147		
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	6		0		1		15		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.103		
Threonine.....g	0.115		0		1		0.282		
Isoleucine.....g	0.144		0		1		0.353		
Leucine.....g	0.225		0		1		0.551		
Lysine.....g	0.192		0		1		0.470		
Methionine.....g	0.058		0		1		0.142		
Cystine.....g	0.034		0		1		0.083		
Phenylalanine.....g	0.135		0		1		0.331		
Tyrosine.....g	0.121		0		1		0.296		
Valine.....g	0.174		0		1		0.426		
Arginine.....g	0.118		0		1		0.289		
Histidine.....g	0.070		0		1		0.172		
Alanine.....g	0.094		0		1		0.230		
Aspartic acid.....g	0.442		0		1		1.083		
Glutamic acid.....g	0.579		0		1		1.419		
Glycine.....g	0.076		0		1		0.186		
Proline.....g	0.202		0		1		0.495		
Serine.....g	0.142		0		1		0.348		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	30		0	NR	4		73.500		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11357

Potatoes, white, flesh and skin, baked

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	0.001		0	BFSN	4		0.003	0.001	0.001
15:0.....g									
16:0.....g	0.014		0	BFSN	4		0.041	0.024	0.019
17:0.....g									
18:0.....g	0.003		0	BFSN	4		0.010	0.006	0.005
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	BFSN	4		0.005	0.003	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFSN	4		0.003	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFSN	4		0.003	0.001	0.001
20:1.....g	0.000		0	BFSN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0	BFSN	4		0.110	0.063	0.051
18:2 undifferentiated.....g	0.027		0	BFSN	4		0.082	0.047	0.038
18:3 undifferentiated.....g	0.009		0	BFSN	4		0.026	0.015	0.012
18:4.....g	0.000		0	BFSN	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	BFSN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFSN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFSN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.024	0.001	4	A	1		0.071	0.041	0.033
Threonine.....g	0.068	0.005	4	A	1		0.205	0.118	0.094
Isoleucine.....g	0.067	0.003	4	A	1		0.200	0.116	0.092
Leucine.....g	0.096	0.008	4	A	1		0.286	0.165	0.132
Lysine.....g	0.107	0.003	4	A	1		0.321	0.186	0.148
Methionine.....g	0.031	0.003	4	A	1		0.093	0.054	0.043
Cystine.....g	0.023	0.001	4	A	1		0.069	0.040	0.032
Phenylalanine.....g	0.147	0.005	4	A	1		0.439	0.254	0.203
Tyrosine.....g	0.050	0.003	4	A	1		0.149	0.086	0.069
Valine.....g	0.101	0.005	4	A	1		0.303	0.175	0.140
Arginine.....g	0.101	0.002	4	A	1		0.300	0.174	0.139
Histidine.....g	0.034	0.003	4	A	1		0.101	0.058	0.046
Alanine.....g	0.065	0.003	4	A	1		0.195	0.113	0.090
Aspartic acid.....g	0.455	0.016	4	A	1		1.360	0.787	0.628
Glutamic acid.....g	0.325	0.009	4	A	1		0.973	0.563	0.449
Glycine.....g	0.058	0.005	4	A	1		0.174	0.101	0.080
Proline.....g	0.060	0.007	4	A	1		0.181	0.105	0.083
Serine.....g	0.074	0.005	4	A	1		0.221	0.128	0.102
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	6	0.000	5	JO	11		18.190	10.525	8.396
Carotene, alpha.....mcg	0	0.000	5	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	5	JO	11		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	5	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	30	5.099	5	JO	11		89.700	51.900	41.400

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.

NDB No. 11357

Potatoes, white, flesh and skin, baked

Common Measures:

Measure 1 = 299g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 173g: 1 potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 138g: 1 potato small (1-3/4" to 2-1/2" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11354

Potatoes, white, flesh and skin, raw

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	0.016		0	BFFN	4		0.058	0.034	0.027
17:0.....g									
18:0.....g	0.004		0	BFFN	4		0.015	0.008	0.007
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.002		0	BFFN	4		0.007	0.004	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	0.001		0	BFFN	4		0.004	0.002	0.002
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0	BFFN	4		0.157	0.090	0.072
18:2 undifferentiated.....g	0.032		0	BFFN	4		0.117	0.067	0.054
18:3 undifferentiated.....g	0.010		0	BFFN	4		0.036	0.021	0.017
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	4		0	BFSN	4		16	9	7
Amino Acids:									
Tryptophan.....g	0.016		2	A	1		0.061	0.035	0.028
Threonine.....g	0.055		2	A	1		0.203	0.117	0.093
Isoleucine.....g	0.053		2	A	1		0.196	0.113	0.090
Leucine.....g	0.078		2	A	1		0.289	0.167	0.133
Lysine.....g	0.085		2	A	1		0.315	0.182	0.145
Methionine.....g	0.027		2	A	1		0.101	0.058	0.047
Cystine.....g	0.021		2	A	1		0.079	0.046	0.036
Phenylalanine.....g	0.150		2	A	1		0.553	0.319	0.255
Tyrosine.....g	0.029		2	A	1		0.109	0.063	0.050
Valine.....g	0.084		2	A	1		0.310	0.179	0.143
Arginine.....g	0.083		2	A	1		0.306	0.177	0.141
Histidine.....g	0.028		2	A	1		0.103	0.060	0.048
Alanine.....g	0.055		2	A	1		0.203	0.117	0.093
Aspartic acid.....g	0.362		2	A	1		1.337	0.772	0.616
Glutamic acid.....g	0.256		2	A	1		0.946	0.546	0.436
Glycine.....g	0.049		2	A	1		0.181	0.104	0.083
Proline.....g	0.048		2	A	1		0.177	0.102	0.082
Serine.....g	0.061		2	A	1		0.225	0.130	0.104
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0			Z	7		0	0	0
Theobromine.....mg	0			Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	5	0.000	3	JO	11		17.200	9.929	7.924
Carotene, alpha.....mcg	0	0.000	3	JO	11		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	3	JO	11		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	3	JO	11		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	13		2	JO	11		47.970	27.690	22.100

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.

NDB No. 11354

Potatoes, white, flesh and skin, raw

Common Measures:

Measure 1 = 369g: 1 potato large (3" to 4-1/4" dia)

Measure 2 = 213g: 1 potato medium (2-1/4" to 3-1/4" dia)

Measure 3 = 170g: 1 potato small (1-3/4 to 2-1/2" dia)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11417

Pumpkin flowers, cooked, boiled, drained, 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	0.010		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.007		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.005		
18:2 undifferentiated.....g	0.002		0		1		0.003		
18:3 undifferentiated.....g	0.002		0		1		0.003		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1040		0	BNA	4		1394.136		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		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 = 134g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11416
Pumpkin flowers, raw

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	0.009		0		1		0.003	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.001	0.000	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.001	0.000	
18:2 undifferentiated.....g	0.002		0		1		0.001	0.000	
18:3 undifferentiated.....g	0.002		0		1		0.001	0.000	
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	z	7		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 = 33g: 1 cup

Measure 2 = 2.0g: 1 flower

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11419

Pumpkin leaves, cooked, boiled, drained, 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	0.029		0		1		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.010		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0		1		0.009		
18:2 undifferentiated.....g	0.005		0		1		0.004		
18:3 undifferentiated.....g	0.006		0		1		0.004		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.035		0		1		0.025		
Threonine.....g	0.135		0		1		0.096		
Isoleucine.....g	0.135		0		1		0.096		
Leucine.....g	0.274		0		1		0.195		
Lysine.....g	0.173		0		1		0.123		
Methionine.....g	0.047		0		1		0.033		
Cystine.....g	0.027		0		1		0.019		
Phenylalanine.....g	0.148		0		1		0.105		
Tyrosine.....g	0.135		0		1		0.096		
Valine.....g	0.157		0		1		0.111		
Arginine.....g	0.187		0		1		0.133		
Histidine.....g	0.044		0		1		0.031		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	960		0	T	4		681.600		
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	1747		0	O	4		1240.370		

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 = 71g: 1 cup

NDB No. 11419

Pumpkin leaves, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11418
Pumpkin leaves, raw

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	0.052		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.010		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.022		0		1		0.009		
18:2 undifferentiated.....g	0.010		0		1		0.004		
18:3 undifferentiated.....g	0.012		0		1		0.005		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.041		2		1		0.016		
Threonine.....g	0.156		1		1		0.061		
Isoleucine.....g	0.156		1		1		0.061		
Leucine.....g	0.318		1		1		0.124		
Lysine.....g	0.200		2		1		0.078		
Methionine.....g	0.054		2		1		0.021		
Cystine.....g	0.032		2		1		0.012		
Phenylalanine.....g	0.171		1		1		0.067		
Tyrosine.....g	0.156		1		1		0.061		
Valine.....g	0.181		1		1		0.071		
Arginine.....g	0.217		1		1		0.085		
Histidine.....g	0.050		1		1		0.020		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 39g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11426
Pumpkin pie mix, canned

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	0.016		0		1		0.043		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.022		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		1		0.019		
18:2 undifferentiated.....g	0.003		0		1		0.008		
18:3 undifferentiated.....g	0.004		0		1		0.011		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.013		0		1		0.035		
Threonine.....g	0.031		0		1		0.084		
Isoleucine.....g	0.034		0		1		0.092		
Leucine.....g	0.050		0		1		0.135		
Lysine.....g	0.059		0		1		0.159		
Methionine.....g	0.012		0		1		0.032		
Cystine.....g	0.003		0		1		0.008		
Phenylalanine.....g	0.035		0		1		0.095		
Tyrosine.....g	0.045		0		1		0.122		
Valine.....g	0.038		0		1		0.103		
Arginine.....g	0.058		0		1		0.157		
Histidine.....g	0.017		0		1		0.046		
Alanine.....g	0.031		0		1		0.084		
Aspartic acid.....g	0.111		0		1		0.300		
Glutamic acid.....g	0.200		0		1		0.540		
Glycine.....g	0.029		0		1		0.078		
Proline.....g	0.028		0		1		0.076		
Serine.....g	0.048		0		1		0.130		
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 = 270g: 1 cup

Calories Factors: Protein 2.9

Fat 8.4

Carbohydrate 3.8

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11846
Pumpkin, canned, 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	0.037		0		1		0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.044		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.044		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		1		0.037		
18:2 undifferentiated.....g	0.007		0		1		0.017		
18:3 undifferentiated.....g	0.008		0		1		0.020		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.013		0		1		0.032		
Threonine.....g	0.032		0		1		0.078		
Isoleucine.....g	0.034		0		1		0.083		
Leucine.....g	0.051		0		1		0.125		
Lysine.....g	0.060		0		1		0.147		
Methionine.....g	0.012		0		1		0.029		
Cystine.....g	0.003		0		1		0.007		
Phenylalanine.....g	0.035		0		1		0.086		
Tyrosine.....g	0.046		0		1		0.113		
Valine.....g	0.038		0		1		0.093		
Arginine.....g	0.059		0		1		0.145		
Histidine.....g	0.017		0		1		0.042		
Alanine.....g	0.031		0		1		0.076		
Aspartic acid.....g	0.112		0		1		0.274		
Glutamic acid.....g	0.202		0		1		0.495		
Glycine.....g	0.029		0		1		0.071		
Proline.....g	0.029		0		1		0.071		
Serine.....g	0.048		0		1		0.118		
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 = 245g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11424
Pumpkin, canned, 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	0.037		0		1		0.091		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.044		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.044		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.015		0		1		0.037		
18:2 undifferentiated.....g	0.007		0		1		0.017		
18:3 undifferentiated.....g	0.008		0		1		0.020		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.013		0		1		0.032		
Threonine.....g	0.032		0		1		0.078		
Isoleucine.....g	0.034		0		1		0.083		
Leucine.....g	0.051		0		1		0.125		
Lysine.....g	0.060		0		1		0.147		
Methionine.....g	0.012		0		1		0.029		
Cystine.....g	0.003		0		1		0.007		
Phenylalanine.....g	0.035		0		1		0.086		
Tyrosine.....g	0.046		0		1		0.113		
Valine.....g	0.038		0		1		0.093		
Arginine.....g	0.059		0		1		0.145		
Histidine.....g	0.017		0		1		0.042		
Alanine.....g	0.031		0		1		0.076		
Aspartic acid.....g	0.112		0		1		0.274		
Glutamic acid.....g	0.202		0		1		0.495		
Glycine.....g	0.029		0		1		0.071		
Proline.....g	0.029		0		1		0.071		
Serine.....g	0.048		0		1		0.118		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	6940	3880.000	5	A	1		17003.000		
Carotene, alpha.....mcg	4795	2625.000	5	A	1		11747.750		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		1	A	1		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

NDB No. 11424
Pumpkin, canned, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11845

Pumpkin, cooked, boiled, drained, 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	0.009		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.010		
18:2 undifferentiated.....g	0.002		0		1		0.005		
18:3 undifferentiated.....g	0.002		0		1		0.005		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0		1		0.022		
Threonine.....g	0.021		0		1		0.051		
Isoleucine.....g	0.023		0		1		0.056		
Leucine.....g	0.034		0		1		0.083		
Lysine.....g	0.039		0		1		0.096		
Methionine.....g	0.008		0		1		0.020		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.023		0		1		0.056		
Tyrosine.....g	0.030		0		1		0.074		
Valine.....g	0.025		0		1		0.061		
Arginine.....g	0.039		0		1		0.096		
Histidine.....g	0.011		0		1		0.027		
Alanine.....g	0.020		0		1		0.049		
Aspartic acid.....g	0.074		0		1		0.181		
Glutamic acid.....g	0.133		0		1		0.326		
Glycine.....g	0.019		0		1		0.047		
Proline.....g	0.019		0		1		0.047		
Serine.....g	0.032		0		1		0.078		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2096		0	BFSY	4		5134.762		
Carotene, alpha.....mcg	348		0	BFSY	4		853.344		
Cryptoxanthin, beta.....mcg	1450		0	BFSY	4		3553.637		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	1014		0	BFSY	4		2484.563		

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, mashed

NDB No. 11845

Pumpkin, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11423

Pumpkin, cooked, boiled, drained, 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	0.009		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.010		
18:2 undifferentiated.....g	0.002		0		1		0.005		
18:3 undifferentiated.....g	0.002		0		1		0.005		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.022		
Threonine.....g	0.021		0		1		0.051		
Isoleucine.....g	0.023		0		1		0.056		
Leucine.....g	0.034		0		1		0.083		
Lysine.....g	0.039		0		1		0.096		
Methionine.....g	0.008		0		1		0.020		
Cystine.....g	0.002		0		1		0.005		
Phenylalanine.....g	0.023		0		1		0.056		
Tyrosine.....g	0.030		0		1		0.074		
Valine.....g	0.025		0		1		0.061		
Arginine.....g	0.039		0		1		0.096		
Histidine.....g	0.011		0		1		0.027		
Alanine.....g	0.020		0		1		0.049		
Aspartic acid.....g	0.074		0		1		0.181		
Glutamic acid.....g	0.133		0		1		0.326		
Glycine.....g	0.019		0		1		0.047		
Proline.....g	0.019		0		1		0.047		
Serine.....g	0.032		0		1		0.078		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	2096		0	BFSY	4		5134.762		
Carotene, alpha.....mcg	348		0	BFSY	4		853.344		
Cryptoxanthin, beta.....mcg	1450		0	BFSY	4		3553.637		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	1014		0	BFSY	4		2484.563		

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, mashed

NDB No. 11423

Pumpkin, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11847

Pumpkin, flowers, cooked, boiled, drained, 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	0.010		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.007		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.005		
18:2 undifferentiated.....g	0.002		0		1		0.003		
18:3 undifferentiated.....g	0.002		0		1		0.003		
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	Z	7		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 = 134g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11848

Pumpkin, leaves, cooked, boiled, drained, 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	0.029		0		1		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.010		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.012		0		1		0.009		
18:2 undifferentiated.....g	0.005		0		1		0.004		
18:3 undifferentiated.....g	0.006		0		1		0.004		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.035		0		1		0.025		
Threonine.....g	0.135		0		1		0.096		
Isoleucine.....g	0.135		0		1		0.096		
Leucine.....g	0.274		0		1		0.195		
Lysine.....g	0.173		0		1		0.123		
Methionine.....g	0.047		0		1		0.033		
Cystine.....g	0.027		0		1		0.019		
Phenylalanine.....g	0.148		0		1		0.105		
Tyrosine.....g	0.135		0		1		0.096		
Valine.....g	0.157		0		1		0.111		
Arginine.....g	0.187		0		1		0.133		
Histidine.....g	0.044		0		1		0.031		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	960		0	T	4		681.600		
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	1747		0	O	4		1240.370		

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 = 71g: 1 cup

NDB No. 11848

Pumpkin, leaves, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11422
Pumpkin, raw

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	0.013		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.007		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0		1		0.006		
18:2 undifferentiated.....g	0.002		0		1		0.002		
18:3 undifferentiated.....g	0.003		0		1		0.003		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	12		0		1		14		
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		4		1		0.014		
Threonine.....g	0.029		3		1		0.034		
Isoleucine.....g	0.031		3		1		0.036		
Leucine.....g	0.046		3		1		0.053		
Lysine.....g	0.054		4		1		0.063		
Methionine.....g	0.011		10		1		0.013		
Cystine.....g	0.003		8		1		0.003		
Phenylalanine.....g	0.032		3		1		0.037		
Tyrosine.....g	0.042		1		1		0.049		
Valine.....g	0.035		3		1		0.041		
Arginine.....g	0.054		2		1		0.063		
Histidine.....g	0.016		2		1		0.019		
Alanine.....g	0.028		1		1		0.032		
Aspartic acid.....g	0.102		1		1		0.118		
Glutamic acid.....g	0.184		1		1		0.213		
Glycine.....g	0.027		1		1		0.031		
Proline.....g	0.026		1		1		0.030		
Serine.....g	0.044		1		1		0.051		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	3100		0	T	4		3596.000		
Carotene, alpha.....mcg	515		0	BFSN	4		597.618		
Cryptoxanthin, beta.....mcg	2145		0	BFSN	4		2488.699		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	1500		0	T	4		1740.000		

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Common Measures:

Measure 1 = 116g: 1 cup (1" cubes)

NDB No. 11422
Pumpkin, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11849

Purslane, cooked, boiled, drained, 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	93.52		1		1		107.55		
Energy.....kcal	18		0	NC	4		21		
Energy.....kj	75				4		87		
Protein (N x 6.25).....g	1.49		1		1		1.71		
Total lipid (fat).....g	0.19		1		1		0.22		
Ash.....g	1.25		1		1		1.44		
Carbohydrate, by difference.....g	3.55		0	NC	4		4.08		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		1		1		90		
Iron, Fe.....mg	0.77		1		1		0.89		
Magnesium, Mg.....mg	67		1		1		77		
Phosphorus, P.....mg	37		1		1		43		
Potassium, K.....mg	488		1		1		561		
Sodium, Na.....mg	280		0		4		322		
Zinc, Zn.....mg	0.17		0		4		0.20		
Copper, Cu.....mg	0.114		0		4		0.131		
Manganese, Mn.....mg	0.307		0		4		0.353		
Selenium, Se.....mcg	0.9		0	CAZN	4		1.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.5		0		1		12.1		
Thiamin.....mg	0.031		0		1		0.036		
Riboflavin.....mg	0.090		0		1		0.104		
Niacin.....mg	0.460		0		1		0.529		
Pantothenic acid.....mg	0.036		0		4		0.041		
Vitamin B-6.....mg	0.070		0		4		0.081		
Folate, total.....mcg	9		0		4		10		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	9		0		4		10		
Folate, DFE.....mcg_DFE	9		0	NC	4		10		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	1852		0		1		2130		
Vitamin A, RAE.....mcg_RAE	93		0		1		106		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.018		
Threonine.....g	0.050		0		1		0.058		
Isoleucine.....g	0.053		0		1		0.061		
Leucine.....g	0.091		0		1		0.105		
Lysine.....g	0.065		0		1		0.075		
Methionine.....g	0.014		0		1		0.016		
Cystine.....g	0.010		0		1		0.012		

NDB No. 11849

Purslane, cooked, boiled, drained, 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
Phenylalanine.....g	0.058		0		1		0.067		
Tyrosine.....g	0.024		0		1		0.028		
Valine.....g	0.072		0		1		0.083		
Arginine.....g	0.057		0		1		0.066		
Histidine.....g	0.023		0		1		0.026		
Alanine.....g	0.057		0		1		0.066		
Aspartic acid.....g	0.077		0		1		0.089		
Glutamic acid.....g	0.219		0		1		0.252		
Glycine.....g	0.046		0		1		0.053		
Proline.....g	0.070		0		1		0.081		
Serine.....g	0.045		0		1		0.052		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 115g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11428

Purslane, cooked, boiled, drained, without 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	93.52		1		1		107.55	403.07	
Energy.....kcal	18		0	NC	4		21	78	
Energy.....kj	75				4		87	325	
Protein (N x 6.25).....g	1.49		1		1		1.71	6.42	
Total lipid (fat).....g	0.19		1		1		0.22	0.82	
Ash.....g	1.25		1		1		1.44	5.39	
Carbohydrate, by difference.....g	3.55		0	NC	4		4.08	15.30	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		1		1		90	336	
Iron, Fe.....mg	0.77		1		1		0.89	3.32	
Magnesium, Mg.....mg	67		1		1		77	289	
Phosphorus, P.....mg	37		1		1		43	159	
Potassium, K.....mg	488		1		1		561	2103	
Sodium, Na.....mg	44		1		1		51	190	
Zinc, Zn.....mg	0.17		0		4		0.20	0.73	
Copper, Cu.....mg	0.114		0		4		0.131	0.491	
Manganese, Mn.....mg	0.307		0		4		0.353	1.323	
Selenium, Se.....mcg	0.9		0	CAZN	4		1.0	3.9	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.5		0		1		12.1	45.3	
Thiamin.....mg	0.031		0		1		0.036	0.134	
Riboflavin.....mg	0.090		0		1		0.104	0.388	
Niacin.....mg	0.460		0		1		0.529	1.983	
Pantothenic acid.....mg	0.036		0		4		0.041	0.155	
Vitamin B-6.....mg	0.070		0		4		0.081	0.302	
Folate, total.....mcg	9		0		4		10	37	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	9		0		4		10	37	
Folate, DFE.....mcg_DFE	9		0	NC	4		10	37	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1852		0		1		2130	7982	
Vitamin A, RAE.....mcg_RAE	93		0		1		106	399	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.018	0.069	
Threonine.....g	0.050		0		1		0.058	0.216	
Isoleucine.....g	0.053		0		1		0.061	0.228	
Leucine.....g	0.091		0		1		0.105	0.392	
Lysine.....g	0.065		0		1		0.075	0.280	
Methionine.....g	0.014		0		1		0.016	0.060	
Cystine.....g	0.010		0		1		0.012	0.043	

NDB No. 11428

Purslane, cooked, boiled, drained, 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
Phenylalanine.....g	0.058		0		1		0.067	0.250	
Tyrosine.....g	0.024		0		1		0.028	0.103	
Valine.....g	0.072		0		1		0.083	0.310	
Arginine.....g	0.057		0		1		0.066	0.246	
Histidine.....g	0.023		0		1		0.026	0.099	
Alanine.....g	0.057		0		1		0.066	0.246	
Aspartic acid.....g	0.077		0		1		0.089	0.332	
Glutamic acid.....g	0.219		0		1		0.252	0.944	
Glycine.....g	0.046		0		1		0.053	0.198	
Proline.....g	0.070		0		1		0.081	0.302	
Serine.....g	0.045		0		1		0.052	0.194	
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 = 115g: 1 cup

Measure 2 = 431g: 1 squash

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11427

Purslane, raw

Portulaca oleracea

Refuse: 24% Tough stems and leaves

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	93.92		1		1		40.39	2.82	
Energy.....kcal	16		0	NC	4		7	0	
Energy.....kj	67				4		29	2	
Protein (N x 6.25).....g	1.30		0		1		0.56	0.04	
Total lipid (fat).....g	0.10		0		1		0.04	0.00	
Ash.....g	1.25		0		1		0.54	0.04	
Carbohydrate, by difference.....g	3.43		0	NC	4		1.47	0.10	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	65		0		1		28	2	
Iron, Fe.....mg	1.99		0		1		0.86	0.06	
Magnesium, Mg.....mg	68		1		1		29	2	
Phosphorus, P.....mg	44		0		1		19	1	
Potassium, K.....mg	494		1		1		212	15	
Sodium, Na.....mg	45		1		1		19	1	
Zinc, Zn.....mg	0.17		0		4		0.07	0.01	
Copper, Cu.....mg	0.113		0		4		0.049	0.003	
Manganese, Mn.....mg	0.303		0		4		0.130	0.009	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.4	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.0		0		1		9.0	0.6	
Thiamin.....mg	0.047		0		1		0.020	0.001	
Riboflavin.....mg	0.112		0		1		0.048	0.003	
Niacin.....mg	0.480		0		1		0.206	0.014	
Pantothenic acid.....mg	0.036		0		4		0.015	0.001	
Vitamin B-6.....mg	0.073		0		4		0.031	0.002	
Folate, total.....mcg	12		0		4		5	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		0		4		5	0	
Folate, DFE.....mcg_DFE	12		0	NC	4		5	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1320		0		1		568	40	
Vitamin A, RAE.....mcg_RAE	66		0		1		28	2	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		4		1		0.006	0.000	
Threonine.....g	0.044		3		1		0.019	0.001	
Isoleucine.....g	0.047		3		1		0.020	0.001	
Leucine.....g	0.080		3		1		0.034	0.002	
Lysine.....g	0.057		4		1		0.025	0.002	
Methionine.....g	0.012		4		1		0.005	0.000	
Cystine.....g	0.009		3		1		0.004	0.000	

NDB No. 11427
Purslane, raw

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
Phenylalanine.....g	0.051		3		1		0.022	0.002	
Tyrosine.....g	0.021		2		1		0.009	0.001	
Valine.....g	0.063		3		1		0.027	0.002	
Arginine.....g	0.050		3		1		0.022	0.002	
Histidine.....g	0.020		3		1		0.009	0.001	
Alanine.....g	0.050		1		1		0.022	0.002	
Aspartic acid.....g	0.068		1		1		0.029	0.002	
Glutamic acid.....g	0.191		1		1		0.082	0.006	
Glycine.....g	0.040		1		1		0.017	0.001	
Proline.....g	0.061		1		1		0.026	0.002	
Serine.....g	0.039		1		1		0.017	0.001	
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 = 43g: 1 cup
 Measure 2 = 3.0g: 1 plant

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11952
Radicchio, raw

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	0.010		0		4		0.004	0.001	
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	0.005		0		4		0.002	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	0.110		0		4		0.044	0.009	
18:2 undifferentiated.....g	0.093		0		4		0.037	0.007	
18:3 undifferentiated.....g	0.016		0		4		0.006	0.001	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.026		0		1		0.010	0.002	
Threonine.....g	0.040		0		1		0.016	0.003	
Isoleucine.....g	0.085		0		1		0.034	0.007	
Leucine.....g	0.062		0		1		0.025	0.005	
Lysine.....g	0.056		0		1		0.022	0.004	
Methionine.....g	0.008		0		1		0.003	0.001	
Cystine.....g									
Phenylalanine.....g	0.034		0		1		0.014	0.003	
Tyrosine.....g									
Valine.....g	0.065		0		1		0.026	0.005	
Arginine.....g	0.105		0		1		0.042	0.008	
Histidine.....g	0.024		0		1		0.010	0.002	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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	16		0	BNA	4		6.480	1.296	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	8832		0	BFSN	4		3532.900	706.580	

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Common Measures:

Measure 1 = 40g: 1 cup, shredded

Measure 2 = 8.0g: 1 leaf

NDB No. 11952
Radicchio, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11676
Radish seeds, sprouted, raw

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	0.419		0		1		0.159		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.409		0		1		0.155		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.141		0		1		0.434		
18:2 undifferentiated.....g	0.410		0		1		0.156		
18:3 undifferentiated.....g	0.722		0		1		0.274		
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	z	7		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 = 38g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43142

Radishes, hawaiian style, pickled

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	0.050				4		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.049				4		0.074		
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	0.135				4		0.203		
18:2 undifferentiated.....g	0.049				4		0.074		
18:3 undifferentiated.....g	0.086				4		0.129		
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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0		
Caffeine.....mg	0		0	Z		7	0		
Theobromine.....mg	0		0	Z		7	0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN		4	0.000		
Carotene, alpha.....mcg	0		0	BFSN		4	0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN		4	0.000		
Lycopene.....mcg	0		0	BFSN		4	0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN		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 = 150g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11850

Radishes, oriental, cooked, boiled, drained, 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	0.040		0		1		0.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.057		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.159		
18:2 undifferentiated.....g	0.039		0		1		0.057		
18:3 undifferentiated.....g	0.069		0		1		0.101		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.004		0		1		0.006		
Threonine.....g	0.028		0		1		0.041		
Isoleucine.....g	0.029		0		1		0.043		
Leucine.....g	0.035		0		1		0.051		
Lysine.....g	0.033		0		1		0.049		
Methionine.....g	0.006		0		1		0.009		
Cystine.....g	0.005		0		1		0.007		
Phenylalanine.....g	0.022		0		1		0.032		
Tyrosine.....g	0.013		0		1		0.019		
Valine.....g	0.031		0		1		0.046		
Arginine.....g	0.039		0		1		0.057		
Histidine.....g	0.013		0		1		0.019		
Alanine.....g	0.021		0		1		0.031		
Aspartic acid.....g	0.046		0		1		0.068		
Glutamic acid.....g	0.126		0		1		0.185		
Glycine.....g	0.021		0		1		0.031		
Proline.....g	0.017		0		1		0.025		
Serine.....g	0.020		0		1		0.029		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	BFSY	4		0.000		
Carotene, alpha.....mcg	0		0	BFSY	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 147g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11431

Radishes, oriental, cooked, boiled, drained, 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	0.040		0		1		0.059		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.057		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.159		
18:2 undifferentiated.....g	0.039		0		1		0.057		
18:3 undifferentiated.....g	0.069		0		1		0.101		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		0		1		0.006		
Threonine.....g	0.028		0		1		0.041		
Isoleucine.....g	0.029		0		1		0.043		
Leucine.....g	0.035		0		1		0.051		
Lysine.....g	0.033		0		1		0.049		
Methionine.....g	0.006		0		1		0.009		
Cystine.....g	0.005		0		1		0.007		
Phenylalanine.....g	0.022		0		1		0.032		
Tyrosine.....g	0.013		0		1		0.019		
Valine.....g	0.031		0		1		0.046		
Arginine.....g	0.039		0		1		0.057		
Histidine.....g	0.013		0		1		0.019		
Alanine.....g	0.021		0		1		0.031		
Aspartic acid.....g	0.046		0		1		0.068		
Glutamic acid.....g	0.126		0		1		0.185		
Glycine.....g	0.021		0		1		0.031		
Proline.....g	0.017		0		1		0.025		
Serine.....g	0.020		0		1		0.029		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSY	4		0.000		
Carotene, alpha.....mcg	0		0	BFSY	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 147g: 1 cup, sliced

NDB No. 11431

Radishes, oriental, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11432
Radishes, oriental, dried

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	0.119		0		1		0.138		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.117		0		1		0.136		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.325		0		1		0.377		
18:2 undifferentiated.....g	0.117		0		1		0.136		
18:3 undifferentiated.....g	0.206		0		1		0.239		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.043		0		1		0.050		
Threonine.....g	0.326		0		1		0.378		
Isoleucine.....g	0.344		0		1		0.399		
Leucine.....g	0.413		0		1		0.479		
Lysine.....g	0.393		0		1		0.456		
Methionine.....g	0.075		0		1		0.087		
Cystine.....g	0.062		0		1		0.072		
Phenylalanine.....g	0.262		0		1		0.304		
Tyrosine.....g	0.150		0		1		0.174		
Valine.....g	0.365		0		1		0.423		
Arginine.....g	0.456		0		1		0.529		
Histidine.....g	0.149		0		1		0.173		
Alanine.....g	0.248		0		1		0.288		
Aspartic acid.....g	0.538		0		1		0.624		
Glutamic acid.....g	1.492		0		1		1.731		
Glycine.....g	0.248		0		1		0.288		
Proline.....g	0.202		0		1		0.234		
Serine.....g	0.240		0		1		0.278		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 116g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11430
Radishes, oriental, raw

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	0.017		0		1		0.057		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.054		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0		1		0.152		
18:2 undifferentiated.....g	0.016		0		1		0.054		
18:3 undifferentiated.....g	0.029		0		1		0.098		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.003		0		1		0.010		
Threonine.....g	0.025		0		1		0.085		
Isoleucine.....g	0.026		0		1		0.088		
Leucine.....g	0.031		0		1		0.105		
Lysine.....g	0.030		0		1		0.101		
Methionine.....g	0.006		0		1		0.020		
Cystine.....g	0.005		0		1		0.017		
Phenylalanine.....g	0.020		0		1		0.068		
Tyrosine.....g	0.011		0		1		0.037		
Valine.....g	0.028		0		1		0.095		
Arginine.....g	0.035		0		1		0.118		
Histidine.....g	0.011		0		1		0.037		
Alanine.....g	0.019		0		1		0.064		
Aspartic acid.....g	0.041		0		1		0.139		
Glutamic acid.....g	0.113		0		1		0.382		
Glycine.....g	0.019		0		1		0.064		
Proline.....g	0.015		0		1		0.051		
Serine.....g	0.018		0		1		0.061		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
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 = 338g: 1 radish (7" long)

NDB No. 11430
Radishes, oriental, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11429
Radishes, raw

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	0.026		1		1		0.030	0.002	0.001
17:0.....g									
18:0.....g	0.004		1		1		0.005	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.017		0		1		0.020	0.002	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.016		1		1		0.019	0.001	0.001
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	0.045		0		1		0.052	0.004	0.002
18:2 undifferentiated.....g	0.016		1		1		0.019	0.001	0.001
18:3 undifferentiated.....g	0.029		1		1		0.034	0.003	0.001
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	Z	7		0	0	0
Phytosterols.....mg	7		0		1		8	1	0
Amino Acids:									
Tryptophan.....g	0.004		5		1		0.005	0.000	0.000
Threonine.....g	0.029		4		1		0.034	0.003	0.001
Isoleucine.....g	0.030		4		1		0.035	0.003	0.001
Leucine.....g	0.037		4		1		0.043	0.003	0.002
Lysine.....g	0.035		5		1		0.041	0.003	0.002
Methionine.....g	0.007		5		1		0.008	0.001	0.000
Cystine.....g	0.005		2		1		0.006	0.000	0.000
Phenylalanine.....g	0.023		4		1		0.027	0.002	0.001
Tyrosine.....g	0.013		2		1		0.015	0.001	0.001
Valine.....g	0.032		4		1		0.037	0.003	0.001
Arginine.....g	0.040		3		1		0.046	0.004	0.002
Histidine.....g	0.013		3		1		0.015	0.001	0.001
Alanine.....g	0.022		2		1		0.026	0.002	0.001
Aspartic acid.....g	0.048		2		1		0.056	0.004	0.002
Glutamic acid.....g	0.132		2		1		0.153	0.012	0.006
Glycine.....g	0.022		2		1		0.026	0.002	0.001
Proline.....g	0.018		2		1		0.021	0.002	0.001
Serine.....g	0.021		2		1		0.024	0.002	0.001
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	4	1.250	4	A	1		5.214	0.405	0.202
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	10	0.791	4	A	1		11.020	0.855	0.428

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.

NDB No. 11429

Radishes, raw

Common Measures:

Measure 1 = 116g: 1 cup slices

Measure 2 = 9.0g: 1 large (1" to 1-1/4" dia)

Measure 3 = 4.5g: 1 medium (3/4" to 1" dia)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11637
Radishes, white icicle, raw

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	0.016		0		1		0.008	0.003	
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	0.016		1		1		0.008	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0		1		0.023	0.008	
18:2 undifferentiated.....g	0.016		1		1		0.008	0.003	
18:3 undifferentiated.....g	0.029		1		1		0.015	0.005	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.006		0		1		0.003	0.001	
Threonine.....g	0.045		0		1		0.023	0.008	
Isoleucine.....g	0.048		0		1		0.024	0.008	
Leucine.....g	0.058		0		1		0.029	0.010	
Lysine.....g	0.055		0		1		0.028	0.009	
Methionine.....g	0.010		0		1		0.005	0.002	
Cystine.....g	0.009		0		1		0.005	0.002	
Phenylalanine.....g	0.036		0		1		0.018	0.006	
Tyrosine.....g	0.021		0		1		0.011	0.004	
Valine.....g	0.051		0		1		0.026	0.009	
Arginine.....g	0.064		0		1		0.032	0.011	
Histidine.....g	0.021		0		1		0.011	0.004	
Alanine.....g	0.034		0		1		0.017	0.006	
Aspartic acid.....g	0.075		0		1		0.038	0.013	
Glutamic acid.....g	0.208		0		1		0.104	0.035	
Glycine.....g	0.034		0		1		0.017	0.006	
Proline.....g	0.028		0		1		0.014	0.005	
Serine.....g	0.033		0		1		0.017	0.006	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 50g: .5 cup slices

Measure 2 = 17g: 1 radish (7" long)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11851

Rutabagas, cooked, boiled, drained, 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	0.027		0		1		0.032		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.027		0		1		0.032		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.114		
18:2 undifferentiated.....g	0.038		0		1		0.046		
18:3 undifferentiated.....g	0.057		0		1		0.068		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.014		0		1		0.017		
Threonine.....g	0.050		0		1		0.060		
Isoleucine.....g	0.053		0		1		0.064		
Leucine.....g	0.041		0		1		0.049		
Lysine.....g	0.042		0		1		0.050		
Methionine.....g	0.010		0		1		0.012		
Cystine.....g	0.012		0		1		0.014		
Phenylalanine.....g	0.034		0		1		0.041		
Tyrosine.....g	0.025		0		1		0.030		
Valine.....g	0.051		0		1		0.061		
Arginine.....g	0.159		0		1		0.191		
Histidine.....g	0.032		0		1		0.038		
Alanine.....g	0.035		0		1		0.042		
Aspartic acid.....g	0.094		0		1		0.113		
Glutamic acid.....g	0.152		0		1		0.182		
Glycine.....g	0.030		0		1		0.036		
Proline.....g									
Serine.....g	0.037		0		1		0.044		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	BFSY	4		1.161		
Carotene, alpha.....mcg	0		0	BFSY	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 120g: .5 cup, mashed

NDB No. 11851

Rutabagas, cooked, boiled, drained, with salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11436

Rutabagas, cooked, boiled, drained, 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	0.027		0		1		0.046	0.065	
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	0.027		0		1		0.046	0.065	
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	0.095		0		1		0.162	0.228	
18:2 undifferentiated.....g	0.038		0		1		0.065	0.091	
18:3 undifferentiated.....g	0.057		0		1		0.097	0.137	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		0		1		0.024	0.034	
Threonine.....g	0.050		0		1		0.085	0.120	
Isoleucine.....g	0.053		0		1		0.090	0.127	
Leucine.....g	0.041		0		1		0.070	0.098	
Lysine.....g	0.042		0		1		0.071	0.101	
Methionine.....g	0.010		0		1		0.017	0.024	
Cystine.....g	0.012		0		1		0.020	0.029	
Phenylalanine.....g	0.034		0		1		0.058	0.082	
Tyrosine.....g	0.025		0		1		0.043	0.060	
Valine.....g	0.051		0		1		0.087	0.122	
Arginine.....g	0.159		0		1		0.270	0.382	
Histidine.....g	0.032		0		1		0.054	0.077	
Alanine.....g	0.035		0		1		0.060	0.084	
Aspartic acid.....g	0.094		0		1		0.160	0.226	
Glutamic acid.....g	0.152		0		1		0.258	0.365	
Glycine.....g	0.030		0		1		0.051	0.072	
Proline.....g									
Serine.....g	0.037		0		1		0.063	0.089	
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	1		0	BFSY	4		1.645	2.323	
Carotene, alpha.....mcg	0		0	BFSY	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSY	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSY	4		0.000	0.000	

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Common Measures:

Measure 1 = 170g: 1 cup, cubes

Measure 2 = 240g: 1 cup, mashed

NDB No. 11436

Rutabagas, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11435
Rutabagas, raw

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	0.025		0		1		0.035	0.193	0.097
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	0.025		0		1		0.035	0.193	0.097
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	0.088		0		1		0.123	0.679	0.340
18:2 undifferentiated.....g	0.035		0		1		0.049	0.270	0.135
18:3 undifferentiated.....g	0.053		0		1		0.074	0.409	0.205
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.013		0		1		0.018	0.100	0.050
Threonine.....g	0.046		0		1		0.064	0.355	0.178
Isoleucine.....g	0.050		0		1		0.070	0.386	0.193
Leucine.....g	0.038		0		1		0.053	0.293	0.147
Lysine.....g	0.039		0		1		0.055	0.301	0.151
Methionine.....g	0.010		0		1		0.014	0.077	0.039
Cystine.....g	0.011		0		1		0.015	0.085	0.042
Phenylalanine.....g	0.031		0		1		0.043	0.239	0.120
Tyrosine.....g	0.023		0		1		0.032	0.178	0.089
Valine.....g	0.048		0		1		0.067	0.371	0.185
Arginine.....g	0.148		0		1		0.207	1.143	0.571
Histidine.....g	0.030		0		1		0.042	0.232	0.116
Alanine.....g	0.033		0		1		0.046	0.255	0.127
Aspartic acid.....g	0.087		0		1		0.122	0.672	0.336
Glutamic acid.....g	0.142		0		1		0.199	1.096	0.548
Glycine.....g	0.027		0		1		0.038	0.208	0.104
Proline.....g									
Serine.....g	0.035		0		1		0.049	0.270	0.135
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	1		0	T	4		1.400	7.720	3.860
Carotene, alpha.....mcg	0		0	T	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	T	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	T	4		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 140g: 1 cup, cubes
- Measure 2 = 772g: 1 large
- Measure 3 = 386g: 1 medium

NDB No. 11435
Rutabagas, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11437

Salsify, (vegetable oyster), raw

Tragopogon porrifolius

Refuse: 13% Scrapings and rootlets

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	77.00		1		1		102.41		
Energy.....kcal	82		0	NC	4		109		
Energy.....kj	343				4		456		
Protein (N x 6.25).....g	3.30		1		1		4.39		
Total lipid (fat).....g	0.20		1		1		0.27		
Ash.....g	0.90		0		1		1.20		
Carbohydrate, by difference.....g	18.60		0	NC	4		24.74		
Fiber, total dietary.....g	3.3		0		4		4.4		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	60		1		1		80		
Iron, Fe.....mg	0.70		1		1		0.93		
Magnesium, Mg.....mg	23		1		1		31		
Phosphorus, P.....mg	75		1		1		100		
Potassium, K.....mg	380		1		1		505		
Sodium, Na.....mg	20		1		1		27		
Zinc, Zn.....mg	0.38		0		4		0.51		
Copper, Cu.....mg	0.089		0		4		0.118		
Manganese, Mn.....mg	0.268		0		4		0.356		
Selenium, Se.....mcg	0.8		0	BFSN	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	8.0		1		1		10.6		
Thiamin.....mg	0.080		1		1		0.106		
Riboflavin.....mg	0.220		1		1		0.293		
Niacin.....mg	0.500		1		1		0.665		
Pantothenic acid.....mg	0.371		0		4		0.493		
Vitamin B-6.....mg	0.277		0		4		0.368		
Folate, total.....mcg	26		0		4		35		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	26		0		4		35		
Folate, DFE.....mcg_DFE	26		0	NC	4		35		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		1		1		0		
Vitamin A, RAE.....mcg_RAE	0		1		1		0		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 133g: 1 cup slices

NDB No. 11437

Salsify, (vegetable oyster), raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11852

Salsify, cooked, boiled, drained, 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	81.00		0		1		109.35		
Energy.....kcal	68		0	NC	4		92		
Energy.....kj	284		0	NC	4		384		
Protein (N x 6.25).....g	2.73		0		1		3.69		
Total lipid (fat).....g	0.17		0		1		0.23		
Ash.....g	0.74		0		1		1.00		
Carbohydrate, by difference.....g	15.36		0	NC	4		20.74		
Fiber, total dietary.....g	3.1		1	A	1		4.2		
Sugars, total.....g	2.90		0	T	4		3.92		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	47		0		1		63		
Iron, Fe.....mg	0.55		0		1		0.74		
Magnesium, Mg.....mg	18		0		1		24		
Phosphorus, P.....mg	56		0		1		76		
Potassium, K.....mg	283		0		1		382		
Sodium, Na.....mg	252		0		4		340		
Zinc, Zn.....mg	0.30		0		4		0.41		
Copper, Cu.....mg	0.070		0		4		0.095		
Manganese, Mn.....mg	0.210		0		4		0.284		
Selenium, Se.....mcg	0.6		0	BFSN	4		0.8		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	4.6		0		1		6.2		
Thiamin.....mg	0.056		0		1		0.076		
Riboflavin.....mg	0.173		0		1		0.234		
Niacin.....mg	0.392		0		1		0.529		
Pantothenic acid.....mg	0.276		0		4		0.373		
Vitamin B-6.....mg	0.218		0		4		0.294		
Folate, total.....mcg	15		0		4		21		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	15		0		4		21		
Folate, DFE.....mcg_DFE	15		0	NC	4		21		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	AS	1		0		
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.19		0	O	4		0.26		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	O	4		0.4		
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		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		

NDB No. 11852

Salsify, cooked, boiled, drained, 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
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 = 135g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11438

Salsify, cooked, boiled, drained, 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	0.003		0		4		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		4		0.004		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0		4		0.100		
18:2 undifferentiated.....g	0.064		0		4		0.086		
18:3 undifferentiated.....g	0.011		0		4		0.015		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		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 = 135g: 1 cup, sliced

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 43350
Sauerkraut, canned, low sodium

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	0.013				1		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.010				1		0.014		
20:1.....g	0.000				1		0.000		
22:1 undifferentiated.....g	0.000				1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061				1		0.087		
18:2 undifferentiated.....g	0.026				1		0.037		
18:3 undifferentiated.....g	0.025				1		0.036		
18:4.....g	0.000				1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				1		0.000		
20:5 n-3.....g	0.000				1		0.000		
22:5 n-3.....g	0.000				1		0.000		
22:6 n-3.....g	0.000				1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	8		0	BFZN	4		12.050		
Carotene, alpha.....mcg	5		0	BFZN	4		6.570		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	295		0	BFZN	4		419.452		

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 = 142g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11439

Sauerkraut, canned, solids and liquids

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	0.013		0		1		0.018	0.031	
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	0.010		1		1		0.014	0.024	
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	0.061		0		1		0.087	0.144	
18:2 undifferentiated.....g	0.026		1		1		0.037	0.061	
18:3 undifferentiated.....g	0.025		1		1		0.036	0.059	
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		1		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	Z	7		0	0	
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	8		0	O	4		12.050	20.027	
Carotene, alpha.....mcg	5		0	O	4		6.570	10.920	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	295		0	BFSN	4		419.452	697.117	

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Common Measures:

Measure 1 = 142g: 1 cup

Measure 2 = 236g: 1 cup, undrained

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11663
Seaweed, agar, dried

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	0.027		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1				
20:1.....g	0.009		0		1				
22:1 undifferentiated.....g	0.000		0		1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		0		1				
18:2 undifferentiated.....g	0.004		0		1				
18:3 undifferentiated.....g	0.001		0		1				
18:4.....g	0.000		0		1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0		1				
20:5 n-3.....g	0.087		0		1				
22:5 n-3.....g	0.000		0		1				
22:6 n-3.....g	0.000		0		1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		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 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11442
Seaweed, agar, raw

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	0.003		0		1		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.001		0		1		0.000		
20:1.....g	0.001		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.010		0		1		0.001		
18:2 undifferentiated.....g	0.000		0		1		0.000		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000		
20:5 n-3.....g	0.008		0		1		0.001		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		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 = 10.0g: 2 tbsp (1/8 cup)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11444
Seaweed, irishmoss, raw

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	0.015		0		1		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.001		
20:1.....g	0.005		0		1		0.001		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.006		
18:2 undifferentiated.....g	0.002		0		1		0.000		
18:3 undifferentiated.....g	0.001		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		0		1		0.001		
20:5 n-3.....g	0.046		0		1		0.005		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	71		0	O	4		7.080		
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 = 10.0g: 2 tbsp (1/8 cup)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11445
Seaweed, kelp, raw

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	0.098		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.086		0		1		0.009		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.005		
18:2 undifferentiated.....g	0.020		0		1		0.002		
18:3 undifferentiated.....g	0.004		0		1		0.000		
18:4.....g	0.004		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0		1		0.001		
20:5 n-3.....g	0.004		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.048		2		1		0.005		
Threonine.....g	0.055		2		1		0.006		
Isoleucine.....g	0.076		2		1		0.008		
Leucine.....g	0.083		2		1		0.008		
Lysine.....g	0.082		2		1		0.008		
Methionine.....g	0.025		1		1		0.003		
Cystine.....g	0.098		1		1		0.010		
Phenylalanine.....g	0.043		2		1		0.004		
Tyrosine.....g	0.026		1		1		0.003		
Valine.....g	0.072		2		1		0.007		
Arginine.....g	0.065		1		1		0.007		
Histidine.....g	0.024		1		1		0.002		
Alanine.....g	0.122		1		1		0.012		
Aspartic acid.....g	0.125		1		1		0.013		
Glutamic acid.....g	0.268		1		1		0.027		
Glycine.....g	0.100		1		1		0.010		
Proline.....g	0.073		1		1		0.007		
Serine.....g	0.098		1		1		0.010		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	70		0	O	4		6.960		
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 = 10.0g: 2 tbsp (1/8 cup)

NDB No. 11445
Seaweed, kelp, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11446
Seaweed, laver, raw

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	0.025		0		1		0.007	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.002	0.001	
20:1.....g	0.009		0		1		0.002	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110		0		1		0.029	0.011	
18:2 undifferentiated.....g	0.004		0		1		0.001	0.000	
18:3 undifferentiated.....g	0.001		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	0.009		0		1		0.002	0.001	
20:5 n-3.....g	0.080		0		1		0.021	0.008	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		2		1		0.011	0.004	
Threonine.....g	0.232		2		1		0.060	0.023	
Isoleucine.....g	0.259		2		1		0.067	0.026	
Leucine.....g	0.501		2		1		0.130	0.050	
Lysine.....g	0.222		3		1		0.058	0.022	
Methionine.....g	0.145		2		1		0.038	0.015	
Cystine.....g	0.100		2		1		0.026	0.010	
Phenylalanine.....g	0.273		2		1		0.071	0.027	
Tyrosine.....g	0.254		2		1		0.066	0.025	
Valine.....g	0.402		2		1		0.105	0.040	
Arginine.....g	0.285		2		1		0.074	0.029	
Histidine.....g	0.140		2		1		0.036	0.014	
Alanine.....g	0.651		2		1		0.169	0.065	
Aspartic acid.....g	0.567		2		1		0.147	0.057	
Glutamic acid.....g	0.547		2		1		0.142	0.055	
Glycine.....g	0.363		2		1		0.094	0.036	
Proline.....g	0.251		2		1		0.065	0.025	
Serine.....g	0.299		2		1		0.078	0.030	
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	3121		0	O	4		811.512	312.120	
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 = 26g: 10 sheets

Measure 2 = 10.0g: 2 tbsp (1/8 cup)

NDB No. 11446
Seaweed, laver, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11667
Seaweed, spirulina, dried

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	0.675		0		1		0.101		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.328		0		1		0.049		
17:1.....g									
18:1 undifferentiated.....g	0.347		0		1		0.052		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.080		0		1		0.312		
18:2 undifferentiated.....g	1.254		0		1		0.188		
18:3 undifferentiated.....g	0.823		0		1		0.123		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.929		0		1		0.139		
Threonine.....g	2.970		0		1		0.446		
Isoleucine.....g	3.209		0		1		0.481		
Leucine.....g	4.947		0		1		0.742		
Lysine.....g	3.025		0		1		0.454		
Methionine.....g	1.149		0		1		0.172		
Cystine.....g	0.662		0		1		0.099		
Phenylalanine.....g	2.777		0		1		0.417		
Tyrosine.....g	2.584		0		1		0.388		
Valine.....g	3.512		0		1		0.527		
Arginine.....g	4.147		0		1		0.622		
Histidine.....g	1.085		0		1		0.163		
Alanine.....g	4.515		0		1		0.677		
Aspartic acid.....g	5.793		0		1		0.869		
Glutamic acid.....g	8.386		0		1		1.258		
Glycine.....g	3.099		0		1		0.465		
Proline.....g	2.382		0		1		0.357		
Serine.....g	2.998		0		1		0.450		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	342		0	O	4		51.300		
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 = 15.0g: 1 cup

NDB No. 11667

Seaweed, spirulina, dried

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11666
Seaweed, spirulina, raw

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	0.034		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.106		0		1				
18:2 undifferentiated.....g	0.064		0		1				
18:3 undifferentiated.....g	0.042		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.096		8		1				
Threonine.....g	0.306		9		1				
Isoleucine.....g	0.331		9		1				
Leucine.....g	0.509		9		1				
Lysine.....g	0.312		9		1				
Methionine.....g	0.118		9		1				
Cystine.....g	0.068		7		1				
Phenylalanine.....g	0.286		9		1				
Tyrosine.....g	0.266		9		1				
Valine.....g	0.362		8		1				
Arginine.....g	0.427		8		1				
Histidine.....g	0.112		8		1				
Alanine.....g	0.465		8		1				
Aspartic acid.....g	0.597		8		1				
Glutamic acid.....g	0.864		8		1				
Glycine.....g	0.319		8		1				
Proline.....g	0.245		8		1				
Serine.....g	0.309		8		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11669
Seaweed, wakame, raw

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	0.058		0		1		0.006		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.020		0		1		0.002		
20:1.....g	0.020		0		1		0.002		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.218		0		1		0.022		
18:2 undifferentiated.....g	0.010		0		1		0.001		
18:3 undifferentiated.....g	0.002		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0		1		0.002		
20:5 n-3.....g	0.186		0		1		0.019		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.035		1		1		0.004		
Threonine.....g	0.165		1		1		0.017		
Isoleucine.....g	0.087		1		1		0.009		
Leucine.....g	0.257		1		1		0.026		
Lysine.....g	0.112		1		1		0.011		
Methionine.....g	0.063		1		1		0.006		
Cystine.....g	0.028		1		1		0.003		
Phenylalanine.....g	0.112		1		1		0.011		
Tyrosine.....g	0.049		1		1		0.005		
Valine.....g	0.209		1		1		0.021		
Arginine.....g	0.092		1		1		0.009		
Histidine.....g	0.015		1		1		0.002		
Alanine.....g	0.136		1		1		0.014		
Aspartic acid.....g	0.179		1		1		0.018		
Glutamic acid.....g	0.199		1		1		0.020		
Glycine.....g	0.112		1		1		0.011		
Proline.....g	0.092		1		1		0.009		
Serine.....g	0.078		1		1		0.008		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	216		0	O	4		21.600		
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 = 10.0g: 2 tbsp (1/8 cup)

NDB No. 11669
Seaweed, wakame, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11922

Sesbania flower, cooked, steamed, 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	93.30		1		1		97.03		
Energy.....kcal	22		0	NC	4		23		
Energy.....kj	92				4		96		
Protein (N x 6.25).....g	1.14		1		1		1.19		
Total lipid (fat).....g	0.05		1		1		0.05		
Ash.....g	0.28		1		1		0.29		
Carbohydrate, by difference.....g	5.23		0	NC	4		5.44		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		1		1		23		
Iron, Fe.....mg	0.56		1		1		0.58		
Magnesium, Mg.....mg	12		1		1		12		
Phosphorus, P.....mg	21		1		1		22		
Potassium, K.....mg	107		1		1		111		
Sodium, Na.....mg	247		0		4		257		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.7		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	37.0		0		1		38.5		
Thiamin.....mg	0.048		0		1		0.050		
Riboflavin.....mg	0.043		0		1		0.045		
Niacin.....mg	0.250		0		1		0.260		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	57		0		4		59		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	57		0		4		59		
Folate, DFE.....mcg_DFE	57		0	NC	4		59		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0		1		0		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.018		
Threonine.....g	0.051		0		1		0.053		
Isoleucine.....g	0.061		0		1		0.063		
Leucine.....g	0.095		0		1		0.099		
Lysine.....g	0.057		0		1		0.059		
Methionine.....g	0.014		0		1		0.015		
Cystine.....g	0.011		0		1		0.011		

NDB No. 11922

Sesbania flower, cooked, steamed, 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
Phenylalanine.....g	0.062		0		1		0.064		
Tyrosine.....g									
Valine.....g	0.069		0		1		0.072		
Arginine.....g	0.062		0		1		0.064		
Histidine.....g	0.023		0		1		0.024		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 104g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11448

Sesbania flower, cooked, steamed, without 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	93.30		1		1		97.03		
Energy.....kcal	22		0	NC	4		23		
Energy.....kj	92				4		96		
Protein (N x 6.25).....g	1.14		1		1		1.19		
Total lipid (fat).....g	0.05		1		1		0.05		
Ash.....g	0.28		1		1		0.29		
Carbohydrate, by difference.....g	5.23		0	NC	4		5.44		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		1		1		23		
Iron, Fe.....mg	0.56		1		1		0.58		
Magnesium, Mg.....mg	12		1		1		12		
Phosphorus, P.....mg	21		1		1		22		
Potassium, K.....mg	107		1		1		111		
Sodium, Na.....mg	11		1		1		11		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.7		0	BFSN	4		0.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	37.0		0		1		38.5		
Thiamin.....mg	0.048		0		1		0.050		
Riboflavin.....mg	0.043		0		1		0.045		
Niacin.....mg	0.250		0		1		0.260		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	57		0		4		59		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	57		0		4		59		
Folate, DFE.....mcg_DFE	57		0	NC	4		59		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0		1		0		
Vitamin A, RAE.....mcg_RAE	0		0		1		0		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.018		
Threonine.....g	0.051		0		1		0.053		
Isoleucine.....g	0.061		0		1		0.063		
Leucine.....g	0.095		0		1		0.099		
Lysine.....g	0.057		0		1		0.059		
Methionine.....g	0.014		0		1		0.015		
Cystine.....g	0.011		0		1		0.011		

NDB No. 11448

Sesbania flower, cooked, steamed, 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
Phenylalanine.....g	0.062		0		1		0.064		
Tyrosine.....g									
Valine.....g	0.069		0		1		0.072		
Arginine.....g	0.062		0		1		0.064		
Histidine.....g	0.023		0		1		0.024		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 104g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11447
Sesbania flower, raw
Sesbania spp.

Refuse: 15% Stems, pistil and calyx

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	91.58		1		1		2.75	18.32	
Energy.....kcal	27		0	NC	4		1	5	
Energy.....kj	113				4		3	23	
Protein (N x 6.25).....g	1.28		1		1		0.04	0.26	
Total lipid (fat).....g	0.04		1		1		0.00	0.01	
Ash.....g	0.38		1		1		0.01	0.08	
Carbohydrate, by difference.....g	6.73		0	NC	4		0.20	1.35	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		1		1		1	4	
Iron, Fe.....mg	0.84		1		1		0.03	0.17	
Magnesium, Mg.....mg	12		1		1		0	2	
Phosphorus, P.....mg	30		1		1		1	6	
Potassium, K.....mg	184		1		1		6	37	
Sodium, Na.....mg	15		1		1		0	3	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.9		0	CAZN	4		0.0	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	73.0		0		1		2.2	14.6	
Thiamin.....mg	0.083		0		1		0.002	0.017	
Riboflavin.....mg	0.081		0		1		0.002	0.016	
Niacin.....mg	0.430		0		1		0.013	0.086	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	102		0		4		3	20	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	102		0		4		3	20	
Folate, DFE.....mcg_DFE	102		0	NC	4		3	20	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0		1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		2		1		0.001	0.004	
Threonine.....g	0.057		2		1		0.002	0.011	
Isoleucine.....g	0.068		2		1		0.002	0.014	
Leucine.....g	0.106		2		1		0.003	0.021	
Lysine.....g	0.064		2		1		0.002	0.013	
Methionine.....g	0.016		2		1		0.000	0.003	
Cystine.....g	0.013		2		1		0.000	0.003	

NDB No. 11447
Sesbania flower, raw

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
Phenylalanine.....g	0.070		2		1		0.002	0.014	
Tyrosine.....g									
Valine.....g	0.078		2		1		0.002	0.016	
Arginine.....g	0.070		2		1		0.002	0.014	
Histidine.....g	0.026		2		1		0.001	0.005	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 3.0g: 1 flower

Measure 2 = 20g: 1 cup flowers

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11640
Shallots, freeze-dried

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	0.070		0		1		0.001	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.070		0		1		0.001	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.196		0		1		0.002	0.007	
18:2 undifferentiated.....g	0.185		0		1		0.002	0.007	
18:3 undifferentiated.....g	0.010		0		1		0.000	0.000	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.138		0		1		0.001	0.005	
Threonine.....g	0.482		0		1		0.004	0.017	
Isoleucine.....g	0.522		0		1		0.005	0.019	
Leucine.....g	0.734		0		1		0.007	0.026	
Lysine.....g	0.614		0		1		0.006	0.022	
Methionine.....g	0.134		0		1		0.001	0.005	
Cystine.....g									
Phenylalanine.....g	0.396		0		1		0.004	0.014	
Tyrosine.....g	0.356		0		1		0.003	0.013	
Valine.....g	0.543		0		1		0.005	0.020	
Arginine.....g	0.890		0		1		0.008	0.032	
Histidine.....g	0.213		0		1		0.002	0.008	
Alanine.....g	0.555		0		1		0.005	0.020	
Aspartic acid.....g	1.138		0		1		0.010	0.041	
Glutamic acid.....g	2.545		0		1		0.023	0.092	
Glycine.....g	0.610		0		1		0.005	0.022	
Proline.....g	0.813		0		1		0.007	0.029	
Serine.....g	0.555		0		1		0.005	0.020	
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 = 0.9g: 1 tbsp
 Measure 2 = 3.6g: .25 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11677
Shallots, raw

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	0.014		0		1		0.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.001		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.039		0		1		0.004		
18:2 undifferentiated.....g	0.037		0		1		0.004		
18:3 undifferentiated.....g	0.002		0		1		0.000		
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	z	7		0		
Phytosterols.....mg	5		0		1		1		
<u>Amino Acids:</u>									
Tryptophan.....g	0.028		0		1		0.003		
Threonine.....g	0.098		0		1		0.010		
Isoleucine.....g	0.106		0		1		0.011		
Leucine.....g	0.149		0		1		0.015		
Lysine.....g	0.125		0		1		0.013		
Methionine.....g	0.027		0		1		0.003		
Cystine.....g									
Phenylalanine.....g	0.081		0		1		0.008		
Tyrosine.....g	0.072		0		1		0.007		
Valine.....g	0.110		0		1		0.011		
Arginine.....g	0.181		0		1		0.018		
Histidine.....g	0.043		0		1		0.004		
Alanine.....g	0.113		0		1		0.011		
Aspartic acid.....g	0.231		0		1		0.023		
Glutamic acid.....g	0.517		0		1		0.052		
Glycine.....g	0.124		0		1		0.012		
Proline.....g	0.165		0		1		0.017		
Serine.....g	0.113		0		1		0.011		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 10.0g: 1 tbsp chopped

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11853

Soybeans, green, cooked, boiled, drained, 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	1.209		0		1		2.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.018		
17:1.....g									
18:1 undifferentiated.....g	1.188		1		1		2.138		
20:1.....g	0.010		1		1		0.018		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.011		0		1		5.420		
18:2 undifferentiated.....g	2.657		1		1		4.783		
18:3 undifferentiated.....g	0.354		1		1		0.637		
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	z	7		0		
Phytosterols.....mg	50		1		1		90		
<u>Amino Acids:</u>									
Tryptophan.....g	0.150		0		1		0.270		
Threonine.....g	0.492		0		1		0.886		
Isoleucine.....g	0.543		0		1		0.977		
Leucine.....g	0.883		0		1		1.589		
Lysine.....g	0.739		0		1		1.330		
Methionine.....g	0.150		0		1		0.270		
Cystine.....g	0.113		0		1		0.203		
Phenylalanine.....g	0.559		0		1		1.006		
Tyrosine.....g	0.443		0		1		0.797		
Valine.....g	0.549		0		1		0.988		
Arginine.....g	0.994		0		1		1.789		
Histidine.....g	0.332		0		1		0.598		
Alanine.....g	0.555		0		1		0.999		
Aspartic acid.....g	1.439		0		1		2.590		
Glutamic acid.....g	2.320		0		1		4.176		
Glycine.....g	0.514		0		1		0.925		
Proline.....g	0.579		0		1		1.042		
Serine.....g	0.688		0		1		1.238		
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 = 180g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11451

Soybeans, green, cooked, boiled, drained, 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	1.209		0		1		2.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.018		
17:1.....g									
18:1 undifferentiated.....g	1.188		1		1		2.138		
20:1.....g	0.010		1		1		0.018		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.011		0		1		5.420		
18:2 undifferentiated.....g	2.657		1		1		4.783		
18:3 undifferentiated.....g	0.354		1		1		0.637		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg	50		1		1		90		
Amino Acids:									
Tryptophan.....g	0.150		0		1		0.270		
Threonine.....g	0.492		0		1		0.886		
Isoleucine.....g	0.543		0		1		0.977		
Leucine.....g	0.883		0		1		1.589		
Lysine.....g	0.739		0		1		1.330		
Methionine.....g	0.150		0		1		0.270		
Cystine.....g	0.113		0		1		0.203		
Phenylalanine.....g	0.559		0		1		1.006		
Tyrosine.....g	0.443		0		1		0.797		
Valine.....g	0.549		0		1		0.988		
Arginine.....g	0.994		0		1		1.789		
Histidine.....g	0.332		0		1		0.598		
Alanine.....g	0.555		0		1		0.999		
Aspartic acid.....g	1.439		0		1		2.590		
Glutamic acid.....g	2.320		0		1		4.176		
Glycine.....g	0.514		0		1		0.925		
Proline.....g	0.579		0		1		1.042		
Serine.....g	0.688		0		1		1.238		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		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 = 180g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11450
Soybeans, green, raw

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	1.284		0		1		3.287		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		1		1		0.028		
17:1.....g									
18:1 undifferentiated.....g	1.262		1		1		3.231		
20:1.....g	0.011		1		1		0.028		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.200		0		1		8.192		
18:2 undifferentiated.....g	2.823		1		1		7.227		
18:3 undifferentiated.....g	0.376		1		1		0.963		
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	z	7		0		
Phytosterols.....mg	50		1		1		128		
<u>Amino Acids:</u>									
Tryptophan.....g	0.157		0		1		0.402		
Threonine.....g	0.516		0		1		1.321		
Isoleucine.....g	0.570		0		1		1.459		
Leucine.....g	0.926		0		1		2.371		
Lysine.....g	0.775		0		1		1.984		
Methionine.....g	0.157		0		1		0.402		
Cystine.....g	0.118		0		1		0.302		
Phenylalanine.....g	0.586		0		1		1.500		
Tyrosine.....g	0.464		0		1		1.188		
Valine.....g	0.576		0		1		1.475		
Arginine.....g	1.042		0		1		2.668		
Histidine.....g	0.348		0		1		0.891		
Alanine.....g	0.582		0		1		1.490		
Aspartic acid.....g	1.508		0		1		3.860		
Glutamic acid.....g	2.433		0		1		6.228		
Glycine.....g	0.539		0		1		1.380		
Proline.....g	0.607		0		1		1.554		
Serine.....g	0.721		0		1		1.846		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	z	7		0		
Theobromine.....mg	0		0	z	7		0		

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Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11453

Soybeans, mature seeds, sprouted, cooked, steamed

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	1.009		0		1		0.948		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		1		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.991		1		1		0.932		
20:1.....g	0.009		1		1		0.008		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.513		0		1		2.362		
18:2 undifferentiated.....g	2.217		1		1		2.084		
18:3 undifferentiated.....g	0.296		1		1		0.278		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.097		
Threonine.....g	0.325		0		1		0.306		
Isoleucine.....g	0.375		0		1		0.353		
Leucine.....g	0.607		0		1		0.571		
Lysine.....g	0.486		0		1		0.457		
Methionine.....g	0.089		0		1		0.084		
Cystine.....g	0.102		0		1		0.096		
Phenylalanine.....g	0.415		0		1		0.390		
Tyrosine.....g	0.309		0		1		0.290		
Valine.....g	0.401		0		1		0.377		
Arginine.....g	0.585		0		1		0.550		
Histidine.....g	0.225		0		1		0.212		
Alanine.....g	0.355		0		1		0.334		
Aspartic acid.....g	1.148		0		1		1.079		
Glutamic acid.....g	1.272		0		1		1.196		
Glycine.....g	0.325		0		1		0.306		
Proline.....g	0.436		0		1		0.410		
Serine.....g	0.421		0		1		0.396		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	12		0	BFSN	4		11.409		
Carotene, alpha.....mcg	12		0	BFSN	4		11.409		
Cryptoxanthin, beta.....mcg	12		0	BFSN	4		11.409		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 94g: 1 cup

NDB No. 11453

Soybeans, mature seeds, sprouted, cooked, steamed

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11923

Soybeans, mature seeds, sprouted, cooked, steamed, 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	1.009		0		1		0.948		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		1		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.991		1		1		0.932		
20:1.....g	0.009		1		1		0.008		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.513		0		1		2.362		
18:2 undifferentiated.....g	2.217		1		1		2.084		
18:3 undifferentiated.....g	0.296		1		1		0.278		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.103		0		1		0.097		
Threonine.....g	0.325		0		1		0.306		
Isoleucine.....g	0.375		0		1		0.353		
Leucine.....g	0.607		0		1		0.571		
Lysine.....g	0.486		0		1		0.457		
Methionine.....g	0.089		0		1		0.084		
Cystine.....g	0.102		0		1		0.096		
Phenylalanine.....g	0.415		0		1		0.390		
Tyrosine.....g	0.309		0		1		0.290		
Valine.....g	0.401		0		1		0.377		
Arginine.....g	0.585		0		1		0.550		
Histidine.....g	0.225		0		1		0.212		
Alanine.....g	0.355		0		1		0.334		
Aspartic acid.....g	1.148		0		1		1.079		
Glutamic acid.....g	1.272		0		1		1.196		
Glycine.....g	0.325		0		1		0.306		
Proline.....g	0.436		0		1		0.410		
Serine.....g	0.421		0		1		0.396		
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 = 94g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11454

Soybeans, mature seeds, sprouted, cooked, stir-fried

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	1.609		0			1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		1			1			
17:1.....g									
18:1 undifferentiated.....g	1.581		1			1			
20:1.....g	0.014		1			1			
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.009		0			1			
18:2 undifferentiated.....g	3.537		1			1			
18:3 undifferentiated.....g	0.472		1			1			
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	z		7			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.159		0			1			
Threonine.....g	0.503		0			1			
Isoleucine.....g	0.581		0			1			
Leucine.....g	0.939		0			1			
Lysine.....g	0.752		0			1			
Methionine.....g	0.138		0			1			
Cystine.....g	0.157		0			1			
Phenylalanine.....g	0.641		0			1			
Tyrosine.....g	0.478		0			1			
Valine.....g	0.620		0			1			
Arginine.....g	0.905		0			1			
Histidine.....g	0.348		0			1			
Alanine.....g	0.549		0			1			
Aspartic acid.....g	1.775		0			1			
Glutamic acid.....g	1.968		0			1			
Glycine.....g	0.503		0			1			
Proline.....g	0.675		0			1			
Serine.....g	0.652		0			1			
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11924

Soybeans, mature seeds, sprouted, cooked, stir-fried, 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	67.20		1						
Energy.....kcal	125		0	NC					
Energy.....kj	523								
Protein (N x 6.25).....g	13.10		1						
Total lipid (fat).....g	7.10		0						
Ash.....g	3.20		1						
Carbohydrate, by difference.....g	9.40		0	NC					
Fiber, total dietary.....g	0.8		0	BFZN					
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	82		1						
Iron, Fe.....mg	0.40		1						
Magnesium, Mg.....mg	96		0						
Phosphorus, P.....mg	216		0						
Potassium, K.....mg	567		0						
Sodium, Na.....mg	250		0						
Zinc, Zn.....mg	2.10		1						
Copper, Cu.....mg	0.527		0						
Manganese, Mn.....mg	1.133		0						
Selenium, Se.....mcg	0.6		0	CAZN					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.0		1						
Thiamin.....mg	0.420		1						
Riboflavin.....mg	0.190		1						
Niacin.....mg	1.100		1						
Pantothenic acid.....mg	1.186		0						
Vitamin B-6.....mg	0.168		0						
Folate, total.....mcg	127		0						
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	127		0						
Folate, DFE.....mcg_DFE	127		0	NC					
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin A, IU.....IU	17		0						
Vitamin A, RAE.....mcg_RAE	1		0						
Retinol.....mcg	0		0	Z					
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.300		0						
Threonine.....g	0.759		0						
Isoleucine.....g	0.654		0						
Leucine.....g	1.100		0						
Lysine.....g	0.916		0						
Methionine.....g	0.147		0						
Cystine.....g	0.069		0						

NDB No. 11924

Soybeans, mature seeds, sprouted, cooked, stir-fried, 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
Phenylalanine.....g	0.524		0		1				
Tyrosine.....g	0.432		0		1				
Valine.....g	0.734		0		1				
Arginine.....g	0.629		0		1				
Histidine.....g	0.352		0		1				
Alanine.....g	0.614		0		1				
Aspartic acid.....g	1.899		0		1				
Glutamic acid.....g	1.859		0		1				
Glycine.....g	0.509		0		1				
Proline.....g									
Serine.....g	0.981		0		1				
Hydroxyproline.....g									

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Common Measures:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11452

Soybeans, mature seeds, sprouted, raw

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	1.518		0		1		0.531	0.152	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		1		1		0.005	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.492		1		1		0.522	0.149	
20:1.....g	0.013		1		1		0.005	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.783		0		1		1.324	0.378	
18:2 undifferentiated.....g	3.338		1		1		1.168	0.334	
18:3 undifferentiated.....g	0.445		1		1		0.156	0.045	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.159		0		1		0.056	0.016	
Threonine.....g	0.503		0		1		0.176	0.050	
Isoleucine.....g	0.580		0		1		0.203	0.058	
Leucine.....g	0.938		0		1		0.328	0.094	
Lysine.....g	0.752		0		1		0.263	0.075	
Methionine.....g	0.138		0		1		0.048	0.014	
Cystine.....g	0.157		0		1		0.055	0.016	
Phenylalanine.....g	0.641		0		1		0.224	0.064	
Tyrosine.....g	0.477		0		1		0.167	0.048	
Valine.....g	0.620		0		1		0.217	0.062	
Arginine.....g	0.905		0		1		0.317	0.091	
Histidine.....g	0.348		0		1		0.122	0.035	
Alanine.....g	0.549		0		1		0.192	0.055	
Aspartic acid.....g	1.774		0		1		0.621	0.177	
Glutamic acid.....g	1.966		0		1		0.688	0.197	
Glycine.....g	0.503		0		1		0.176	0.050	
Proline.....g	0.674		0		1		0.236	0.067	
Serine.....g	0.651		0		1		0.228	0.065	
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 = 35g: .5 cup

Measure 2 = 10.0g: 10 sprouts

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11658
Spinach souffle, home-prepared

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	5.026		0		1		6.835	40.861	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.236		0		1		0.321	1.919	
17:1.....g									
18:1 undifferentiated.....g	4.710		0		1		6.406	38.292	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.266		0		1		3.082	18.423	
18:2 undifferentiated.....g	2.081		0		1		2.830	16.919	
18:3 undifferentiated.....g	0.147		0		1		0.200	1.195	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0		1		0.029	0.171	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	135		0		1		184	1098	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.122		0		1		0.166	0.992	
Threonine.....g	0.337		0		1		0.458	2.740	
Isoleucine.....g	0.478		0		1		0.650	3.886	
Leucine.....g	0.731		0		1		0.994	5.943	
Lysine.....g	0.575		0		1		0.782	4.675	
Methionine.....g	0.219		0		1		0.298	1.780	
Cystine.....g	0.105		0		1		0.143	0.854	
Phenylalanine.....g	0.422		0		1		0.574	3.431	
Tyrosine.....g	0.358		0		1		0.487	2.911	
Valine.....g	0.529		0		1		0.719	4.301	
Arginine.....g	0.392		0		1		0.533	3.187	
Histidine.....g	0.230		0		1		0.313	1.870	
Alanine.....g	0.336		0		1		0.457	2.732	
Aspartic acid.....g	0.603		0		1		0.820	4.902	
Glutamic acid.....g	1.602		0		1		2.179	13.024	
Glycine.....g	0.237		0		1		0.322	1.927	
Proline.....g	0.645		0		1		0.877	5.244	
Serine.....g	0.503		0		1		0.684	4.089	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1056		0	NR	4		1436.160	8585.280	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 136g: 1 cup

Measure 2 = 813g: 1 recipe yield

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 11658
Spinach souffle, home-prepared

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11461
Spinach, canned, drained solids

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	0.014		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		1		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.013		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.209		0		1		0.447		
18:2 undifferentiated.....g	0.031		0		1		0.066		
18:3 undifferentiated.....g	0.165		0		1		0.353		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.081		
Threonine.....g	0.120		0		1		0.257		
Isoleucine.....g	0.144		0		1		0.308		
Leucine.....g	0.219		0		1		0.469		
Lysine.....g	0.172		0		1		0.368		
Methionine.....g	0.052		0		1		0.111		
Cystine.....g	0.034		0		1		0.073		
Phenylalanine.....g	0.127		0		1		0.272		
Tyrosine.....g	0.106		0		1		0.227		
Valine.....g	0.158		0		1		0.338		
Arginine.....g	0.159		0		1		0.340		
Histidine.....g	0.062		0		1		0.133		
Alanine.....g	0.139		0		1		0.297		
Aspartic acid.....g	0.236		0		1		0.505		
Glutamic acid.....g	0.338		0		1		0.723		
Glycine.....g	0.132		0		1		0.282		
Proline.....g	0.110		0		1		0.235		
Serine.....g	0.102		0		1		0.218		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5881		0	BFSN	4		12584.393		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	10575		0	BFSN	4		22629.894		

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 = 214g: 1 cup

NDB No. 11461
Spinach, canned, drained solids

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11855

Spinach, canned, no salt added, solids and liquids

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	0.010		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0		1		0.363		
18:2 undifferentiated.....g	0.023		0		1		0.054		
18:3 undifferentiated.....g	0.122		0		1		0.285		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.028		0		1		0.066		
Threonine.....g	0.090		0		1		0.211		
Isoleucine.....g	0.108		0		1		0.253		
Leucine.....g	0.164		0		1		0.384		
Lysine.....g	0.129		0		1		0.302		
Methionine.....g	0.039		0		1		0.091		
Cystine.....g	0.025		0		1		0.059		
Phenylalanine.....g	0.095		0		1		0.222		
Tyrosine.....g	0.080		0		1		0.187		
Valine.....g	0.119		0		1		0.278		
Arginine.....g	0.119		0		1		0.278		
Histidine.....g	0.047		0		1		0.110		
Alanine.....g	0.104		0		1		0.243		
Aspartic acid.....g	0.177		0		1		0.414		
Glutamic acid.....g	0.253		0		1		0.592		
Glycine.....g	0.099		0		1		0.232		
Proline.....g	0.082		0		1		0.192		
Serine.....g	0.076		0		1		0.178		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		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 = 234g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11459

Spinach, canned, regular pack, solids and liquids

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	0.010		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0		1		0.363		
18:2 undifferentiated.....g	0.023		0		1		0.054		
18:3 undifferentiated.....g	0.122		0		1		0.285		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.066		
Threonine.....g	0.090		0		1		0.211		
Isoleucine.....g	0.108		0		1		0.253		
Leucine.....g	0.164		0		1		0.384		
Lysine.....g	0.129		0		1		0.302		
Methionine.....g	0.039		0		1		0.091		
Cystine.....g	0.025		0		1		0.059		
Phenylalanine.....g	0.095		0		1		0.222		
Tyrosine.....g	0.080		0		1		0.187		
Valine.....g	0.119		0		1		0.278		
Arginine.....g	0.119		0		1		0.278		
Histidine.....g	0.047		0		1		0.110		
Alanine.....g	0.104		0		1		0.243		
Aspartic acid.....g	0.177		0		1		0.414		
Glutamic acid.....g	0.253		0		1		0.592		
Glycine.....g	0.099		0		1		0.232		
Proline.....g	0.082		0		1		0.192		
Serine.....g	0.076		0		1		0.178		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		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 = 234g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11854

Spinach, cooked, boiled, drained, 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	0.007		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.005		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.194		
18:2 undifferentiated.....g	0.016		0		1		0.029		
18:3 undifferentiated.....g	0.085		0		1		0.153		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.040		0		1		0.072		
Threonine.....g	0.127		0		1		0.229		
Isoleucine.....g	0.152		0		1		0.274		
Leucine.....g	0.231		0		1		0.416		
Lysine.....g	0.182		0		1		0.328		
Methionine.....g	0.055		0		1		0.099		
Cystine.....g	0.035		0		1		0.063		
Phenylalanine.....g	0.134		0		1		0.241		
Tyrosine.....g	0.113		0		1		0.203		
Valine.....g	0.168		0		1		0.302		
Arginine.....g	0.168		0		1		0.302		
Histidine.....g	0.066		0		1		0.119		
Alanine.....g	0.147		0		1		0.265		
Aspartic acid.....g	0.250		0		1		0.450		
Glutamic acid.....g	0.357		0		1		0.643		
Glycine.....g	0.140		0		1		0.252		
Proline.....g	0.116		0		1		0.209		
Serine.....g	0.107		0		1		0.193		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	6288	1002.379	28	A	1		11319.000		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg	0	0.000	4	A	1		0.000		
Lutein + zeaxanthin.....mcg	11308	2650.977	24	A	1		20354.400		

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 = 180g: 1 cup

NDB No. 11854

Spinach, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11458

Spinach, cooked, boiled, drained, 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	0.007		0		1		0.013		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		1		0.005		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.194		
18:2 undifferentiated.....g	0.016		0		1		0.029		
18:3 undifferentiated.....g	0.085		0		1		0.153		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0		1		0.072		
Threonine.....g	0.127		0		1		0.229		
Isoleucine.....g	0.152		0		1		0.274		
Leucine.....g	0.231		0		1		0.416		
Lysine.....g	0.182		0		1		0.328		
Methionine.....g	0.055		0		1		0.099		
Cystine.....g	0.035		0		1		0.063		
Phenylalanine.....g	0.134		0		1		0.241		
Tyrosine.....g	0.113		0		1		0.203		
Valine.....g	0.168		0		1		0.302		
Arginine.....g	0.168		0		1		0.302		
Histidine.....g	0.066		0		1		0.119		
Alanine.....g	0.147		0		1		0.265		
Aspartic acid.....g	0.250		0		1		0.450		
Glutamic acid.....g	0.357		0		1		0.643		
Glycine.....g	0.140		0		1		0.252		
Proline.....g	0.116		0		1		0.209		
Serine.....g	0.107		0		1		0.193		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	6288	1002.379	28	A	1		11319.000		
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000		
Lycopene.....mcg	0	0.000	4	A	1		0.000		
Lutein + zeaxanthin.....mcg	11308	2650.977	24	A	1		20354.400		

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 = 180g: 1 cup

NDB No. 11458

Spinach, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11856

Spinach, frozen, chopped or leaf, cooked, boiled, drained, 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	88.94	0.191	6	A	1		195.67	84.49	
Energy.....kcal	32		0	NC	4		71	31	
Energy.....kj	136		0	NC	4		298	129	
Protein (N x 6.25).....g	4.01	0.061	6	A	1		8.81	3.81	
Total lipid (fat).....g	0.50	0.063	6	A	1		1.10	0.48	
Ash.....g	1.39	0.075	6	A	1		3.06	1.32	
Carbohydrate, by difference.....g	5.16		0	NC	4		11.35	4.90	
Fiber, total dietary.....g	3.7	0.183	6	A	1		8.1	3.5	
Sugars, total.....g	0.51	0.122	6	A	1		1.11	0.48	
Sucrose.....g	0.21	0.038	6	A	1		0.47	0.20	
Glucose (dextrose).....g	0.20	0.033	6	A	1		0.44	0.19	
Fructose.....g	0.09	0.059	6	A	1		0.21	0.09	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.00	0.000	6	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	153	6.024	6	A	1		336	145	
Iron, Fe.....mg	1.96	0.064	6	A	1		4.32	1.86	
Magnesium, Mg.....mg	82	6.920	6	A	1		180	78	
Phosphorus, P.....mg	50	2.231	6	A	1		110	48	
Potassium, K.....mg	302	20.365	6	A	1		664	287	
Sodium, Na.....mg	97	7.670	6	A	1		212	92	
Zinc, Zn.....mg	0.49	0.049	6	A	1		1.09	0.47	
Copper, Cu.....mg	0.161	0.013	6	A	1		0.354	0.153	
Manganese, Mn.....mg	0.717	0.038	6	A	1		1.578	0.681	
Selenium, Se.....mcg	5.5	0.065	4	A	1		12.2	5.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.2	0.525	6	A	1		4.8	2.1	
Thiamin.....mg	0.078	0.006	6	A	1		0.171	0.074	
Riboflavin.....mg	0.176	0.007	6	A	1		0.388	0.168	
Niacin.....mg	0.439	0.035	5	A	1		0.966	0.417	
Pantothenic acid.....mg	0.075	0.000	4	A	1		0.164	0.071	
Vitamin B-6.....mg	0.136	0.006	6	A	1		0.299	0.129	
Folate, total.....mcg	121	3.890	6	A	1		266	115	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	121	3.890	6	A	1		266	115	
Folate, DFE.....mcg_DFE	121		0	NC	4		266	115	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	12061		0	NC	4		26535	11458	
Vitamin A, RAE.....mcg_RAE	603		0	NC	4		1327	573	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	3.54	0.111	3	A	1		7.80	3.37	
Tocopherol, beta.....mg	0.01	0.001	3	A	1		0.02	0.01	
Tocopherol, gamma.....mg	0.17	0.007	3	A	1		0.37	0.16	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	540.7	4.236	3	A	1		1189.5	513.7	
Lipids:									
Fatty acids, total saturated.....g	0.091		0	NC	4		0.200	0.086	
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	

NDB No. 11856

Spinach, frozen, chopped or leaf, cooked, boiled, drained, 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
16:0.....g	0.091	0.036	4	A	1		0.200	0.086	
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	
18:0.....g	0.000	0.000	4	A	1		0.000	0.000	
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	
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									
18:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.215		0	NC	4		0.473	0.204	
18:2 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.215	0.053	4	A	1		0.473	0.204	
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	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108	0.010	6	A	1		0.237	0.102	
Threonine.....g	0.235	0.026	6	A	1		0.517	0.223	
Isoleucine.....g	0.121	0.020	6	A	1		0.267	0.115	
Leucine.....g	0.170	0.037	6	A	1		0.374	0.161	
Lysine.....g	0.260	0.045	6	A	1		0.571	0.247	
Methionine.....g	0.059	0.014	6	A	1		0.131	0.056	
Cystine.....g	0.018	0.003	6	A	1		0.039	0.017	
Phenylalanine.....g	0.221	0.033	6	A	1		0.487	0.210	
Tyrosine.....g	0.244	0.033	6	A	1		0.537	0.232	
Valine.....g	0.175	0.029	6	A	1		0.385	0.166	
Arginine.....g	0.561	0.061	6	A	1		1.234	0.533	
Histidine.....g	0.022	0.010	6	A	1		0.048	0.021	
Alanine.....g	0.221	0.032	6	A	1		0.486	0.210	
Aspartic acid.....g	0.460	0.069	6	A	1		1.013	0.437	
Glutamic acid.....g	0.506	0.065	6	A	1		1.113	0.481	
Glycine.....g	0.223	0.031	6	A	1		0.490	0.212	
Proline.....g	0.208	0.029	6	A	1		0.458	0.198	
Serine.....g	0.165	0.026	6	A	1		0.364	0.157	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	7237		0	BFSN	4		15920.965	6874.962	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	15690		0	BFSN	4		34517.894	14905.454	

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.

NDB No. 11856

Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt

Common Measures:

Measure 1 = 220g: 1 package (10 oz) yields

Measure 2 = 95g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11464

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without 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	88.94	0.191	6	A	1		195.67	84.49	
Energy.....kcal	32		0	NC	4		71	31	
Energy.....kj	136		0	NC	4		298	129	
Protein (N x 6.25).....g	4.01	0.061	6	A	1		8.81	3.81	
Total lipid (fat).....g	0.50	0.063	6	A	1		1.10	0.48	
Ash.....g	1.39	0.075	6	A	1		3.06	1.32	
Carbohydrate, by difference.....g	5.16		0	NC	4		11.35	4.90	
Fiber, total dietary.....g	3.7	0.183	6	A	1		8.1	3.5	
Sugars, total.....g	0.51	0.122	6	A	1		1.11	0.48	
Sucrose.....g	0.21	0.038	6	A	1		0.47	0.20	
Glucose (dextrose).....g	0.20	0.033	6	A	1		0.44	0.19	
Fructose.....g	0.09	0.059	6	A	1		0.21	0.09	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	6	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	0.00	0.000	6	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	153	6.024	6	A	1		336	145	
Iron, Fe.....mg	1.96	0.064	6	A	1		4.32	1.86	
Magnesium, Mg.....mg	82	6.920	6	A	1		180	78	
Phosphorus, P.....mg	50	2.231	6	A	1		110	48	
Potassium, K.....mg	302	20.365	6	A	1		664	287	
Sodium, Na.....mg	97	7.670	6	A	1		212	92	
Zinc, Zn.....mg	0.49	0.049	6	A	1		1.09	0.47	
Copper, Cu.....mg	0.161	0.013	6	A	1		0.354	0.153	
Manganese, Mn.....mg	0.717	0.038	6	A	1		1.578	0.681	
Selenium, Se.....mcg	5.5	0.065	4	A	1		12.2	5.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.2	0.525	6	A	1		4.8	2.1	
Thiamin.....mg	0.078	0.006	6	A	1		0.171	0.074	
Riboflavin.....mg	0.176	0.007	6	A	1		0.388	0.168	
Niacin.....mg	0.439	0.035	5	A	1		0.966	0.417	
Pantothenic acid.....mg	0.075	0.000	4	A	1		0.164	0.071	
Vitamin B-6.....mg	0.136	0.006	6	A	1		0.299	0.129	
Folate, total.....mcg	121	3.890	6	A	1		266	115	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	121	3.890	6	A	1		266	115	
Folate, DFE.....mcg_DFE	121		0	NC	4		266	115	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	12061		0	NC	4		26535	11458	
Vitamin A, RAE.....mcg_RAE	603		0	NC	4		1327	573	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	3.54	0.111	3	A	1		7.80	3.37	
Tocopherol, beta.....mg	0.01	0.001	3	A	1		0.02	0.01	
Tocopherol, gamma.....mg	0.17	0.007	3	A	1		0.37	0.16	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	540.7	4.236	3	A	1		1189.5	513.7	
Lipids:									
Fatty acids, total saturated.....g	0.091		0	NC	4		0.200	0.086	
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	

NDB No. 11464

Spinach, frozen, chopped or leaf, cooked, boiled, drained, 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	0.091	0.036	4	A	1		0.200	0.086	
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	
18:0.....g	0.000	0.000	4	A	1		0.000	0.000	
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000	0.000	
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									
18:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.215		0	NC	4		0.473	0.204	
18:2 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.215	0.053	4	A	1		0.473	0.204	
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	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108	0.010	6	A	1		0.237	0.102	
Threonine.....g	0.235	0.026	6	A	1		0.517	0.223	
Isoleucine.....g	0.121	0.020	6	A	1		0.267	0.115	
Leucine.....g	0.170	0.037	6	A	1		0.374	0.161	
Lysine.....g	0.260	0.045	6	A	1		0.571	0.247	
Methionine.....g	0.059	0.014	6	A	1		0.131	0.056	
Cystine.....g	0.018	0.003	6	A	1		0.039	0.017	
Phenylalanine.....g	0.221	0.033	6	A	1		0.487	0.210	
Tyrosine.....g	0.244	0.033	6	A	1		0.537	0.232	
Valine.....g	0.175	0.029	6	A	1		0.385	0.166	
Arginine.....g	0.561	0.061	6	A	1		1.234	0.533	
Histidine.....g	0.022	0.010	6	A	1		0.048	0.021	
Alanine.....g	0.221	0.032	6	A	1		0.486	0.210	
Aspartic acid.....g	0.460	0.069	6	A	1		1.013	0.437	
Glutamic acid.....g	0.506	0.065	6	A	1		1.113	0.481	
Glycine.....g	0.223	0.031	6	A	1		0.490	0.212	
Proline.....g	0.208	0.029	6	A	1		0.458	0.198	
Serine.....g	0.165	0.026	6	A	1		0.364	0.157	
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	7237		0	BFSN	4		15920.965	6874.962	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	15690		0	BFSN	4		34517.894	14905.454	

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.

NDB No. 11464

Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 220g: 1 package (10 oz) yields

Measure 2 = 95g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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NDB No. 11463

Spinach, frozen, chopped or leaf, unprepared

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	89.45	0.251	5	A	1		139.55	254.05	
Energy.....kcal	31		0	NC	4		49	89	
Energy.....kj	131		0	NC	4		205	372	
Protein (N x 6.25).....g	3.94	0.131	5	A	1		6.15	11.19	
Total lipid (fat).....g	0.75	0.108	5	A	1		1.17	2.13	
Ash.....g	1.53	0.025	5	A	1		2.39	4.34	
Carbohydrate, by difference.....g	4.33		0	NC	4		6.75	12.29	
Fiber, total dietary.....g	3.1	0.230	5	A	1		4.8	8.7	
Sugars, total.....g	0.87	0.080	5	A	1		1.35	2.46	
Sucrose.....g	0.29	0.033	5	A	1		0.45	0.82	
Glucose (dextrose).....g	0.27	0.036	5	A	1		0.43	0.78	
Fructose.....g	0.30	0.030	5	A	1		0.48	0.87	
Lactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	5	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	5	A	1		0.00	0.00	
Starch.....g	0.00	0.000	5	A	1		0.00	0.00	
Minerals:									
Calcium, Ca.....mg	155	8.064	5	A	1		241	439	
Iron, Fe.....mg	2.03	0.135	5	A	1		3.17	5.76	
Magnesium, Mg.....mg	73	2.835	5	A	1		113	206	
Phosphorus, P.....mg	52	1.283	5	A	1		82	149	
Potassium, K.....mg	372	8.146	5	A	1		581	1058	
Sodium, Na.....mg	74	8.386	25		1		115	210	
Zinc, Zn.....mg	0.45	0.058	5	A	1		0.70	1.27	
Copper, Cu.....mg	0.157	0.012	5	A	1		0.245	0.447	
Manganese, Mn.....mg	0.712	0.021	5	A	1		1.111	2.022	
Selenium, Se.....mcg	6.5		2	A	1		10.2	18.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	24.3	1.392	49		1		37.9	69.0	
Thiamin.....mg	0.106		2	A	1		0.166	0.302	
Riboflavin.....mg	0.232		2	A	1		0.362	0.659	
Niacin.....mg	0.571		2	A	1		0.891	1.622	
Pantothenic acid.....mg	0.123		2	A	1		0.192	0.349	
Vitamin B-6.....mg	0.160		2	A	1		0.249	0.453	
Folate, total.....mcg	130	8.310	5	A	1		203	370	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	130	8.310	5	A	1		203	370	
Folate, DFE.....mcg_DFE	130		0	NC	4		203	370	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	11726		0	NC	4		18292	33301	
Vitamin A, RAE.....mcg_RAE	586		0	NC	4		915	1665	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	2.90		2	A	1		4.52	8.24	
Tocopherol, beta.....mg	0.01		2	A	1		0.01	0.02	
Tocopherol, gamma.....mg	0.14		2	A	1		0.22	0.40	
Tocopherol, delta.....mg	0.00		2	A	1		0.01	0.01	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	377.1		1	A	1		588.3	1071.0	
Lipids:									
Fatty acids, total saturated.....g	0.292		0	NC	4		0.456	0.829	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 11463

Spinach, frozen, chopped or leaf, unprepared

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	0.292		2	A	1		0.456	0.829	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.000		2	A	1		0.000	0.000	
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	0.000		0	NC	4		0.000	0.000	
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									
18:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
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	0.166		0	NC	4		0.258	0.470	
18:2 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
18:3 undifferentiated.....g	0.166		2	A	1		0.258	0.470	
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	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		2	A	1		0.254	0.462	
Threonine.....g	0.254		2	A	1		0.395	0.720	
Isoleucine.....g	0.129		2	A	1		0.202	0.368	
Leucine.....g	0.191		2	A	1		0.298	0.542	
Lysine.....g	0.298		2	A	1		0.466	0.848	
Methionine.....g	0.026		2	A	1		0.040	0.073	
Cystine.....g	0.043		2	A	1		0.067	0.122	
Phenylalanine.....g	0.238		2	A	1		0.372	0.677	
Tyrosine.....g	0.273		2	A	1		0.426	0.775	
Valine.....g	0.198		2	A	1		0.310	0.564	
Arginine.....g	0.658		2	A	1		1.026	1.869	
Histidine.....g	0.048		2	A	1		0.076	0.138	
Alanine.....g	0.261		2	A	1		0.407	0.741	
Aspartic acid.....g	0.476		2	A	1		0.743	1.353	
Glutamic acid.....g	0.597		2	A	1		0.932	1.697	
Glycine.....g	0.267		2	A	1		0.416	0.758	
Proline.....g	0.235		2	A	1		0.367	0.667	
Serine.....g	0.189		2	A	1		0.295	0.536	
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	7035		0	BFSN	4		10975.161	19980.422	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	12651		0	BFSN	4		19736.092	35929.809	

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.

NDB No. 11463

Spinach, frozen, chopped or leaf, unprepared

Common Measures:

Measure 1 = 156g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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NDB No. 11457
Spinach, raw

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	0.049		1		1		0.015	0.168	0.005
17:0.....g									
18:0.....g	0.004		1		1		0.001	0.012	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.010		0	NC	4		0.003	0.033	0.001
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		1		1		0.001	0.016	0.000
17:1.....g									
18:1 undifferentiated.....g	0.005		1		1		0.001	0.016	0.000
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	0.165		0	NC	4		0.049	0.560	0.016
18:2 undifferentiated.....g	0.026		1		1		0.008	0.090	0.003
18:3 undifferentiated.....g	0.138		1		1		0.042	0.470	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	Z	7		0	0	0
Phytosterols.....mg	9		0		1		3	31	1
Amino Acids:									
Tryptophan.....g	0.039		19		1		0.012	0.133	0.004
Threonine.....g	0.122		19		1		0.037	0.415	0.012
Isoleucine.....g	0.147		19		1		0.044	0.500	0.015
Leucine.....g	0.223		19		1		0.067	0.758	0.022
Lysine.....g	0.174		23		1		0.052	0.592	0.017
Methionine.....g	0.053		23		1		0.016	0.180	0.005
Cystine.....g	0.035		8		1		0.011	0.119	0.004
Phenylalanine.....g	0.129		19		1		0.039	0.439	0.013
Tyrosine.....g	0.108		8		1		0.032	0.367	0.011
Valine.....g	0.161		19		1		0.048	0.547	0.016
Arginine.....g	0.162		18		1		0.049	0.551	0.016
Histidine.....g	0.064		18		1		0.019	0.218	0.006
Alanine.....g	0.142		7		1		0.043	0.483	0.014
Aspartic acid.....g	0.240		7		1		0.072	0.816	0.024
Glutamic acid.....g	0.343		7		1		0.103	1.166	0.034
Glycine.....g	0.134		7		1		0.040	0.456	0.013
Proline.....g	0.112		6		1		0.034	0.381	0.011
Serine.....g	0.104		7		1		0.031	0.354	0.010
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	5626	766.716	5	A	1		1687.901	19129.539	562.634
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	7	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	12198	1930.873	7	A	1		3659.500	41474.333	1219.833

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.

NDB No. 11457

Spinach, raw

Common Measures:

Measure 1 = 30g: 1 cup

Measure 2 = 340g: 1 bunch

Measure 3 = 10.0g: 1 leaf

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11857

Squash, summer, all varieties, cooked, boiled, drained, 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	0.023		0		1		0.041		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.038		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.236		
18:2 undifferentiated.....g	0.049		0		1		0.088		
18:3 undifferentiated.....g	0.082		0		1		0.148		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.014		
Threonine.....g	0.022		0		1		0.040		
Isoleucine.....g	0.033		0		1		0.059		
Leucine.....g	0.053		0		1		0.095		
Lysine.....g	0.050		0		1		0.090		
Methionine.....g	0.013		0		1		0.023		
Cystine.....g	0.010		0		1		0.018		
Phenylalanine.....g	0.032		0		1		0.058		
Tyrosine.....g	0.024		0		1		0.043		
Valine.....g	0.041		0		1		0.074		
Arginine.....g	0.038		0		1		0.068		
Histidine.....g	0.020		0		1		0.036		
Alanine.....g	0.048		0		1		0.086		
Aspartic acid.....g	0.111		0		1		0.200		
Glutamic acid.....g	0.097		0		1		0.175		
Glycine.....g	0.034		0		1		0.061		
Proline.....g	0.028		0		1		0.050		
Serine.....g	0.037		0		1		0.067		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1468		0	BFSY	4		2642.154		
Carotene, alpha.....mcg	359		0	BFSY	4		645.597		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	744		0	BFSY	4		1338.818		

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 = 180g: 1 cup slices

NDB No. 11857

Squash, summer, all varieties, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11642

Squash, summer, all varieties, cooked, boiled, drained, 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	0.023		0		1		0.041		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.038		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.236		
18:2 undifferentiated.....g	0.049		0		1		0.088		
18:3 undifferentiated.....g	0.082		0		1		0.148		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.014		
Threonine.....g	0.022		0		1		0.040		
Isoleucine.....g	0.033		0		1		0.059		
Leucine.....g	0.053		0		1		0.095		
Lysine.....g	0.050		0		1		0.090		
Methionine.....g	0.013		0		1		0.023		
Cystine.....g	0.010		0		1		0.018		
Phenylalanine.....g	0.032		0		1		0.058		
Tyrosine.....g	0.024		0		1		0.043		
Valine.....g	0.041		0		1		0.074		
Arginine.....g	0.038		0		1		0.068		
Histidine.....g	0.020		0		1		0.036		
Alanine.....g	0.048		0		1		0.086		
Aspartic acid.....g	0.111		0		1		0.200		
Glutamic acid.....g	0.097		0		1		0.175		
Glycine.....g	0.034		0		1		0.061		
Proline.....g	0.028		0		1		0.050		
Serine.....g	0.037		0		1		0.067		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	127		0	BFSY	4		228.611		
Carotene, alpha.....mcg	0		0	BFSY	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	2249		0	BFSY	4		4047.355		

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 = 180g: 1 cup, sliced

NDB No. 11642

Squash, summer, all varieties, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11641

Squash, summer, all varieties, raw

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	0.038		0		1		0.043	0.123	0.074
17:0.....g									
18:0.....g	0.004		0		1		0.005	0.013	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0		1		0.018	0.052	0.031
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.003	0.002
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.016	0.045	0.027
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	0.089		0		1		0.101	0.287	0.174
18:2 undifferentiated.....g	0.033		0		1		0.037	0.107	0.065
18:3 undifferentiated.....g	0.056		0		1		0.063	0.181	0.110
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		1		1		0.012	0.036	0.022
Threonine.....g	0.028		1		1		0.032	0.090	0.055
Isoleucine.....g	0.042		1		1		0.047	0.136	0.082
Leucine.....g	0.069		1		1		0.078	0.223	0.135
Lysine.....g	0.065		1		1		0.073	0.210	0.127
Methionine.....g	0.017		1		1		0.019	0.055	0.033
Cystine.....g	0.012		1		1		0.014	0.039	0.024
Phenylalanine.....g	0.041		1		1		0.046	0.132	0.080
Tyrosine.....g	0.031		1		1		0.035	0.100	0.061
Valine.....g	0.053		1		1		0.060	0.171	0.104
Arginine.....g	0.050		1		1		0.057	0.162	0.098
Histidine.....g	0.025		1		1		0.028	0.081	0.049
Alanine.....g	0.062		1		1		0.070	0.200	0.122
Aspartic acid.....g	0.144		1		1		0.163	0.465	0.282
Glutamic acid.....g	0.126		1		1		0.142	0.407	0.247
Glycine.....g	0.044		1		1		0.050	0.142	0.086
Proline.....g	0.037		1		1		0.042	0.120	0.073
Serine.....g	0.048		1		1		0.054	0.155	0.094
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	120	1.203	7	JA	6		135.632	387.692	235.256
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2125		1	A	1		2401.250	6863.750	4165.000

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.

NDB No. 11641

Squash, summer, all varieties, raw

Common Measures:

Measure 1 = 113g: 1 cup, sliced

Measure 2 = 323g: 1 large

Measure 3 = 196g: 1 medium

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11471

Squash, summer, crookneck and straightneck, canned, drained, solid, 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	0.005		0		1		0.011	0.012	0.011
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	0.005		0		1		0.011	0.012	0.011
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	0.031		0		1		0.065	0.074	0.067
18:2 undifferentiated.....g	0.011		0		1		0.023	0.026	0.024
18:3 undifferentiated.....g	0.019		0		1		0.040	0.046	0.041
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0		1		0.011	0.012	0.011
Threonine.....g	0.015		0		1		0.032	0.036	0.032
Isoleucine.....g	0.022		0		1		0.046	0.053	0.048
Leucine.....g	0.036		0		1		0.076	0.086	0.078
Lysine.....g	0.034		0		1		0.071	0.082	0.073
Methionine.....g	0.009		0		1		0.019	0.022	0.019
Cystine.....g	0.006		0		1		0.013	0.014	0.013
Phenylalanine.....g	0.022		0		1		0.046	0.053	0.048
Tyrosine.....g	0.016		0		1		0.034	0.038	0.035
Valine.....g	0.028		0		1		0.059	0.067	0.060
Arginine.....g	0.026		0		1		0.055	0.062	0.056
Histidine.....g	0.013		0		1		0.027	0.031	0.028
Alanine.....g	0.032		0		1		0.067	0.077	0.069
Aspartic acid.....g	0.075		0		1		0.158	0.180	0.162
Glutamic acid.....g	0.066		0		1		0.139	0.158	0.143
Glycine.....g	0.023		0		1		0.048	0.055	0.050
Proline.....g	0.019		0		1		0.040	0.046	0.041
Serine.....g	0.025		0		1		0.053	0.060	0.054
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	61		0	BFSN	4		129.041	147.476	132.728
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	198		0	BFSN	4		415.800	475.200	427.680

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 = 210g: 1 cup, diced

Measure 2 = 240g: 1 cup, mashed

Measure 3 = 216g: 1 cup slices

NDB No. 11471

Squash, summer, crookneck and straightneck, canned, drained, solid, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11858

Squash, summer, crookneck and straightneck, cooked, boiled, drained, 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
16:0.....g	0.056		0		1		0.101		
17:0.....g									
18:0.....g	0.006		0		1		0.011		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.041		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.038		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.131		0		1		0.236		
18:2 undifferentiated.....g	0.049		0		1		0.088		
18:3 undifferentiated.....g	0.082		0		1		0.148		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.014		
Threonine.....g	0.022		0		1		0.040		
Isoleucine.....g	0.033		0		1		0.059		
Leucine.....g	0.053		0		1		0.095		
Lysine.....g	0.050		0		1		0.090		
Methionine.....g	0.013		0		1		0.023		
Cystine.....g	0.010		0		1		0.018		
Phenylalanine.....g	0.032		0		1		0.058		
Tyrosine.....g	0.024		0		1		0.043		
Valine.....g	0.041		0		1		0.074		
Arginine.....g	0.038		0		1		0.068		
Histidine.....g	0.020		0		1		0.036		
Alanine.....g	0.048		0		1		0.086		
Aspartic acid.....g	0.111		0		1		0.200		
Glutamic acid.....g	0.097		0		1		0.175		
Glycine.....g	0.034		0		1		0.061		
Proline.....g	0.028		0		1		0.050		
Serine.....g	0.037		0		1		0.067		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	98		0	BFSN	4		175.966		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	315		0	BFSN	4		567.000		

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 = 180g: 1 cup slices

NDB No. 11858

Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11468

Squash, summer, crookneck and straightneck, cooked, boiled, drained, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	0.056		0		1		0.101	0.050	
17:0.....g									
18:0.....g	0.006		0		1		0.011	0.005	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.023		0		1		0.041	0.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.038	0.019	
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	0.131		0		1		0.236	0.118	
18:2 undifferentiated.....g	0.049		0		1		0.088	0.044	
18:3 undifferentiated.....g	0.082		0		1		0.148	0.074	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.014	0.007	
Threonine.....g	0.022		0		1		0.040	0.020	
Isoleucine.....g	0.033		0		1		0.059	0.030	
Leucine.....g	0.053		0		1		0.095	0.048	
Lysine.....g	0.050		0		1		0.090	0.045	
Methionine.....g	0.013		0		1		0.023	0.012	
Cystine.....g	0.010		0		1		0.018	0.009	
Phenylalanine.....g	0.032		0		1		0.058	0.029	
Tyrosine.....g	0.024		0		1		0.043	0.022	
Valine.....g	0.041		0		1		0.074	0.037	
Arginine.....g	0.038		0		1		0.068	0.034	
Histidine.....g	0.020		0		1		0.036	0.018	
Alanine.....g	0.048		0		1		0.086	0.043	
Aspartic acid.....g	0.111		0		1		0.200	0.100	
Glutamic acid.....g	0.097		0		1		0.175	0.087	
Glycine.....g	0.034		0		1		0.061	0.031	
Proline.....g	0.028		0		1		0.050	0.025	
Serine.....g	0.037		0		1		0.067	0.033	
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	98		0	BFSN	4		175.966	87.983	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	315		0	BFSN	4		567.000	283.500	

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.

NDB No. 11468

Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt

Common Measures:

Measure 1 = 180g: 1 cup, sliced

Measure 2 = 90g: .5 cup slices

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11859

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, 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	0.015		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.027		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.082		0		1		0.157		
18:2 undifferentiated.....g	0.031		0		1		0.060		
18:3 undifferentiated.....g	0.051		0		1		0.098		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.011		0		1		0.021		
Threonine.....g	0.031		0		1		0.060		
Isoleucine.....g	0.046		0		1		0.088		
Leucine.....g	0.075		0		1		0.144		
Lysine.....g	0.071		0		1		0.136		
Methionine.....g	0.018		0		1		0.035		
Cystine.....g	0.014		0		1		0.027		
Phenylalanine.....g	0.045		0		1		0.086		
Tyrosine.....g	0.034		0		1		0.065		
Valine.....g	0.058		0		1		0.111		
Arginine.....g	0.054		0		1		0.104		
Histidine.....g	0.028		0		1		0.054		
Alanine.....g	0.067		0		1		0.129		
Aspartic acid.....g	0.157		0		1		0.301		
Glutamic acid.....g	0.138		0		1		0.265		
Glycine.....g	0.048		0		1		0.092		
Proline.....g	0.040		0		1		0.077		
Serine.....g	0.052		0		1		0.100		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	120		0	BFSN	4		231.194		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	388		0	BFSN	4		744.960		

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 = 192g: 1 cup slices

NDB No. 11859

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11474

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, 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	0.015		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.027		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.082		0		1		0.157		
18:2 undifferentiated.....g	0.031		0		1		0.060		
18:3 undifferentiated.....g	0.051		0		1		0.098		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.021		
Threonine.....g	0.031		0		1		0.060		
Isoleucine.....g	0.046		0		1		0.088		
Leucine.....g	0.075		0		1		0.144		
Lysine.....g	0.071		0		1		0.136		
Methionine.....g	0.018		0		1		0.035		
Cystine.....g	0.014		0		1		0.027		
Phenylalanine.....g	0.045		0		1		0.086		
Tyrosine.....g	0.034		0		1		0.065		
Valine.....g	0.058		0		1		0.111		
Arginine.....g	0.054		0		1		0.104		
Histidine.....g	0.028		0		1		0.054		
Alanine.....g	0.067		0		1		0.129		
Aspartic acid.....g	0.157		0		1		0.301		
Glutamic acid.....g	0.138		0		1		0.265		
Glycine.....g	0.048		0		1		0.092		
Proline.....g	0.040		0		1		0.077		
Serine.....g	0.052		0		1		0.100		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	120		0	BFSN	4		231.194		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	388		0	BFSN	4		744.960		

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 = 192g: 1 cup slices

NDB No. 11474

Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11473

Squash, summer, crookneck and straightneck, frozen, unprepared

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	0.011		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.013		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		1		0.078		
18:2 undifferentiated.....g	0.022		0		1		0.029		
18:3 undifferentiated.....g	0.037		0		1		0.048		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.009		
Threonine.....g	0.020		0		1		0.026		
Isoleucine.....g	0.030		0		1		0.039		
Leucine.....g	0.048		0		1		0.062		
Lysine.....g	0.046		0		1		0.060		
Methionine.....g	0.012		0		1		0.016		
Cystine.....g	0.009		0		1		0.012		
Phenylalanine.....g	0.029		0		1		0.038		
Tyrosine.....g	0.022		0		1		0.029		
Valine.....g	0.037		0		1		0.048		
Arginine.....g	0.035		0		1		0.046		
Histidine.....g	0.018		0		1		0.023		
Alanine.....g	0.043		0		1		0.056		
Aspartic acid.....g	0.101		0		1		0.131		
Glutamic acid.....g	0.089		0		1		0.116		
Glycine.....g	0.031		0		1		0.040		
Proline.....g	0.026		0		1		0.034		
Serine.....g	0.034		0		1		0.044		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 130g: 1 cup slices

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11467

Squash, summer, crookneck and straightneck, raw

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	0.018		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.017		0		1		0.022		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.130		
18:2 undifferentiated.....g	0.038		0		1		0.049		
18:3 undifferentiated.....g	0.062		0		1		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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.010		
Threonine.....g	0.023		0		1		0.030		
Isoleucine.....g	0.034		0		1		0.044		
Leucine.....g	0.055		0		1		0.072		
Lysine.....g	0.052		0		1		0.068		
Methionine.....g	0.014		0		1		0.018		
Cystine.....g	0.010		0		1		0.013		
Phenylalanine.....g	0.033		0		1		0.043		
Tyrosine.....g	0.025		0		1		0.033		
Valine.....g	0.042		0		1		0.055		
Arginine.....g	0.040		0		1		0.052		
Histidine.....g	0.020		0		1		0.026		
Alanine.....g	0.049		0		1		0.064		
Aspartic acid.....g	0.115		0		1		0.150		
Glutamic acid.....g	0.101		0		1		0.131		
Glycine.....g	0.035		0		1		0.046		
Proline.....g	0.029		0		1		0.038		
Serine.....g	0.038		0		1		0.049		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	90		0	T	4		117.000		
Carotene, alpha.....mcg	0		1	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	290		0	T	4		377.000		

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 = 130g: 1 cup, sliced

NDB No. 11467

Squash, summer, crookneck and straightneck, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11860

Squash, summer, scallop, cooked, boiled, drained, 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	0.013		0		1		0.012	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.011	0.014	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.065	0.086	
18:2 undifferentiated.....g	0.027		0		1		0.024	0.032	
18:3 undifferentiated.....g	0.045		0		1		0.041	0.054	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0		1		0.008	0.011	
Threonine.....g	0.025		0		1		0.023	0.030	
Isoleucine.....g	0.037		0		1		0.033	0.044	
Leucine.....g	0.061		0		1		0.055	0.073	
Lysine.....g	0.057		0		1		0.051	0.068	
Methionine.....g	0.015		0		1		0.014	0.018	
Cystine.....g	0.011		0		1		0.010	0.013	
Phenylalanine.....g	0.036		0		1		0.032	0.043	
Tyrosine.....g	0.028		0		1		0.025	0.034	
Valine.....g	0.047		0		1		0.042	0.056	
Arginine.....g	0.044		0		1		0.040	0.053	
Histidine.....g	0.022		0		1		0.020	0.026	
Alanine.....g	0.054		0		1		0.049	0.065	
Aspartic acid.....g	0.126		0		1		0.113	0.151	
Glutamic acid.....g	0.111		0		1		0.100	0.133	
Glycine.....g	0.039		0		1		0.035	0.047	
Proline.....g	0.032		0		1		0.029	0.038	
Serine.....g	0.042		0		1		0.038	0.050	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	51		0	BFZN	4		45.900	61.200	
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	250		0	BFZN	4		225.000	300.000	

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 = 90g: .5 cup slices

Measure 2 = 120g: .5 cup, mashed

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11860

Squash, summer, scallop, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11476

Squash, summer, scallop, cooked, boiled, drained, 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	0.013		0		1		0.031	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.029	0.022	
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	0.072		0		1		0.173	0.130	
18:2 undifferentiated.....g	0.027		0		1		0.065	0.049	
18:3 undifferentiated.....g	0.045		0		1		0.108	0.081	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.022	0.016	
Threonine.....g	0.025		0		1		0.060	0.045	
Isoleucine.....g	0.037		0		1		0.089	0.067	
Leucine.....g	0.061		0		1		0.146	0.110	
Lysine.....g	0.057		0		1		0.137	0.103	
Methionine.....g	0.015		0		1		0.036	0.027	
Cystine.....g	0.011		0		1		0.026	0.020	
Phenylalanine.....g	0.036		0		1		0.086	0.065	
Tyrosine.....g	0.028		0		1		0.067	0.050	
Valine.....g	0.047		0		1		0.113	0.085	
Arginine.....g	0.044		0		1		0.106	0.079	
Histidine.....g	0.022		0		1		0.053	0.040	
Alanine.....g	0.054		0		1		0.130	0.097	
Aspartic acid.....g	0.126		0		1		0.302	0.227	
Glutamic acid.....g	0.111		0		1		0.266	0.200	
Glycine.....g	0.039		0		1		0.094	0.070	
Proline.....g	0.032		0		1		0.077	0.058	
Serine.....g	0.042		0		1		0.101	0.076	
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	51		0	BNA	4		122.400	91.800	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	250		0	BFSN	4		600.000	450.000	

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, mashed

Measure 2 = 180g: 1 cup, sliced

NDB No. 11476

Squash, summer, scallop, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11475
Squash, summer, scallop, raw

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	0.015		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.014		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.084		0		1		0.109		
18:2 undifferentiated.....g	0.031		0		1		0.040		
18:3 undifferentiated.....g	0.052		0		1		0.068		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.011		0		1		0.014		
Threonine.....g	0.029		0		1		0.038		
Isoleucine.....g	0.043		0		1		0.056		
Leucine.....g	0.070		0		1		0.091		
Lysine.....g	0.067		0		1		0.087		
Methionine.....g	0.017		0		1		0.022		
Cystine.....g	0.013		0		1		0.017		
Phenylalanine.....g	0.042		0		1		0.055		
Tyrosine.....g	0.032		0		1		0.042		
Valine.....g	0.054		0		1		0.070		
Arginine.....g	0.051		0		1		0.066		
Histidine.....g	0.026		0		1		0.034		
Alanine.....g	0.063		0		1		0.082		
Aspartic acid.....g	0.147		0		1		0.191		
Glutamic acid.....g	0.129		0		1		0.168		
Glycine.....g	0.045		0		1		0.059		
Proline.....g	0.038		0		1		0.049		
Serine.....g	0.049		0		1		0.064		
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 = 130g: 1 cup slices

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11861

Squash, summer, zucchini, includes skin, cooked, boiled, drained, 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	0.004		0		1		0.004	0.005	
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	0.004		0		1		0.004	0.005	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0		1		0.019	0.025	
18:2 undifferentiated.....g	0.008		0		1		0.007	0.010	
18:3 undifferentiated.....g	0.013		0		1		0.012	0.016	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.005	0.007	
Threonine.....g	0.015		0		1		0.014	0.018	
Isoleucine.....g	0.023		0		1		0.021	0.028	
Leucine.....g	0.037		0		1		0.033	0.044	
Lysine.....g	0.035		0		1		0.032	0.042	
Methionine.....g	0.009		0		1		0.008	0.011	
Cystine.....g	0.007		0		1		0.006	0.008	
Phenylalanine.....g	0.022		0		1		0.020	0.026	
Tyrosine.....g	0.017		0		1		0.015	0.020	
Valine.....g	0.029		0		1		0.026	0.035	
Arginine.....g	0.027		0		1		0.024	0.032	
Histidine.....g	0.014		0		1		0.013	0.017	
Alanine.....g	0.033		0		1		0.030	0.040	
Aspartic acid.....g	0.078		0		1		0.070	0.094	
Glutamic acid.....g	0.068		0		1		0.061	0.082	
Glycine.....g	0.024		0		1		0.022	0.029	
Proline.....g	0.020		0		1		0.018	0.024	
Serine.....g	0.026		0		1		0.023	0.031	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	670		3	A	1		603.000	804.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1150	650.000	6	A	1		1035.000	1380.000	

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 = 90g: .5 cup slices

Measure 2 = 120g: .5 cup, mashed

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11861

Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11478

Squash, summer, zucchini, includes skin, cooked, boiled, drained, 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	0.004		0		1		0.007	0.005	
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	0.004		0		1		0.007	0.005	
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	0.021		0		1		0.038	0.025	
18:2 undifferentiated.....g	0.008		0		1		0.014	0.010	
18:3 undifferentiated.....g	0.013		0		1		0.023	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	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.011	0.007	
Threonine.....g	0.015		0		1		0.027	0.018	
Isoleucine.....g	0.023		0		1		0.041	0.028	
Leucine.....g	0.037		0		1		0.067	0.044	
Lysine.....g	0.035		0		1		0.063	0.042	
Methionine.....g	0.009		0		1		0.016	0.011	
Cystine.....g	0.007		0		1		0.013	0.008	
Phenylalanine.....g	0.022		0		1		0.040	0.026	
Tyrosine.....g	0.017		0		1		0.031	0.020	
Valine.....g	0.029		0		1		0.052	0.035	
Arginine.....g	0.027		0		1		0.049	0.032	
Histidine.....g	0.014		0		1		0.025	0.017	
Alanine.....g	0.033		0		1		0.059	0.040	
Aspartic acid.....g	0.078		0		1		0.140	0.094	
Glutamic acid.....g	0.068		0		1		0.122	0.082	
Glycine.....g	0.024		0		1		0.043	0.029	
Proline.....g	0.020		0		1		0.036	0.024	
Serine.....g	0.026		0		1		0.047	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	670		3	A	1		1206.000	804.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1150	650.000	6	A	1		2070.000	1380.000	

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 = 180g: 1 cup, sliced

Measure 2 = 120g: .5 cup, mashed

NDB No. 11478

Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11862

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, 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	0.010		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.020		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.123		
18:2 undifferentiated.....g	0.021		0		1		0.047		
18:3 undifferentiated.....g	0.034		0		1		0.076		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.022		
Threonine.....g	0.028		0		1		0.062		
Isoleucine.....g	0.041		0		1		0.091		
Leucine.....g	0.067		0		1		0.149		
Lysine.....g	0.064		0		1		0.143		
Methionine.....g	0.016		0		1		0.036		
Cystine.....g	0.012		0		1		0.027		
Phenylalanine.....g	0.040		0		1		0.089		
Tyrosine.....g	0.031		0		1		0.069		
Valine.....g	0.052		0		1		0.116		
Arginine.....g	0.048		0		1		0.107		
Histidine.....g	0.025		0		1		0.056		
Alanine.....g	0.060		0		1		0.134		
Aspartic acid.....g	0.140		0		1		0.312		
Glutamic acid.....g	0.123		0		1		0.274		
Glycine.....g	0.043		0		1		0.096		
Proline.....g	0.036		0		1		0.080		
Serine.....g	0.047		0		1		0.105		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	118		0	BFSN	4		262.743		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	2086		0	BFSN	4		4651.642		

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 = 223g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11480

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, 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	0.010		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.020		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.055		0		1		0.123		
18:2 undifferentiated.....g	0.021		0		1		0.047		
18:3 undifferentiated.....g	0.034		0		1		0.076		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.022		
Threonine.....g	0.028		0		1		0.062		
Isoleucine.....g	0.041		0		1		0.091		
Leucine.....g	0.067		0		1		0.149		
Lysine.....g	0.064		0		1		0.143		
Methionine.....g	0.016		0		1		0.036		
Cystine.....g	0.012		0		1		0.027		
Phenylalanine.....g	0.040		0		1		0.089		
Tyrosine.....g	0.031		0		1		0.069		
Valine.....g	0.052		0		1		0.116		
Arginine.....g	0.048		0		1		0.107		
Histidine.....g	0.025		0		1		0.056		
Alanine.....g	0.060		0		1		0.134		
Aspartic acid.....g	0.140		0		1		0.312		
Glutamic acid.....g	0.123		0		1		0.274		
Glycine.....g	0.043		0		1		0.096		
Proline.....g	0.036		0		1		0.080		
Serine.....g	0.047		0		1		0.105		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	118		0	BFSN	4		262.743		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	2086		0	BFSN	4		4651.642		

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 = 223g: 1 cup

NDB No. 11480

Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11479

Squash, summer, zucchini, includes skin, frozen, unprepared

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	0.010		0		1		0.028	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.014	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.026	0.122	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0		1		0.159	0.762	
18:2 undifferentiated.....g	0.021		0		1		0.060	0.286	
18:3 undifferentiated.....g	0.035		0		1		0.099	0.476	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0		1		0.028	0.136	
Threonine.....g	0.028		0		1		0.080	0.381	
Isoleucine.....g	0.042		0		1		0.119	0.572	
Leucine.....g	0.068		0		1		0.193	0.925	
Lysine.....g	0.064		0		1		0.182	0.871	
Methionine.....g	0.017		0		1		0.048	0.231	
Cystine.....g	0.012		0		1		0.034	0.163	
Phenylalanine.....g	0.041		0		1		0.116	0.558	
Tyrosine.....g	0.031		0		1		0.088	0.422	
Valine.....g	0.052		0		1		0.148	0.708	
Arginine.....g	0.049		0		1		0.139	0.667	
Histidine.....g	0.025		0		1		0.071	0.340	
Alanine.....g	0.061		0		1		0.173	0.830	
Aspartic acid.....g	0.141		0		1		0.400	1.919	
Glutamic acid.....g	0.124		0		1		0.352	1.688	
Glycine.....g	0.044		0		1		0.125	0.599	
Proline.....g	0.036		0		1		0.102	0.490	
Serine.....g	0.047		0		1		0.133	0.640	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	119		0	BFSN	4		337.159	1615.753	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2102		0	BFSN	4		5969.114	28605.510	

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 = 284g: 1 package (10 oz)

Measure 2 = 1361g: 1 package (3 lb)

NDB No. 11479

Squash, summer, zucchini, includes skin, frozen, unprepared

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11477

Squash, summer, zucchini, includes skin, raw

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	0.032		0		1		0.040	0.036	0.103
17:0.....g									
18:0.....g	0.004		0		1		0.005	0.004	0.012
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.014		0	NC	4		0.017	0.016	0.045
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.001	0.004
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.016	0.014	0.041
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	0.076		0	NC	4		0.094	0.085	0.244
18:2 undifferentiated.....g	0.028		0		1		0.035	0.032	0.091
18:3 undifferentiated.....g	0.047		0		1		0.059	0.054	0.153
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.010		0	DA	1		0.013	0.012	0.034
Threonine.....g	0.029		0	DA	1		0.036	0.033	0.094
Isoleucine.....g	0.044		0	DA	1		0.054	0.049	0.141
Leucine.....g	0.071		0	DA	1		0.088	0.080	0.228
Lysine.....g	0.067		0	DA	1		0.083	0.075	0.215
Methionine.....g	0.018		0	DA	1		0.022	0.020	0.057
Cystine.....g	0.012		0	DA	1		0.015	0.014	0.040
Phenylalanine.....g	0.043		0	DA	1		0.053	0.048	0.138
Tyrosine.....g	0.032		0	DA	1		0.040	0.036	0.104
Valine.....g	0.054		0	DA	1		0.067	0.061	0.175
Arginine.....g	0.051		0	DA	1		0.063	0.058	0.165
Histidine.....g	0.026		0	DA	1		0.032	0.029	0.084
Alanine.....g	0.063		0	DA	1		0.079	0.072	0.205
Aspartic acid.....g	0.147		0	DA	1		0.182	0.166	0.474
Glutamic acid.....g	0.129		0	DA	1		0.160	0.146	0.417
Glycine.....g	0.046		0	DA	1		0.057	0.052	0.148
Proline.....g	0.037		0	DA	1		0.046	0.042	0.121
Serine.....g	0.049		0	DA	1		0.061	0.055	0.158
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	120	1.203	7	JA	6		148.835	135.632	387.692
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		1	A	1		0.000	0.000	0.000
Lycopene.....mcg	0		1	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2125		1	A	1		2635.000	2401.250	6863.750

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NDB No. 11477

Squash, summer, zucchini, includes skin, raw

Common Measures:

Measure 1 = 124g: 1 cup, chopped

Measure 2 = 113g: 1 cup, sliced

Measure 3 = 323g: 1 large

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11481

Squash, summer, zucchini, italian style, canned

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	0.008		0		1		0.018		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0		1		0.107		
18:2 undifferentiated.....g	0.017		0		1		0.039		
18:3 undifferentiated.....g	0.029		0		1		0.066		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0		1		0.020		
Threonine.....g	0.025		0		1		0.057		
Isoleucine.....g	0.037		0		1		0.084		
Leucine.....g	0.060		0		1		0.136		
Lysine.....g	0.057		0		1		0.129		
Methionine.....g	0.015		0		1		0.034		
Cystine.....g	0.011		0		1		0.025		
Phenylalanine.....g	0.036		0		1		0.082		
Tyrosine.....g	0.027		0		1		0.061		
Valine.....g	0.046		0		1		0.104		
Arginine.....g	0.043		0		1		0.098		
Histidine.....g	0.022		0		1		0.050		
Alanine.....g	0.054		0		1		0.123		
Aspartic acid.....g	0.125		0		1		0.284		
Glutamic acid.....g	0.110		0		1		0.250		
Glycine.....g	0.039		0		1		0.089		
Proline.....g	0.032		0		1		0.073		
Serine.....g	0.042		0		1		0.095		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 227g: 1 cup

Calories Factors: Protein 2.5

Fat 8.4

Carbohydrate 3.7

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11864

Squash, winter, acorn, cooked, baked, 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	0.010		0		1		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.121		
18:2 undifferentiated.....g	0.022		0		1		0.045		
18:3 undifferentiated.....g	0.037		0		1		0.076		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.033		
Threonine.....g	0.033		0		1		0.068		
Isoleucine.....g	0.044		0		1		0.090		
Leucine.....g	0.064		0		1		0.131		
Lysine.....g	0.041		0		1		0.084		
Methionine.....g	0.014		0		1		0.029		
Cystine.....g	0.010		0		1		0.021		
Phenylalanine.....g	0.044		0		1		0.090		
Tyrosine.....g	0.038		0		1		0.078		
Valine.....g	0.048		0		1		0.098		
Arginine.....g	0.062		0		1		0.127		
Histidine.....g	0.021		0		1		0.043		
Alanine.....g	0.047		0		1		0.096		
Aspartic acid.....g	0.120		0		1		0.246		
Glutamic acid.....g	0.196		0		1		0.402		
Glycine.....g	0.041		0		1		0.084		
Proline.....g	0.040		0		1		0.082		
Serine.....g	0.044		0		1		0.090		
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, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11483

Squash, winter, acorn, cooked, baked, 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	0.010		0		1		0.021		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.018		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.059		0		1		0.121		
18:2 undifferentiated.....g	0.022		0		1		0.045		
18:3 undifferentiated.....g	0.037		0		1		0.076		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.033		
Threonine.....g	0.033		0		1		0.068		
Isoleucine.....g	0.044		0		1		0.090		
Leucine.....g	0.064		0		1		0.131		
Lysine.....g	0.041		0		1		0.084		
Methionine.....g	0.014		0		1		0.029		
Cystine.....g	0.010		0		1		0.021		
Phenylalanine.....g	0.044		0		1		0.090		
Tyrosine.....g	0.038		0		1		0.078		
Valine.....g	0.048		0		1		0.098		
Arginine.....g	0.062		0		1		0.127		
Histidine.....g	0.021		0		1		0.043		
Alanine.....g	0.047		0		1		0.096		
Aspartic acid.....g	0.120		0		1		0.246		
Glutamic acid.....g	0.196		0		1		0.402		
Glycine.....g	0.041		0		1		0.084		
Proline.....g	0.040		0		1		0.082		
Serine.....g	0.044		0		1		0.090		
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, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11865

Squash, winter, acorn, cooked, boiled, mashed, 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	0.006		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0		1		0.086		
18:2 undifferentiated.....g	0.013		0		1		0.032		
18:3 undifferentiated.....g	0.022		0		1		0.054		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.025		
Threonine.....g	0.020		0		1		0.049		
Isoleucine.....g	0.026		0		1		0.064		
Leucine.....g	0.038		0		1		0.093		
Lysine.....g	0.025		0		1		0.061		
Methionine.....g	0.008		0		1		0.020		
Cystine.....g	0.006		0		1		0.015		
Phenylalanine.....g	0.026		0		1		0.064		
Tyrosine.....g	0.023		0		1		0.056		
Valine.....g	0.029		0		1		0.071		
Arginine.....g	0.037		0		1		0.091		
Histidine.....g	0.013		0		1		0.032		
Alanine.....g	0.028		0		1		0.069		
Aspartic acid.....g	0.072		0		1		0.176		
Glutamic acid.....g	0.118		0		1		0.289		
Glycine.....g	0.025		0		1		0.061		
Proline.....g	0.024		0		1		0.059		
Serine.....g	0.026		0		1		0.064		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 245g: 1 cup, mashed

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11484

Squash, winter, acorn, cooked, boiled, mashed, 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	0.006		0		1		0.015		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.015		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.035		0		1		0.086		
18:2 undifferentiated.....g	0.013		0		1		0.032		
18:3 undifferentiated.....g	0.022		0		1		0.054		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.025		
Threonine.....g	0.020		0		1		0.049		
Isoleucine.....g	0.026		0		1		0.064		
Leucine.....g	0.038		0		1		0.093		
Lysine.....g	0.025		0		1		0.061		
Methionine.....g	0.008		0		1		0.020		
Cystine.....g	0.006		0		1		0.015		
Phenylalanine.....g	0.026		0		1		0.064		
Tyrosine.....g	0.023		0		1		0.056		
Valine.....g	0.029		0		1		0.071		
Arginine.....g	0.037		0		1		0.091		
Histidine.....g	0.013		0		1		0.032		
Alanine.....g	0.028		0		1		0.069		
Aspartic acid.....g	0.072		0		1		0.176		
Glutamic acid.....g	0.118		0		1		0.289		
Glycine.....g	0.025		0		1		0.061		
Proline.....g	0.024		0		1		0.059		
Serine.....g	0.026		0		1		0.064		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	490		3	A	1		1200.500		
Carotene, alpha.....mcg	0		3	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		3	A	1		0.000		
Lycopene.....mcg	0		3	A	1		0.000		
Lutein + zeaxanthin.....mcg	66		3	A	1		161.700		

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Common Measures:

Measure 1 = 245g: 1 cup, mashed

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11482
Squash, winter, acorn, raw

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	0.007		0		1		0.010	0.030	
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	0.007		0		1		0.010	0.030	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.059	0.181	
18:2 undifferentiated.....g	0.016		0		1		0.022	0.069	
18:3 undifferentiated.....g	0.026		0		1		0.036	0.112	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.011		0		1		0.015	0.047	
Threonine.....g	0.024		0		1		0.034	0.103	
Isoleucine.....g	0.031		0		1		0.043	0.134	
Leucine.....g	0.045		0		1		0.063	0.194	
Lysine.....g	0.029		0		1		0.041	0.125	
Methionine.....g	0.010		0		1		0.014	0.043	
Cystine.....g	0.007		0		1		0.010	0.030	
Phenylalanine.....g	0.031		0		1		0.043	0.134	
Tyrosine.....g	0.027		0		1		0.038	0.116	
Valine.....g	0.034		0		1		0.048	0.147	
Arginine.....g	0.044		0		1		0.062	0.190	
Histidine.....g	0.015		0		1		0.021	0.065	
Alanine.....g	0.033		0		1		0.046	0.142	
Aspartic acid.....g	0.086		0		1		0.120	0.371	
Glutamic acid.....g	0.140		0		1		0.196	0.603	
Glycine.....g	0.029		0		1		0.041	0.125	
Proline.....g	0.028		0		1		0.039	0.121	
Serine.....g	0.031		0		1		0.043	0.134	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	220		3	A	1		308.000	948.200	
Carotene, alpha.....mcg	0		3	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		3	A	1		0.000	0.000	
Lycopene.....mcg	0		3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		3	A	1		53.200	163.780	

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 = 140g: 1 cup, cubes

Measure 2 = 431g: 1 squash (4 inch dia)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11482
Squash, winter, acorn, raw

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11863

Squash, winter, all varieties, cooked, baked, 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	0.047		0		1		0.096		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.043		0		1		0.088		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.265		0		1		0.543		
18:2 undifferentiated.....g	0.099		0		1		0.203		
18:3 undifferentiated.....g	0.165		0		1		0.338		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.013		0		1		0.027		
Threonine.....g	0.027		0		1		0.055		
Isoleucine.....g	0.035		0		1		0.072		
Leucine.....g	0.050		0		1		0.103		
Lysine.....g	0.033		0		1		0.068		
Methionine.....g	0.011		0		1		0.023		
Cystine.....g	0.008		0		1		0.016		
Phenylalanine.....g	0.035		0		1		0.072		
Tyrosine.....g	0.030		0		1		0.062		
Valine.....g	0.038		0		1		0.078		
Arginine.....g	0.049		0		1		0.100		
Histidine.....g	0.017		0		1		0.035		
Alanine.....g	0.037		0		1		0.076		
Aspartic acid.....g	0.095		0		1		0.195		
Glutamic acid.....g	0.155		0		1		0.318		
Glycine.....g	0.033		0		1		0.068		
Proline.....g	0.032		0		1		0.066		
Serine.....g	0.035		0		1		0.072		
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, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11644

Squash, winter, all varieties, cooked, baked, 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	0.047		0		1		0.096		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.043		0		1		0.088		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.265		0		1		0.543		
18:2 undifferentiated.....g	0.099		0		1		0.203		
18:3 undifferentiated.....g	0.165		0		1		0.338		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.013		0		1		0.027		
Threonine.....g	0.027		0		1		0.055		
Isoleucine.....g	0.035		0		1		0.072		
Leucine.....g	0.050		0		1		0.103		
Lysine.....g	0.033		0		1		0.068		
Methionine.....g	0.011		0		1		0.023		
Cystine.....g	0.008		0		1		0.016		
Phenylalanine.....g	0.035		0		1		0.072		
Tyrosine.....g	0.030		0		1		0.062		
Valine.....g	0.038		0		1		0.078		
Arginine.....g	0.049		0		1		0.100		
Histidine.....g	0.017		0		1		0.035		
Alanine.....g	0.037		0		1		0.076		
Aspartic acid.....g	0.095		0		1		0.195		
Glutamic acid.....g	0.155		0		1		0.318		
Glycine.....g	0.033		0		1		0.068		
Proline.....g	0.032		0		1		0.066		
Serine.....g	0.035		0		1		0.072		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	2793	661.606	12	A	1		5724.625		
Carotene, alpha.....mcg	682	298.288	8	A	1		1398.783		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	1415	785.000	7	A	1		2900.750		

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, cubes

NDB No. 11644

Squash, winter, all varieties, cooked, baked, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11643
Squash, winter, all varieties, raw

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	0.017		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		3		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.016		3		1		0.019		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.094		0		1		0.109		
18:2 undifferentiated.....g	0.035		3		1		0.041		
18:3 undifferentiated.....g	0.059		3		1		0.068		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		2		1		0.024		
Threonine.....g	0.043		2		1		0.050		
Isoleucine.....g	0.057		2		1		0.066		
Leucine.....g	0.082		2		1		0.095		
Lysine.....g	0.053		2		1		0.061		
Methionine.....g	0.018		2		1		0.021		
Cystine.....g	0.013		2		1		0.015		
Phenylalanine.....g	0.057		2		1		0.066		
Tyrosine.....g	0.049		2		1		0.057		
Valine.....g	0.062		2		1		0.072		
Arginine.....g	0.081		2		1		0.094		
Histidine.....g	0.027		2		1		0.031		
Alanine.....g	0.061		2		1		0.071		
Aspartic acid.....g	0.156		2		1		0.181		
Glutamic acid.....g	0.254		2		1		0.295		
Glycine.....g	0.053		2		1		0.061		
Proline.....g	0.052		2		1		0.060		
Serine.....g	0.057		2		1		0.066		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	820	0.000	6	A	1		951.200		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	38		0	T	4		44.080		

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Common Measures:

Measure 1 = 116g: 1 cup, cubes

NDB No. 11643

Squash, winter, all varieties, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11866

Squash, winter, butternut, cooked, baked, 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	0.007		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.014		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.078		
18:2 undifferentiated.....g	0.014		0		1		0.029		
18:3 undifferentiated.....g	0.024		0		1		0.049		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.013		0		1		0.027		
Threonine.....g	0.027		0		1		0.055		
Isoleucine.....g	0.035		0		1		0.072		
Leucine.....g	0.051		0		1		0.105		
Lysine.....g	0.033		0		1		0.068		
Methionine.....g	0.011		0		1		0.023		
Cystine.....g	0.008		0		1		0.016		
Phenylalanine.....g	0.035		0		1		0.072		
Tyrosine.....g	0.030		0		1		0.062		
Valine.....g	0.039		0		1		0.080		
Arginine.....g	0.050		0		1		0.103		
Histidine.....g	0.017		0		1		0.035		
Alanine.....g	0.038		0		1		0.078		
Aspartic acid.....g	0.097		0		1		0.199		
Glutamic acid.....g	0.157		0		1		0.322		
Glycine.....g	0.033		0		1		0.068		
Proline.....g	0.032		0		1		0.066		
Serine.....g	0.035		0		1		0.072		
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, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11486

Squash, winter, butternut, cooked, baked, 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	0.007		0		1		0.014		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.014		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.038		0		1		0.078		
18:2 undifferentiated.....g	0.014		0		1		0.029		
18:3 undifferentiated.....g	0.024		0		1		0.049		
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	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.013		0		1		0.027		
Threonine.....g	0.027		0		1		0.055		
Isoleucine.....g	0.035		0		1		0.072		
Leucine.....g	0.051		0		1		0.105		
Lysine.....g	0.033		0		1		0.068		
Methionine.....g	0.011		0		1		0.023		
Cystine.....g	0.008		0		1		0.016		
Phenylalanine.....g	0.035		0		1		0.072		
Tyrosine.....g	0.030		0		1		0.062		
Valine.....g	0.039		0		1		0.080		
Arginine.....g	0.050		0		1		0.103		
Histidine.....g	0.017		0		1		0.035		
Alanine.....g	0.038		0		1		0.078		
Aspartic acid.....g	0.097		0		1		0.199		
Glutamic acid.....g	0.157		0		1		0.322		
Glycine.....g	0.033		0		1		0.068		
Proline.....g	0.032		0		1		0.066		
Serine.....g	0.035		0		1		0.072		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	4570		0	T	4		9368.500		
Carotene, alpha.....mcg	1130		0	T	4		2316.500		
Cryptoxanthin, beta.....mcg	3116		0	BFSN	4		6387.764		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11867

Squash, winter, butternut, frozen, cooked, boiled, 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	0.005		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.070		
18:2 undifferentiated.....g	0.011		0		1		0.026		
18:3 undifferentiated.....g	0.018		0		1		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	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0		1		0.041		
Threonine.....g	0.037		0		1		0.089		
Isoleucine.....g	0.048		0		1		0.115		
Leucine.....g	0.070		0		1		0.168		
Lysine.....g	0.045		0		1		0.108		
Methionine.....g	0.015		0		1		0.036		
Cystine.....g	0.011		0		1		0.026		
Phenylalanine.....g	0.048		0		1		0.115		
Tyrosine.....g	0.041		0		1		0.098		
Valine.....g	0.053		0		1		0.127		
Arginine.....g	0.068		0		1		0.163		
Histidine.....g	0.023		0		1		0.055		
Alanine.....g	0.051		0		1		0.122		
Aspartic acid.....g	0.132		0		1		0.317		
Glutamic acid.....g	0.214		0		1		0.514		
Glycine.....g	0.045		0		1		0.108		
Proline.....g	0.044		0		1		0.106		
Serine.....g	0.048		0		1		0.115		
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 = 240g: 1 cup, mashed

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11488

Squash, winter, butternut, frozen, cooked, boiled, 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	0.005		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.029		0		1		0.070		
18:2 undifferentiated.....g	0.011		0		1		0.026		
18:3 undifferentiated.....g	0.018		0		1		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	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0		1		0.041		
Threonine.....g	0.037		0		1		0.089		
Isoleucine.....g	0.048		0		1		0.115		
Leucine.....g	0.070		0		1		0.168		
Lysine.....g	0.045		0		1		0.108		
Methionine.....g	0.015		0		1		0.036		
Cystine.....g	0.011		0		1		0.026		
Phenylalanine.....g	0.048		0		1		0.115		
Tyrosine.....g	0.041		0		1		0.098		
Valine.....g	0.053		0		1		0.127		
Arginine.....g	0.068		0		1		0.163		
Histidine.....g	0.023		0		1		0.055		
Alanine.....g	0.051		0		1		0.122		
Aspartic acid.....g	0.132		0		1		0.317		
Glutamic acid.....g	0.214		0		1		0.514		
Glycine.....g	0.045		0		1		0.108		
Proline.....g	0.044		0		1		0.106		
Serine.....g	0.048		0		1		0.115		
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 = 240g: 1 cup, mashed

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11487

Squash, winter, butternut, frozen, unprepared

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	0.007		0		1		0.024	0.127	
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	0.007		0		1		0.024	0.127	
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	0.042		0		1		0.143	0.762	
18:2 undifferentiated.....g	0.016		0		1		0.054	0.290	
18:3 undifferentiated.....g	0.026		0		1		0.088	0.472	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.085	0.454	
Threonine.....g	0.053		0		1		0.180	0.961	
Isoleucine.....g	0.069		0		1		0.235	1.252	
Leucine.....g	0.100		0		1		0.340	1.814	
Lysine.....g	0.065		0		1		0.221	1.179	
Methionine.....g	0.022		0		1		0.075	0.399	
Cystine.....g	0.015		0		1		0.051	0.272	
Phenylalanine.....g	0.069		0		1		0.235	1.252	
Tyrosine.....g	0.059		0		1		0.201	1.070	
Valine.....g	0.076		0		1		0.258	1.379	
Arginine.....g	0.098		0		1		0.333	1.778	
Histidine.....g	0.033		0		1		0.112	0.599	
Alanine.....g	0.074		0		1		0.252	1.342	
Aspartic acid.....g	0.189		0		1		0.643	3.428	
Glutamic acid.....g	0.308		0		1		1.047	5.587	
Glycine.....g	0.065		0		1		0.221	1.179	
Proline.....g	0.063		0		1		0.214	1.143	
Serine.....g	0.069		0		1		0.235	1.252	
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	1904		0	BNA	4		6474.312	34542.360	
Carotene, alpha.....mcg	376		0	BNA	4		1276.938	6812.839	
Cryptoxanthin, beta.....mcg	1564		0	BNA	4		5317.638	28371.162	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 340g: 1 package (12 oz)

Measure 2 = 1814g: 1 package (4 lb)

NDB No. 11487

Squash, winter, butternut, frozen, unprepared

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11485
Squash, winter, butternut, raw

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		0		1		0.025		
17:0.....g									
18:0.....g	0.002		0		1		0.003		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.007		0		1		0.010		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.010		
20:1.....g	0.000		0	BFSN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.059		
18:2 undifferentiated.....g	0.016		0		1		0.022		
18:3 undifferentiated.....g	0.026		0		1		0.036		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.014		0		1		0.020		
Threonine.....g	0.030		0		1		0.042		
Isoleucine.....g	0.039		0		1		0.055		
Leucine.....g	0.057		0		1		0.080		
Lysine.....g	0.037		0		1		0.052		
Methionine.....g	0.012		0		1		0.017		
Cystine.....g	0.009		0		1		0.013		
Phenylalanine.....g	0.039		0		1		0.055		
Tyrosine.....g	0.034		0		1		0.048		
Valine.....g	0.043		0		1		0.060		
Arginine.....g	0.056		0		1		0.078		
Histidine.....g	0.019		0		1		0.027		
Alanine.....g	0.042		0		1		0.059		
Aspartic acid.....g	0.107		0		1		0.150		
Glutamic acid.....g	0.175		0		1		0.245		
Glycine.....g	0.037		0		1		0.052		
Proline.....g	0.036		0		1		0.050		
Serine.....g	0.039		0		1		0.055		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	4226	2125.514	9	A	1		5916.400		
Carotene, alpha.....mcg	834	101.500	8	A	1		1166.900		
Cryptoxanthin, beta.....mcg	3471		0	T	4		4859.400		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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NDB No. 11485

Squash, winter, butternut, raw

Common Measures:

Measure 1 = 140g: 1 cup, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11868

Squash, winter, hubbard, cooked, baked, 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	0.046		0		1		0.094		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.086		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.533		
18:2 undifferentiated.....g	0.097		0		1		0.199		
18:3 undifferentiated.....g	0.162		0		1		0.332		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1		0.043		
Threonine.....g	0.044		0		1		0.090		
Isoleucine.....g	0.058		0		1		0.119		
Leucine.....g	0.084		0		1		0.172		
Lysine.....g	0.055		0		1		0.113		
Methionine.....g	0.018		0		1		0.037		
Cystine.....g	0.013		0		1		0.027		
Phenylalanine.....g	0.058		0		1		0.119		
Tyrosine.....g	0.050		0		1		0.103		
Valine.....g	0.064		0		1		0.131		
Arginine.....g	0.082		0		1		0.168		
Histidine.....g	0.028		0		1		0.057		
Alanine.....g	0.062		0		1		0.127		
Aspartic acid.....g	0.159		0		1		0.326		
Glutamic acid.....g	0.259		0		1		0.531		
Glycine.....g	0.055		0		1		0.113		
Proline.....g	0.053		0		1		0.109		
Serine.....g	0.058		0		1		0.119		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11490

Squash, winter, hubbard, cooked, baked, 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	0.046		0		1		0.094		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.042		0		1		0.086		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.533		
18:2 undifferentiated.....g	0.097		0		1		0.199		
18:3 undifferentiated.....g	0.162		0		1		0.332		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1		0.043		
Threonine.....g	0.044		0		1		0.090		
Isoleucine.....g	0.058		0		1		0.119		
Leucine.....g	0.084		0		1		0.172		
Lysine.....g	0.055		0		1		0.113		
Methionine.....g	0.018		0		1		0.037		
Cystine.....g	0.013		0		1		0.027		
Phenylalanine.....g	0.058		0		1		0.119		
Tyrosine.....g	0.050		0		1		0.103		
Valine.....g	0.064		0		1		0.131		
Arginine.....g	0.082		0		1		0.168		
Histidine.....g	0.028		0		1		0.057		
Alanine.....g	0.062		0		1		0.127		
Aspartic acid.....g	0.159		0		1		0.326		
Glutamic acid.....g	0.259		0		1		0.531		
Glycine.....g	0.055		0		1		0.113		
Proline.....g	0.053		0		1		0.109		
Serine.....g	0.058		0		1		0.119		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 205g: 1 cup, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11869

Squash, winter, hubbard, cooked, boiled, mashed, 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	0.028		0		1		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.059		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.156		0		1		0.368		
18:2 undifferentiated.....g	0.058		0		1		0.137		
18:3 undifferentiated.....g	0.097		0		1		0.229		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1		0.050		
Threonine.....g	0.044		0		1		0.104		
Isoleucine.....g	0.058		0		1		0.137		
Leucine.....g	0.084		0		1		0.198		
Lysine.....g	0.055		0		1		0.130		
Methionine.....g	0.018		0		1		0.042		
Cystine.....g	0.013		0		1		0.031		
Phenylalanine.....g	0.058		0		1		0.137		
Tyrosine.....g	0.050		0		1		0.118		
Valine.....g	0.064		0		1		0.151		
Arginine.....g	0.082		0		1		0.194		
Histidine.....g	0.028		0		1		0.066		
Alanine.....g	0.062		0		1		0.146		
Aspartic acid.....g	0.159		0		1		0.375		
Glutamic acid.....g	0.259		0		1		0.611		
Glycine.....g	0.055		0		1		0.130		
Proline.....g	0.053		0		1		0.125		
Serine.....g	0.058		0		1		0.137		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 236g: 1 cup, mashed

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11491

Squash, winter, hubbard, cooked, boiled, mashed, 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	0.028		0		1		0.066		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.059		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.156		0		1		0.368		
18:2 undifferentiated.....g	0.058		0		1		0.137		
18:3 undifferentiated.....g	0.097		0		1		0.229		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.021		0		1		0.050		
Threonine.....g	0.044		0		1		0.104		
Isoleucine.....g	0.058		0		1		0.137		
Leucine.....g	0.084		0		1		0.198		
Lysine.....g	0.055		0		1		0.130		
Methionine.....g	0.018		0		1		0.042		
Cystine.....g	0.013		0		1		0.031		
Phenylalanine.....g	0.058		0		1		0.137		
Tyrosine.....g	0.050		0		1		0.118		
Valine.....g	0.064		0		1		0.151		
Arginine.....g	0.082		0		1		0.194		
Histidine.....g	0.028		0		1		0.066		
Alanine.....g	0.062		0		1		0.146		
Aspartic acid.....g	0.159		0		1		0.375		
Glutamic acid.....g	0.259		0		1		0.611		
Glycine.....g	0.055		0		1		0.130		
Proline.....g	0.053		0		1		0.125		
Serine.....g	0.058		0		1		0.137		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	2139		0	BNA	4		5047.096		
Carotene, alpha.....mcg	529		0	BNA	4		1247.969		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 236g: 1 cup, mashed

NDB No. 11491

Squash, winter, hubbard, cooked, boiled, mashed, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11489
Squash, winter, hubbard, raw

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	0.036		0	NC	4		0.042		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.034		0		1		0.040		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.211		0	NC	4		0.244		
18:2 undifferentiated.....g	0.079		0		1		0.092		
18:3 undifferentiated.....g	0.131		0		1		0.152		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.028		0		1		0.032		
Threonine.....g	0.060		0		1		0.070		
Isoleucine.....g	0.078		0		1		0.090		
Leucine.....g	0.114		0		1		0.132		
Lysine.....g	0.074		0		1		0.086		
Methionine.....g	0.025		0		1		0.029		
Cystine.....g	0.017		0		1		0.020		
Phenylalanine.....g	0.078		0		1		0.090		
Tyrosine.....g	0.067		0		1		0.078		
Valine.....g	0.086		0		1		0.100		
Arginine.....g	0.111		0		1		0.129		
Histidine.....g	0.037		0		1		0.043		
Alanine.....g	0.084		0		1		0.097		
Aspartic acid.....g	0.215		0		1		0.249		
Glutamic acid.....g	0.350		0		1		0.406		
Glycine.....g	0.074		0		1		0.086		
Proline.....g	0.071		0		1		0.082		
Serine.....g	0.078		0		1		0.090		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	820		6	A	1		951.200		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg									

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 = 116g: 1 cup, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11870

Squash, winter, spaghetti, cooked, boiled, drained, or baked, 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	0.022		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.028		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.126		0		1		0.195		
18:2 undifferentiated.....g	0.047		0		1		0.073		
18:3 undifferentiated.....g	0.078		0		1		0.121		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0		1		0.014		
Threonine.....g	0.018		0		1		0.028		
Isoleucine.....g	0.024		0		1		0.037		
Leucine.....g	0.034		0		1		0.053		
Lysine.....g	0.022		0		1		0.034		
Methionine.....g	0.007		0		1		0.011		
Cystine.....g	0.005		0		1		0.008		
Phenylalanine.....g	0.024		0		1		0.037		
Tyrosine.....g	0.020		0		1		0.031		
Valine.....g	0.026		0		1		0.040		
Arginine.....g	0.033		0		1		0.051		
Histidine.....g	0.011		0		1		0.017		
Alanine.....g	0.025		0		1		0.039		
Aspartic acid.....g	0.064		0		1		0.099		
Glutamic acid.....g	0.105		0		1		0.163		
Glycine.....g	0.022		0		1		0.034		
Proline.....g	0.021		0		1		0.033		
Serine.....g	0.024		0		1		0.037		
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 = 155g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11493

Squash, winter, spaghetti, cooked, boiled, drained, or baked, 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	0.022		0		1		0.034		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.018		0		1		0.028		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.126		0		1		0.195		
18:2 undifferentiated.....g	0.047		0		1		0.073		
18:3 undifferentiated.....g	0.078		0		1		0.121		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.014		
Threonine.....g	0.018		0		1		0.028		
Isoleucine.....g	0.024		0		1		0.037		
Leucine.....g	0.034		0		1		0.053		
Lysine.....g	0.022		0		1		0.034		
Methionine.....g	0.007		0		1		0.011		
Cystine.....g	0.005		0		1		0.008		
Phenylalanine.....g	0.024		0		1		0.037		
Tyrosine.....g	0.020		0		1		0.031		
Valine.....g	0.026		0		1		0.040		
Arginine.....g	0.033		0		1		0.051		
Histidine.....g	0.011		0		1		0.017		
Alanine.....g	0.025		0		1		0.039		
Aspartic acid.....g	0.064		0		1		0.099		
Glutamic acid.....g	0.105		0		1		0.163		
Glycine.....g	0.022		0		1		0.034		
Proline.....g	0.021		0		1		0.033		
Serine.....g	0.024		0		1		0.037		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	59		0	BNA	4		91.044		
Carotene, alpha.....mcg	15		0	BNA	4		22.512		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 155g: 1 cup

NDB No. 11493

Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11492
Squash, winter, spaghetti, raw

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	0.042		0		1		0.042		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.039		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.239		0		1		0.241		
18:2 undifferentiated.....g	0.090		0		1		0.091		
18:3 undifferentiated.....g	0.149		0		1		0.150		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0		1		0.009		
Threonine.....g	0.018		0		1		0.018		
Isoleucine.....g	0.024		0		1		0.024		
Leucine.....g	0.034		0		1		0.034		
Lysine.....g	0.022		0		1		0.022		
Methionine.....g	0.007		0		1		0.007		
Cystine.....g	0.005		0		1		0.005		
Phenylalanine.....g	0.024		0		1		0.024		
Tyrosine.....g	0.020		0		1		0.020		
Valine.....g	0.026		0		1		0.026		
Arginine.....g	0.033		0		1		0.033		
Histidine.....g	0.011		0		1		0.011		
Alanine.....g	0.025		0		1		0.025		
Aspartic acid.....g	0.064		0		1		0.065		
Glutamic acid.....g	0.105		0		1		0.106		
Glycine.....g	0.022		0		1		0.022		
Proline.....g	0.021		0		1		0.021		
Serine.....g	0.024		0		1		0.024		
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 = 101g: 1 cup, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11953
Squash, zucchini, baby, raw

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	0.031		0		4		0.005	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.029		1		1		0.005	0.003	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		4		0.027	0.019	
18:2 undifferentiated.....g	0.063		1		1		0.010	0.007	
18:3 undifferentiated.....g	0.106		1		1		0.017	0.012	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.024		0		1		0.004	0.003	
Threonine.....g	0.066		0		1		0.011	0.007	
Isoleucine.....g	0.098		0		1		0.016	0.011	
Leucine.....g	0.159		0		1		0.025	0.017	
Lysine.....g	0.151		0		1		0.024	0.017	
Methionine.....g	0.039		0		1		0.006	0.004	
Cystine.....g	0.029		0		1		0.005	0.003	
Phenylalanine.....g	0.096		0		1		0.015	0.011	
Tyrosine.....g	0.073		0		1		0.012	0.008	
Valine.....g	0.123		0		1		0.020	0.014	
Arginine.....g	0.115		0		1		0.018	0.013	
Histidine.....g	0.059		0		1		0.009	0.006	
Alanine.....g	0.142		0		1		0.023	0.016	
Aspartic acid.....g	0.332		0		1		0.053	0.037	
Glutamic acid.....g	0.291		0		1		0.047	0.032	
Glycine.....g	0.103		0		1		0.016	0.011	
Proline.....g	0.085		0		1		0.014	0.009	
Serine.....g	0.111		0		1		0.018	0.012	
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 = 16g: 1 large
 Measure 2 = 11.0g: 1 medium

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11497

Succotash, (corn and limas), canned, with cream style corn

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	0.105		0		1		0.279		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.105		0		1		0.279		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.260		0		1		0.692		
18:2 undifferentiated.....g	0.219		0		1		0.583		
18:3 undifferentiated.....g	0.041		0		1		0.109		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.030		0		1		0.080		
Threonine.....g	0.110		0		1		0.293		
Isoleucine.....g	0.149		0		1		0.396		
Leucine.....g	0.232		0		1		0.617		
Lysine.....g	0.154		0		1		0.410		
Methionine.....g	0.035		0		1		0.093		
Cystine.....g	0.029		0		1		0.077		
Phenylalanine.....g	0.127		0		1		0.338		
Tyrosine.....g	0.090		0		1		0.239		
Valine.....g	0.160		0		1		0.426		
Arginine.....g	0.154		0		1		0.410		
Histidine.....g	0.084		0		1		0.223		
Alanine.....g	0.145		0		1		0.386		
Aspartic acid.....g	0.257		0		1		0.684		
Glutamic acid.....g	0.398		0		1		1.059		
Glycine.....g	0.105		0		1		0.279		
Proline.....g	0.103		0		1		0.274		
Serine.....g	0.152		0		1		0.404		
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 = 266g: 1 cup

Calories Factors: Protein 2.72

Fat 8.37

Carbohydrate 3.71

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11499

Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids

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	0.096		0		1		0.245		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.096		0		1		0.245		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.236		0		1		0.602		
18:2 undifferentiated.....g	0.200		0		1		0.510		
18:3 undifferentiated.....g	0.037		0		1		0.094		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.074		
Threonine.....g	0.108		0		1		0.275		
Isoleucine.....g	0.147		0		1		0.375		
Leucine.....g	0.229		0		1		0.584		
Lysine.....g	0.152		0		1		0.388		
Methionine.....g	0.035		0		1		0.089		
Cystine.....g	0.028		0		1		0.071		
Phenylalanine.....g	0.126		0		1		0.321		
Tyrosine.....g	0.089		0		1		0.227		
Valine.....g	0.158		0		1		0.403		
Arginine.....g	0.152		0		1		0.388		
Histidine.....g	0.083		0		1		0.212		
Alanine.....g	0.143		0		1		0.365		
Aspartic acid.....g	0.253		0		1		0.645		
Glutamic acid.....g	0.392		0		1		1.000		
Glycine.....g	0.104		0		1		0.265		
Proline.....g	0.102		0		1		0.260		
Serine.....g	0.150		0		1		0.383		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 255g: 1 cup

Calories Factors: Protein 2.72

Fat 8.37

Carbohydrate 3.71

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11871

Succotash, (corn and limas), cooked, boiled, drained, 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	0.155		0		1		0.298		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.155		0		1		0.298		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.381		0		1		0.732		
18:2 undifferentiated.....g	0.321		0		1		0.616		
18:3 undifferentiated.....g	0.060		0		1		0.115		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.057		0		1		0.109		
Threonine.....g	0.211		0		1		0.405		
Isoleucine.....g	0.286		0		1		0.549		
Leucine.....g	0.446		0		1		0.856		
Lysine.....g	0.297		0		1		0.570		
Methionine.....g	0.068		0		1		0.131		
Cystine.....g	0.055		0		1		0.106		
Phenylalanine.....g	0.245		0		1		0.470		
Tyrosine.....g	0.173		0		1		0.332		
Valine.....g	0.308		0		1		0.591		
Arginine.....g	0.296		0		1		0.568		
Histidine.....g	0.161		0		1		0.309		
Alanine.....g	0.279		0		1		0.536		
Aspartic acid.....g	0.493		0		1		0.947		
Glutamic acid.....g	0.764		0		1		1.467		
Glycine.....g	0.202		0		1		0.388		
Proline.....g	0.198		0		1		0.380		
Serine.....g	0.292		0		1		0.561		
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 = 192g: 1 cup

Calories Factors: Protein 2.72

Fat 8.37

Carbohydrate 3.71

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11496

Succotash, (corn and limas), cooked, boiled, drained, 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	0.155		0		1		0.298		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.155		0		1		0.298		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.381		0		1		0.732		
18:2 undifferentiated.....g	0.321		0		1		0.616		
18:3 undifferentiated.....g	0.060		0		1		0.115		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.057		0		1		0.109		
Threonine.....g	0.211		0		1		0.405		
Isoleucine.....g	0.286		0		1		0.549		
Leucine.....g	0.446		0		1		0.856		
Lysine.....g	0.297		0		1		0.570		
Methionine.....g	0.068		0		1		0.131		
Cystine.....g	0.055		0		1		0.106		
Phenylalanine.....g	0.245		0		1		0.470		
Tyrosine.....g	0.173		0		1		0.332		
Valine.....g	0.308		0		1		0.591		
Arginine.....g	0.296		0		1		0.568		
Histidine.....g	0.161		0		1		0.309		
Alanine.....g	0.279		0		1		0.536		
Aspartic acid.....g	0.493		0		1		0.947		
Glutamic acid.....g	0.764		0		1		1.467		
Glycine.....g	0.202		0		1		0.388		
Proline.....g	0.198		0		1		0.380		
Serine.....g	0.292		0		1		0.561		
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 = 192g: 1 cup

Calories Factors: Protein 2.72

Fat 8.37

Carbohydrate 3.71

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11872

Succotash, (corn and limas), frozen, cooked, boiled, drained, 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	0.173		0		1		0.294		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.173		0		1		0.294		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.427		0		1		0.726		
18:2 undifferentiated.....g	0.361		0		1		0.614		
18:3 undifferentiated.....g	0.067		0		1		0.114		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.048		0		1		0.082		
Threonine.....g	0.179		0		1		0.304		
Isoleucine.....g	0.243		0		1		0.413		
Leucine.....g	0.379		0		1		0.644		
Lysine.....g	0.252		0		1		0.428		
Methionine.....g	0.058		0		1		0.099		
Cystine.....g	0.047		0		1		0.080		
Phenylalanine.....g	0.208		0		1		0.354		
Tyrosine.....g	0.147		0		1		0.250		
Valine.....g	0.262		0		1		0.445		
Arginine.....g	0.251		0		1		0.427		
Histidine.....g	0.137		0		1		0.233		
Alanine.....g	0.237		0		1		0.403		
Aspartic acid.....g	0.419		0		1		0.712		
Glutamic acid.....g	0.649		0		1		1.103		
Glycine.....g	0.172		0		1		0.292		
Proline.....g	0.168		0		1		0.286		
Serine.....g	0.248		0		1		0.422		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	82		0	BFZN	4		139.149		
Carotene, alpha.....mcg	9		0	BFZN	4		14.665		
Cryptoxanthin, beta.....mcg	61		0	BFZN	4		103.379		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	365		0	BFZN	4		620.500		

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 = 170g: 1 cup

Calories Factors: Protein 2.72

Fat 8.37

Carbohydrate 3.71

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11502

Succotash, (corn and limas), frozen, cooked, boiled, drained, 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	0.173		0		1		0.294		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.173		0		1		0.294		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.427		0		1		0.726		
18:2 undifferentiated.....g	0.361		0		1		0.614		
18:3 undifferentiated.....g	0.067		0		1		0.114		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.082		
Threonine.....g	0.179		0		1		0.304		
Isoleucine.....g	0.243		0		1		0.413		
Leucine.....g	0.379		0		1		0.644		
Lysine.....g	0.252		0		1		0.428		
Methionine.....g	0.058		0		1		0.099		
Cystine.....g	0.047		0		1		0.080		
Phenylalanine.....g	0.208		0		1		0.354		
Tyrosine.....g	0.147		0		1		0.250		
Valine.....g	0.262		0		1		0.445		
Arginine.....g	0.251		0		1		0.427		
Histidine.....g	0.137		0		1		0.233		
Alanine.....g	0.237		0		1		0.403		
Aspartic acid.....g	0.419		0		1		0.712		
Glutamic acid.....g	0.649		0		1		1.103		
Glycine.....g	0.172		0		1		0.292		
Proline.....g	0.168		0		1		0.286		
Serine.....g	0.248		0		1		0.422		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	82		0	RA	4		139.149		
Carotene, alpha.....mcg	9		0	RA	4		14.665		
Cryptoxanthin, beta.....mcg	61		0	RA	4		103.379		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	365		0	RA	4		620.500		

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 = 170g: 1 cup

NDB No. 11502

Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.72

Fat 8.37

Carbohydrate 3.71

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11501

Succotash, (corn and limas), frozen, unprepared

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	0.173		0		1		0.270	0.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.173		0		1		0.270	0.491	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.427		0		1		0.666	1.213	
18:2 undifferentiated.....g	0.361		0		1		0.563	1.025	
18:3 undifferentiated.....g	0.067		0		1		0.105	0.190	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.048		0		1		0.075	0.136	
Threonine.....g	0.179		0		1		0.279	0.508	
Isoleucine.....g	0.243		0		1		0.379	0.690	
Leucine.....g	0.379		0		1		0.591	1.076	
Lysine.....g	0.252		0		1		0.393	0.716	
Methionine.....g	0.058		0		1		0.090	0.165	
Cystine.....g	0.047		0		1		0.073	0.133	
Phenylalanine.....g	0.208		0		1		0.324	0.591	
Tyrosine.....g	0.147		0		1		0.229	0.417	
Valine.....g	0.262		0		1		0.409	0.744	
Arginine.....g	0.251		0		1		0.392	0.713	
Histidine.....g	0.137		0		1		0.214	0.389	
Alanine.....g	0.237		0		1		0.370	0.673	
Aspartic acid.....g	0.419		0		1		0.654	1.190	
Glutamic acid.....g	0.649		0		1		1.012	1.843	
Glycine.....g	0.172		0		1		0.268	0.488	
Proline.....g	0.168		0		1		0.262	0.477	
Serine.....g	0.248		0		1		0.387	0.704	
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 = 156g: 1 cup

Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.72

Fat 8.37

Carbohydrate 3.71

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11495

Succotash, (corn and limas), raw

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	0.198		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.198		0		1				
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.489		0		1				
18:2 undifferentiated.....g	0.412		0		1				
18:3 undifferentiated.....g	0.076		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.056		0		1				
Threonine.....g	0.209		0		1				
Isoleucine.....g	0.284		0		1				
Leucine.....g	0.443		0		1				
Lysine.....g	0.295		0		1				
Methionine.....g	0.068		0		1				
Cystine.....g	0.055		0		1				
Phenylalanine.....g	0.243		0		1				
Tyrosine.....g	0.171		0		1				
Valine.....g	0.306		0		1				
Arginine.....g	0.294		0		1				
Histidine.....g	0.160		0		1				
Alanine.....g	0.277		0		1				
Aspartic acid.....g	0.489		0		1				
Glutamic acid.....g	0.758		0		1				
Glycine.....g	0.200		0		1				
Proline.....g	0.196		0		1				
Serine.....g	0.290		0		1				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7				
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:

Calories Factors: Protein 2.72

Fat 8.37

Carbohydrate 3.71

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11503

Swamp cabbage, (skunk cabbage), raw

Ipomoea aquatica

Refuse: 23% Tough stems

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	92.47		2		1		51.78	12.02	
Energy.....kcal	19		0	NC	4		11	2	
Energy.....kj	79				4		45	10	
Protein (N x 6.25).....g	2.60		1		1		1.46	0.34	
Total lipid (fat).....g	0.20		1		1		0.11	0.03	
Ash.....g	1.60		0		1		0.90	0.21	
Carbohydrate, by difference.....g	3.14		0	NC	4		1.76	0.41	
Fiber, total dietary.....g	2.1		0		4		1.2	0.3	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	77		2		1		43	10	
Iron, Fe.....mg	1.67		2		1		0.94	0.22	
Magnesium, Mg.....mg	71		2		1		40	9	
Phosphorus, P.....mg	39		2		1		22	5	
Potassium, K.....mg	312		2		1		175	41	
Sodium, Na.....mg	113		0		1		63	15	
Zinc, Zn.....mg	0.18		0		4		0.10	0.02	
Copper, Cu.....mg	0.023		0		4		0.013	0.003	
Manganese, Mn.....mg	0.160		0		4		0.090	0.021	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	55.0		1		1		30.8	7.2	
Thiamin.....mg	0.030		1		1		0.017	0.004	
Riboflavin.....mg	0.100		1		1		0.056	0.013	
Niacin.....mg	0.900		1		1		0.504	0.117	
Pantothenic acid.....mg	0.141		0		4		0.079	0.018	
Vitamin B-6.....mg	0.096		0		4		0.054	0.012	
Folate, total.....mcg	57		0		4		32	7	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	57		0		4		32	7	
Folate, DFE.....mcg_DFE	57		0	NC	4		32	7	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	6300		1		1		3528	819	
Vitamin A, RAE.....mcg_RAE	315		1		1		176	41	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.140		1		1		0.078	0.018	
Isoleucine.....g	0.104		1		1		0.058	0.014	
Leucine.....g	0.146		1		1		0.082	0.019	
Lysine.....g	0.109		1		1		0.061	0.014	
Methionine.....g	0.044		1		1		0.025	0.006	
Cystine.....g	0.028		1		1		0.016	0.004	

NDB No. 11503

Swamp cabbage, (skunk cabbage), raw

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
Phenylalanine.....g	0.127		1		1		0.071	0.017	
Tyrosine.....g	0.080		1		1		0.045	0.010	
Valine.....g	0.135		1		1		0.076	0.018	
Arginine.....g	0.148		1		1		0.083	0.019	
Histidine.....g	0.047		1		1		0.026	0.006	
Alanine.....g	0.109		1		1		0.061	0.014	
Aspartic acid.....g	0.650		1		1		0.364	0.085	
Glutamic acid.....g	0.252		1		1		0.141	0.033	
Glycine.....g	0.099		1		1		0.055	0.013	
Proline.....g	0.088		1		1		0.049	0.011	
Serine.....g	0.122		1		1		0.068	0.016	
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 = 56g: 1 cup, chopped

Measure 2 = 13.0g: 1 shoot

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11873

Swamp cabbage, cooked, boiled, drained, 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	92.93		1		1		91.07		
Energy.....kcal	20		0	NC	4		20		
Energy.....kj	84				4		82		
Protein (N x 6.25).....g	2.08		1		1		2.04		
Total lipid (fat).....g	0.24		1		1		0.24		
Ash.....g	1.05		1		1		1.03		
Carbohydrate, by difference.....g	3.71		0	NC	4		3.64		
Fiber, total dietary.....g	1.9		0	BFZN	4		1.9		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54		1		1		53		
Iron, Fe.....mg	1.32		1		1		1.29		
Magnesium, Mg.....mg	30		1		1		29		
Phosphorus, P.....mg	42		1		1		41		
Potassium, K.....mg	284		1		1		278		
Sodium, Na.....mg	358		0		4		351		
Zinc, Zn.....mg	0.16		0		4		0.16		
Copper, Cu.....mg	0.021		0		4		0.021		
Manganese, Mn.....mg	0.143		0		4		0.140		
Selenium, Se.....mcg	0.9		0	CAZN	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	16.0		0		1		15.7		
Thiamin.....mg	0.050		0		1		0.049		
Riboflavin.....mg	0.080		0		1		0.078		
Niacin.....mg	0.500		0		1		0.490		
Pantothenic acid.....mg	0.126		0		4		0.123		
Vitamin B-6.....mg	0.081		0		4		0.079		
Folate, total.....mcg	35		0		4		34		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	35		0		4		34		
Folate, DFE.....mcg_DFE	35		0	NC	4		34		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	5200		0		1		5096		
Vitamin A, RAE.....mcg_RAE	260		0		1		255		
Retinol.....mcg	0		0	Z	7		0		
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.112		0		1		0.110		
Isoleucine.....g	0.083		0		1		0.081		
Leucine.....g	0.116		0		1		0.114		
Lysine.....g	0.087		0		1		0.085		
Methionine.....g	0.035		0		1		0.034		
Cystine.....g	0.023		0		1		0.023		

NDB No. 11873

Swamp cabbage, cooked, boiled, drained, 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
Phenylalanine.....g	0.102		0		1		0.100		
Tyrosine.....g	0.064		0		1		0.063		
Valine.....g	0.108		0		1		0.106		
Arginine.....g	0.118		0		1		0.116		
Histidine.....g	0.037		0		1		0.036		
Alanine.....g	0.087		0		1		0.085		
Aspartic acid.....g	0.519		0		1		0.509		
Glutamic acid.....g	0.201		0		1		0.197		
Glycine.....g	0.079		0		1		0.077		
Proline.....g	0.070		0		1		0.069		
Serine.....g	0.097		0		1		0.095		
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 = 98g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11504

Swamp cabbage, cooked, boiled, drained, 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	0.007		0		4		0.007		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.003		0		4		0.003		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		4		0.098		
18:2 undifferentiated.....g	0.015		0		4		0.015		
18:3 undifferentiated.....g	0.079		0		4		0.077		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.112		0		1		0.110		
Isoleucine.....g	0.083		0		1		0.081		
Leucine.....g	0.116		0		1		0.114		
Lysine.....g	0.087		0		1		0.085		
Methionine.....g	0.035		0		1		0.034		
Cystine.....g	0.023		0		1		0.023		
Phenylalanine.....g	0.102		0		1		0.100		
Tyrosine.....g	0.064		0		1		0.063		
Valine.....g	0.108		0		1		0.106		
Arginine.....g	0.118		0		1		0.116		
Histidine.....g	0.037		0		1		0.036		
Alanine.....g	0.087		0		1		0.085		
Aspartic acid.....g	0.519		0		1		0.509		
Glutamic acid.....g	0.201		0		1		0.197		
Glycine.....g	0.079		0		1		0.077		
Proline.....g	0.070		0		1		0.069		
Serine.....g	0.097		0		1		0.095		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		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 = 98g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11874

Sweetpotato leaves, cooked, steamed, 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	0.012		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.086		
18:2 undifferentiated.....g	0.113		0		1		0.072		
18:3 undifferentiated.....g	0.021		0		1		0.013		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0		1		0.013		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.132		0		1		0.084		
Methionine.....g	0.050		0		1		0.032		
Cystine.....g	0.027		0		1		0.017		
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 64g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11506

Sweetpotato leaves, cooked, steamed, 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	0.012		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.008		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.086		
18:2 undifferentiated.....g	0.113		0		1		0.072		
18:3 undifferentiated.....g	0.021		0		1		0.013		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.013		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.132		0		1		0.084		
Methionine.....g	0.050		0		1		0.032		
Cystine.....g	0.027		0		1		0.017		
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	550		0	BNA	4		351.744		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	2633		0	BFSN	4		1685.330		

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 = 64g: 1 cup

NDB No. 11506

Sweetpotato leaves, cooked, steamed, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11505
Sweetpotato leaves, raw

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	0.012		0		1		0.004	0.002	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.004	0.002	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0		1		0.047	0.021	
18:2 undifferentiated.....g	0.113		0		1		0.040	0.018	
18:3 undifferentiated.....g	0.021		0		1		0.007	0.003	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.035		1		1		0.012	0.006	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.228		1		1		0.080	0.036	
Methionine.....g	0.086		1		1		0.030	0.014	
Cystine.....g	0.047		1		1		0.016	0.008	
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 35g: 1 cup, chopped

Measure 2 = 16g: 1 leaf (12-1/4" long)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11514
Sweetpotato, canned, mashed

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	0.008		0		1		0.020	0.040	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.008		0		1		0.020	0.040	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.089		0		1		0.227	0.441	
18:2 undifferentiated.....g	0.075		0		1		0.191	0.372	
18:3 undifferentiated.....g	0.014		0		1		0.036	0.069	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.024		0		1		0.061	0.119	
Threonine.....g	0.098		0		1		0.250	0.486	
Isoleucine.....g	0.099		0		1		0.252	0.491	
Leucine.....g	0.145		0		1		0.370	0.719	
Lysine.....g	0.097		0		1		0.247	0.481	
Methionine.....g	0.049		0		1		0.125	0.243	
Cystine.....g	0.016		0		1		0.041	0.079	
Phenylalanine.....g	0.119		0		1		0.303	0.590	
Tyrosine.....g	0.081		0		1		0.207	0.402	
Valine.....g	0.129		0		1		0.329	0.640	
Arginine.....g	0.092		0		1		0.235	0.456	
Histidine.....g	0.037		0		1		0.094	0.184	
Alanine.....g	0.108		0		1		0.275	0.536	
Aspartic acid.....g	0.338		0		1		0.862	1.676	
Glutamic acid.....g	0.194		0		1		0.495	0.962	
Glycine.....g	0.089		0		1		0.227	0.441	
Proline.....g	0.087		0		1		0.222	0.432	
Serine.....g	0.102		0		1		0.260	0.506	
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 = 255g: 1 cup

Measure 2 = 496g: 1 can (404 x 307)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11647

Sweetpotato, canned, syrup pack, drained solids

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	0.012		0		1		0.024		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.024		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.141		0		1		0.276		
18:2 undifferentiated.....g	0.119		0		1		0.233		
18:3 undifferentiated.....g	0.022		0		1		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	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.031		
Threonine.....g	0.064		0		1		0.125		
Isoleucine.....g	0.064		0		1		0.125		
Leucine.....g	0.094		0		1		0.184		
Lysine.....g	0.063		0		1		0.123		
Methionine.....g	0.032		0		1		0.063		
Cystine.....g	0.010		0		1		0.020		
Phenylalanine.....g	0.077		0		1		0.151		
Tyrosine.....g	0.053		0		1		0.104		
Valine.....g	0.084		0		1		0.165		
Arginine.....g	0.060		0		1		0.118		
Histidine.....g	0.024		0		1		0.047		
Alanine.....g	0.070		0		1		0.137		
Aspartic acid.....g	0.220		0		1		0.431		
Glutamic acid.....g	0.126		0		1		0.247		
Glycine.....g	0.058		0		1		0.114		
Proline.....g	0.056		0		1		0.110		
Serine.....g	0.066		0		1		0.129		
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 = 196g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11645

Sweetpotato, canned, syrup pack, solids and liquids

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	0.008		0		1		0.018	0.051	
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	0.008		0		1		0.018	0.051	
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	0.089		0		1		0.203	0.568	
18:2 undifferentiated.....g	0.075		0		1		0.171	0.479	
18:3 undifferentiated.....g	0.014		0		1		0.032	0.089	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.027	0.077	
Threonine.....g	0.049		0		1		0.112	0.313	
Isoleucine.....g	0.049		0		1		0.112	0.313	
Leucine.....g	0.072		0		1		0.164	0.459	
Lysine.....g	0.048		0		1		0.109	0.306	
Methionine.....g	0.024		0		1		0.055	0.153	
Cystine.....g	0.008		0		1		0.018	0.051	
Phenylalanine.....g	0.059		0		1		0.135	0.376	
Tyrosine.....g	0.040		0		1		0.091	0.255	
Valine.....g	0.064		0		1		0.146	0.408	
Arginine.....g	0.046		0		1		0.105	0.293	
Histidine.....g	0.018		0		1		0.041	0.115	
Alanine.....g	0.054		0		1		0.123	0.345	
Aspartic acid.....g	0.168		0		1		0.383	1.072	
Glutamic acid.....g	0.096		0		1		0.219	0.612	
Glycine.....g	0.044		0		1		0.100	0.281	
Proline.....g	0.043		0		1		0.098	0.274	
Serine.....g	0.051		0		1		0.116	0.325	
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	4518		0	BFSN	4		10301.127	28825.084	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 228g: 1 cup

Measure 2 = 638g: 1 can (404 x 307)

NDB No. 11645

Sweetpotato, canned, syrup pack, solids and liquids

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11512

Sweetpotato, canned, vacuum pack

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	0.008		0		1		0.020	0.016	
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	0.008		0		1		0.020	0.016	
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	0.089		0		1		0.227	0.178	
18:2 undifferentiated.....g	0.075		0		1		0.191	0.150	
18:3 undifferentiated.....g	0.014		0		1		0.036	0.028	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.051	0.040	
Threonine.....g	0.082		0		1		0.209	0.164	
Isoleucine.....g	0.083		0		1		0.212	0.166	
Leucine.....g	0.121		0		1		0.309	0.242	
Lysine.....g	0.081		0		1		0.207	0.162	
Methionine.....g	0.041		0		1		0.105	0.082	
Cystine.....g	0.013		0		1		0.033	0.026	
Phenylalanine.....g	0.099		0		1		0.252	0.198	
Tyrosine.....g	0.068		0		1		0.173	0.136	
Valine.....g	0.108		0		1		0.275	0.216	
Arginine.....g	0.077		0		1		0.196	0.154	
Histidine.....g	0.031		0		1		0.079	0.062	
Alanine.....g	0.090		0		1		0.230	0.180	
Aspartic acid.....g	0.283		0		1		0.722	0.566	
Glutamic acid.....g	0.162		0		1		0.413	0.324	
Glycine.....g	0.075		0		1		0.191	0.150	
Proline.....g	0.073		0		1		0.186	0.146	
Serine.....g	0.086		0		1		0.219	0.172	
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	4790		0	O	4		12213.990	9579.600	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 255g: 1 cup, mashed

Measure 2 = 200g: 1 cup pieces

NDB No. 11512

Sweetpotato, canned, vacuum pack

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11875

Sweetpotato, cooked, baked in skin, with salt

Refuse: 22% Skin

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	75.78	2.487	8	JO	11		86.39	75.78	
Energy.....kcal	90		0	NC	4		103	90	
Energy.....kj	378		0	NC	4		431	378	
Protein (N x 6.25).....g	2.01	0.169	4	A	1		2.29	2.01	
Total lipid (fat).....g	0.15	0.009	5	JO	11		0.17	0.15	
Ash.....g	1.35	0.093	4	A	1		1.54	1.35	
Carbohydrate, by difference.....g	20.71		0	NC	4		23.61	20.71	
Fiber, total dietary.....g	3.3	0.160	4	A	1		3.8	3.3	
Sugars, total.....g									
Sucrose.....g	2.98	0.352	12	JA	6		3.39	2.98	
Glucose (dextrose).....g	0.74	0.126	12	JA	6		0.85	0.74	
Fructose.....g	0.66	0.107	12	JA	6		0.75	0.66	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	4.07		0	BFSN	4		4.64	4.07	
Galactose.....g									
Starch.....g	7.05	2.607	4	A	1		8.04	7.05	
Minerals:									
Calcium, Ca.....mg	38	2.126	67	JA	6		43	38	
Iron, Fe.....mg	0.69	0.031	68	JA	6		0.79	0.69	
Magnesium, Mg.....mg	27	0.775	68	JA	6		30	27	
Phosphorus, P.....mg	54	1.517	67	JA	6		62	54	
Potassium, K.....mg	475	9.306	68	JA	6		542	475	
Sodium, Na.....mg	246		0		4		280	246	
Zinc, Zn.....mg	0.32	0.013	68	JA	6		0.36	0.32	
Copper, Cu.....mg	0.160	0.007	68	JA	6		0.183	0.160	
Manganese, Mn.....mg	0.497	0.038	68	JA	6		0.567	0.497	
Selenium, Se.....mcg	0.2	0.114	58	JO	11		0.2	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	19.6	8.543	4	A	1		22.3	19.6	
Thiamin.....mg	1.447	1.339	4	A	1		1.649	1.447	
Riboflavin.....mg	0.106	0.005	4	A	1		0.121	0.106	
Niacin.....mg	1.487	0.284	4	A	1		1.696	1.487	
Pantothenic acid.....mg	0.884	0.130	4	A	1		1.007	0.884	
Vitamin B-6.....mg	0.286	0.056	4	A	1		0.327	0.286	
Folate, total.....mcg	6	2.319	4	A	1		6	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	2.319	4	A	1		6	6	
Folate, DFE.....mcg_DFE	6		0	NC	4		6	6	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	19218		0	NC	4		21909	19218	
Vitamin A, RAE.....mcg_RAE	961		0	NC	4		1095	961	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.71	0.453	3	JO	11		0.81	0.71	
Tocopherol, beta.....mg	0.00	0.005	3	JO	11		0.01	0.00	
Tocopherol, gamma.....mg	0.01	0.000	3	JO	11		0.02	0.01	
Tocopherol, delta.....mg	0.00	0.000	3	JO	11		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3	0.467	3	JO	11		2.7	2.3	
Lipids:									
Fatty acids, total saturated.....g	0.034		0	NC	4		0.039	0.034	
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 11875

Sweetpotato, cooked, baked in skin, 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
16:0.....g	0.033		2	A	1		0.038	0.033	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.001		2	A	1		0.001	0.001	
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	0.001		0	NC	4		0.001	0.001	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
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	0.001		2	A	1		0.001	0.001	
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	0.064		0	NC	4		0.073	0.064	
18:2 undifferentiated.....g	0.060		2	A	1		0.068	0.060	
18:3 undifferentiated.....g	0.004		2	A	1		0.004	0.004	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
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		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0	DA	1		0.033	0.029	
Threonine.....g	0.117		0	DA	1		0.134	0.117	
Isoleucine.....g	0.117		0	DA	1		0.134	0.117	
Leucine.....g	0.172		0	DA	1		0.196	0.172	
Lysine.....g	0.116		0	DA	1		0.132	0.116	
Methionine.....g	0.057		0	DA	1		0.065	0.057	
Cystine.....g	0.019		0	DA	1		0.022	0.019	
Phenylalanine.....g	0.140		0	DA	1		0.160	0.140	
Tyrosine.....g	0.097		0	DA	1		0.110	0.097	
Valine.....g	0.153		0	DA	1		0.174	0.153	
Arginine.....g	0.109		0	DA	1		0.124	0.109	
Histidine.....g	0.044		0	DA	1		0.050	0.044	
Alanine.....g	0.128		0	DA	1		0.146	0.128	
Aspartic acid.....g	0.402		0	DA	1		0.458	0.402	
Glutamic acid.....g	0.230		0	DA	1		0.262	0.230	
Glycine.....g	0.106		0	DA	1		0.121	0.106	
Proline.....g	0.104		0	DA	1		0.118	0.104	
Serine.....g	0.121		0	DA	1		0.138	0.121	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	11509		0	BFSN	4		13120.654	11509.346	
Carotene, alpha.....mcg	43		0	BFSN	4		49.495	43.416	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 114g: 1 medium (2" dia, 5" long, raw)

NDB No. 11875

Sweetpotato, cooked, baked in skin, with salt

Measure 2 = 100g: .5 cup, mashed

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11508

Sweetpotato, cooked, baked in skin, without salt

Refuse: 22% Skin

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	75.78	2.487	8	JO	11		151.56	136.41	86.39
Energy.....kcal	90		0	NC	4		181	163	103
Energy.....kj	378		0	NC	4		755	680	431
Protein (N x 6.25).....g	2.01	0.169	4	A	1		4.01	3.61	2.29
Total lipid (fat).....g	0.15	0.009	5	JO	11		0.30	0.27	0.17
Ash.....g	1.35	0.093	4	A	1		2.71	2.44	1.54
Carbohydrate, by difference.....g	20.71		0	NC	4		41.41	37.27	23.61
Fiber, total dietary.....g	3.3	0.160	4	A	1		6.6	6.0	3.8
Sugars, total.....g	8.44		0	NC	4		16.89	15.20	9.63
Sucrose.....g	2.98	0.352	12	JA	6		5.95	5.36	3.39
Glucose (dextrose).....g	0.74	0.126	12	JA	6		1.48	1.33	0.85
Fructose.....g	0.66	0.107	12	JA	6		1.31	1.18	0.75
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	4.07		0	BFSN	4		8.14	7.33	4.64
Galactose.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g	7.05	2.607	4	A	1		14.10	12.69	8.04
Minerals:									
Calcium, Ca.....mg	38	2.126	67	JA	6		76	68	43
Iron, Fe.....mg	0.69	0.031	68	JA	6		1.38	1.24	0.79
Magnesium, Mg.....mg	27	0.775	68	JA	6		53	48	30
Phosphorus, P.....mg	54	1.517	67	JA	6		108	97	62
Potassium, K.....mg	475	9.306	68	JA	6		950	855	542
Sodium, Na.....mg	36	3.770	68	JA	6		72	65	41
Zinc, Zn.....mg	0.32	0.013	68	JA	6		0.63	0.57	0.36
Copper, Cu.....mg	0.160	0.007	68	JA	6		0.321	0.289	0.183
Manganese, Mn.....mg	0.497	0.038	68	JA	6		0.994	0.895	0.567
Selenium, Se.....mcg	0.2	0.114	58	JO	11		0.4	0.3	0.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	19.6	8.543	4	A	1		39.2	35.3	22.3
Thiamin.....mg	1.447	1.339	4	A	1		2.893	2.604	1.649
Riboflavin.....mg	0.106	0.005	4	A	1		0.212	0.191	0.121
Niacin.....mg	1.487	0.284	4	A	1		2.975	2.677	1.696
Pantothenic acid.....mg	0.884	0.130	4	A	1		1.767	1.591	1.007
Vitamin B-6.....mg	0.286	0.056	4	A	1		0.573	0.516	0.327
Folate, total.....mcg	6	2.319	4	A	1		11	10	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	6	2.319	4	A	1		11	10	6
Folate, DFE.....mcg_DFE	6		0	NC	4		11	10	6
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	19218		0	NC	4		38437	34593	21909
Vitamin A, RAE.....mcg_RAE	961		0	NC	4		1922	1730	1095
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.71	0.453	3	JO	11		1.41	1.27	0.81
Tocopherol, beta.....mg	0.00	0.005	3	JO	11		0.01	0.01	0.01
Tocopherol, gamma.....mg	0.01	0.000	3	JO	11		0.03	0.02	0.02
Tocopherol, delta.....mg	0.00	0.000	3	JO	11		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.3	0.467	3	JO	11		4.7	4.2	2.7
Lipids:									
Fatty acids, total saturated.....g	0.034		0	NC	4		0.069	0.062	0.039
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		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	0.000		2	A	1		0.000	0.000	0.000

NDB No. 11508

Sweetpotato, cooked, baked in skin, 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	0.033		2	A	1		0.066	0.060	0.038
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.001		2	A	1		0.002	0.002	0.001
20:0.....g	0.000		2	A	1		0.000	0.000	0.000
22:0.....g	0.000		2	A	1		0.000	0.000	0.000
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	0.001		0	NC	4		0.002	0.002	0.001
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g	0.000		2	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.001		2	A	1		0.002	0.002	0.001
20:1.....g	0.000		2	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0	NC	4		0.127	0.114	0.073
18:2 undifferentiated.....g	0.060		2	A	1		0.119	0.108	0.068
18:3 undifferentiated.....g	0.004		2	A	1		0.008	0.007	0.004
18:4.....g	0.000		2	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0	DA	1		0.049	0.044	0.028
Threonine.....g	0.100		0	DA	1		0.201	0.181	0.114
Isoleucine.....g	0.100		0	DA	1		0.201	0.181	0.114
Leucine.....g	0.147		0	DA	1		0.294	0.265	0.168
Lysine.....g	0.099		0	DA	1		0.198	0.179	0.113
Methionine.....g	0.049		0	DA	1		0.098	0.088	0.056
Cystine.....g	0.016		0	DA	1		0.033	0.029	0.019
Phenylalanine.....g	0.120		0	DA	1		0.240	0.216	0.137
Tyrosine.....g	0.083		0	DA	1		0.166	0.149	0.094
Valine.....g	0.131		0	DA	1		0.261	0.235	0.149
Arginine.....g	0.093		0	DA	1		0.187	0.168	0.106
Histidine.....g	0.037		0	DA	1		0.075	0.067	0.043
Alanine.....g	0.110		0	DA	1		0.219	0.197	0.125
Aspartic acid.....g	0.344		0	DA	1		0.689	0.620	0.393
Glutamic acid.....g	0.197		0	DA	1		0.395	0.355	0.225
Glycine.....g	0.091		0	DA	1		0.182	0.164	0.104
Proline.....g	0.089		0	DA	1		0.177	0.160	0.101
Serine.....g	0.104		0	DA	1		0.208	0.187	0.118
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	11509		0	BFSN	4		23018.692	20716.823	13120.654
Carotene, alpha.....mcg	43		0	BFSN	4		86.833	78.150	49.495
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	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.

NDB No. 11508

Sweetpotato, cooked, baked in skin, without salt

Common Measures:

Measure 1 = 200g: 1 cup

Measure 2 = 180g: 1 large

Measure 3 = 114g: 1 medium (2" dia, 5" long, raw)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11510

Sweetpotato, cooked, boiled, without skin

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	80.13	2.204	4	A	1		262.82	120.99	
Energy.....kcal	76		0	NC	4		251	115	
Energy.....kj	320		0	NC	4		1049	483	
Protein (N x 6.25).....g	1.37	0.096	4	A	1		4.51	2.08	
Total lipid (fat).....g	0.14	0.053	4	A	1		0.46	0.21	
Ash.....g	0.63	0.049	4	A	1		2.08	0.96	
Carbohydrate, by difference.....g	17.72		0	NC	4		58.13	26.76	
Fiber, total dietary.....g	2.5	0.100	4	A	1		8.2	3.8	
Sugars, total.....g	5.74		0	AS	1		18.82	8.66	
Sucrose.....g	1.43	0.119	4	A	1		4.70	2.16	
Glucose (dextrose).....g	0.54	0.189	4	A	1		1.77	0.81	
Fructose.....g	0.43	0.142	4	A	1		1.40	0.64	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	3.34	0.790	4	A	1		10.96	5.04	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g	5.22	1.612	4	A	1		17.14	7.89	
Minerals:									
Calcium, Ca.....mg	27	6.688	4	A	1		89	41	
Iron, Fe.....mg	0.72	0.062	4	A	1		2.36	1.08	
Magnesium, Mg.....mg	18	2.161	4	A	1		58	27	
Phosphorus, P.....mg	32	5.352	4	A	1		106	49	
Potassium, K.....mg	230	25.437	4	A	1		755	348	
Sodium, Na.....mg	27	5.331	4	A	1		88	41	
Zinc, Zn.....mg	0.20	0.005	4	A	1		0.66	0.31	
Copper, Cu.....mg	0.065	0.028	4	A	1		0.213	0.098	
Manganese, Mn.....mg	0.266	0.064	4	A	1		0.874	0.402	
Selenium, Se.....mcg	0.2		2	A	1		0.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.8	3.000	4	A	1		42.1	19.4	
Thiamin.....mg	0.056	0.004	4	A	1		0.182	0.084	
Riboflavin.....mg	0.047	0.004	4	A	1		0.154	0.071	
Niacin.....mg	0.538	0.036	4	A	1		1.766	0.813	
Pantothenic acid.....mg	0.581	0.028	4	A	1		1.907	0.878	
Vitamin B-6.....mg	0.165	0.025	4	A	1		0.541	0.249	
Folate, total.....mcg	6	2.549	4	A	1		20	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	2.549	4	A	1		20	9	
Folate, DFE.....mcg_DFE	6		0	NC	4		20	9	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	15770		0	AS	1		51724	23812	
Vitamin A, RAE.....mcg_RAE	788		0	AS	1		2586	1191	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.94		2	A	1		3.08	1.42	
Tocopherol, beta.....mg	0.01		2	A	1		0.05	0.02	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		2	A	1		6.9	3.2	
Lipids:									
Fatty acids, total saturated.....g	0.031		0	NC	4		0.100	0.046	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 11510

Sweetpotato, cooked, boiled, without skin

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	0.031		2	A	1		0.100	0.046	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.000		2	A	1		0.000	0.000	
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	0.000		0	NC	4		0.000	0.000	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
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	0.000		2	A	1		0.000	0.000	
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	0.061		0	NC	4		0.201	0.092	
18:2 undifferentiated.....g	0.061		2	A	1		0.201	0.092	
18:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c.c.....g	0.000		2	A	1		0.000	0.000	
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		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.066	0.030	
Threonine.....g	0.082		0		1		0.269	0.124	
Isoleucine.....g	0.082		0		1		0.269	0.124	
Leucine.....g	0.121		0		1		0.397	0.183	
Lysine.....g	0.081		0		1		0.266	0.122	
Methionine.....g	0.041		0		1		0.134	0.062	
Cystine.....g	0.013		0		1		0.043	0.020	
Phenylalanine.....g	0.099		0		1		0.325	0.149	
Tyrosine.....g	0.068		0		1		0.223	0.103	
Valine.....g	0.108		0		1		0.354	0.163	
Arginine.....g	0.077		0		1		0.253	0.116	
Histidine.....g	0.031		0		1		0.102	0.047	
Alanine.....g	0.090		0		1		0.295	0.136	
Aspartic acid.....g	0.282		0		1		0.925	0.426	
Glutamic acid.....g	0.161		0		1		0.528	0.243	
Glycine.....g	0.074		0		1		0.243	0.112	
Proline.....g	0.072		0		1		0.236	0.109	
Serine.....g	0.085		0		1		0.279	0.128	
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	9444	804.100	10	A	1		30975.992	14260.289	
Carotene, alpha.....mcg	36	13.357	4	A	1		116.850	53.794	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		1	A	1		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.

NDB No. 11510

Sweetpotato, cooked, boiled, without skin

Common Measures:

Measure 1 = 328g: 1 cup, mashed

Measure 2 = 151g: 1 medium

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11876

Sweetpotato, cooked, boiled, without skin, 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	80.13	2.204	4	A	1		262.82	120.99	
Energy.....kcal	76		0	NC	4		251	115	
Energy.....kj	320		0	NC	4		1049	483	
Protein (N x 6.25).....g	1.37	0.096	4	A	1		4.51	2.08	
Total lipid (fat).....g	0.14	0.053	4	A	1		0.46	0.21	
Ash.....g	0.63	0.049	4	A	1		2.08	0.96	
Carbohydrate, by difference.....g	17.72		0	NC	4		58.13	26.76	
Fiber, total dietary.....g	2.5	0.100	4	A	1		8.2	3.8	
Sugars, total.....g									
Sucrose.....g	1.43	0.119	4	A	1		4.70	2.16	
Glucose (dextrose).....g	0.54	0.189	4	A	1		1.77	0.81	
Fructose.....g	0.43	0.142	4	A	1		1.40	0.64	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	3.34	0.790	4	A	1		10.96	5.04	
Galactose.....g									
Starch.....g	5.22	1.612	4	A	1		17.14	7.89	
Minerals:									
Calcium, Ca.....mg	27	6.688	4	A	1		89	41	
Iron, Fe.....mg	0.72	0.062	4	A	1		2.36	1.08	
Magnesium, Mg.....mg	18	2.161	4	A	1		58	27	
Phosphorus, P.....mg	32	5.352	4	A	1		106	49	
Potassium, K.....mg	230	25.437	4	A	1		755	348	
Sodium, Na.....mg	249		0		4		817	376	
Zinc, Zn.....mg	0.20	0.005	4	A	1		0.66	0.31	
Copper, Cu.....mg	0.065	0.028	4	A	1		0.213	0.098	
Manganese, Mn.....mg	0.266	0.064	4	A	1		0.874	0.402	
Selenium, Se.....mcg	0.2		2	A	1		0.6	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.8	3.000	4	A	1		42.1	19.4	
Thiamin.....mg	0.056	0.004	4	A	1		0.182	0.084	
Riboflavin.....mg	0.047	0.004	4	A	1		0.154	0.071	
Niacin.....mg	0.538	0.036	4	A	1		1.766	0.813	
Pantothenic acid.....mg	0.581	0.028	4	A	1		1.907	0.878	
Vitamin B-6.....mg	0.165	0.025	4	A	1		0.541	0.249	
Folate, total.....mcg	6	2.549	4	A	1		20	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	6	2.549	4	A	1		20	9	
Folate, DFE.....mcg_DFE	6		0	NC	4		20	9	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	4650		0	AS	1		15251	7021	
Vitamin A, RAE.....mcg_RAE	232		0	AS	1		763	351	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.94		2	A	1		3.08	1.42	
Tocopherol, beta.....mg	0.01		2	A	1		0.05	0.02	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.1		2	A	1		6.9	3.2	
Lipids:									
Fatty acids, total saturated.....g	0.031		0	NC	4		0.100	0.046	
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 11876

Sweetpotato, cooked, boiled, without skin, 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
16:0.....g	0.031		2	A	1		0.100	0.046	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.000		2	A	1		0.000	0.000	
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	0.000		0	NC	4		0.000	0.000	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
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	0.000		2	A	1		0.000	0.000	
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	0.061		0	NC	4		0.201	0.092	
18:2 undifferentiated.....g	0.061		2	A	1		0.201	0.092	
18:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
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		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	2772	860.477	4	A	1		9092.160	4185.720	
Carotene, alpha.....mcg	36	13.357	4	A	1		116.850	53.794	
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg									

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 = 328g: 1 cup, mashed

Measure 2 = 151g: 1 medium

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11659

Sweetpotato, cooked, candied, home-prepared

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	0.627		0		1		0.658		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0		1		0.050		
17:1.....g									
18:1 undifferentiated.....g	0.547		0		1		0.574		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.147		0		1		0.154		
18:2 undifferentiated.....g	0.076		0		1		0.080		
18:3 undifferentiated.....g	0.074		0		1		0.078		
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	8		0		1		8		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.011		0		1		0.012		
Threonine.....g	0.043		0		1		0.045		
Isoleucine.....g	0.044		0		1		0.046		
Leucine.....g	0.065		0		1		0.068		
Lysine.....g	0.044		0		1		0.046		
Methionine.....g	0.021		0		1		0.022		
Cystine.....g	0.007		0		1		0.007		
Phenylalanine.....g	0.052		0		1		0.055		
Tyrosine.....g	0.036		0		1		0.038		
Valine.....g	0.057		0		1		0.060		
Arginine.....g	0.040		0		1		0.042		
Histidine.....g	0.017		0		1		0.018		
Alanine.....g	0.047		0		1		0.049		
Aspartic acid.....g	0.146		0		1		0.153		
Glutamic acid.....g	0.089		0		1		0.093		
Glycine.....g	0.039		0		1		0.041		
Proline.....g	0.040		0		1		0.042		
Serine.....g	0.045		0		1		0.047		
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 = 105g: 1 piece (2-1/2" x 2" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11877

Sweetpotato, frozen, cooked, baked, 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	0.005		0		1		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0		1		0.093		
18:2 undifferentiated.....g	0.045		0		1		0.079		
18:3 undifferentiated.....g	0.008		0		1		0.014		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1		0.037		
Threonine.....g	0.085		0		1		0.150		
Isoleucine.....g	0.086		0		1		0.151		
Leucine.....g	0.126		0		1		0.222		
Lysine.....g	0.084		0		1		0.148		
Methionine.....g	0.042		0		1		0.074		
Cystine.....g	0.014		0		1		0.025		
Phenylalanine.....g	0.103		0		1		0.181		
Tyrosine.....g	0.070		0		1		0.123		
Valine.....g	0.112		0		1		0.197		
Arginine.....g	0.080		0		1		0.141		
Histidine.....g	0.032		0		1		0.056		
Alanine.....g	0.094		0		1		0.165		
Aspartic acid.....g	0.293		0		1		0.516		
Glutamic acid.....g	0.168		0		1		0.296		
Glycine.....g	0.078		0		1		0.137		
Proline.....g	0.075		0		1		0.132		
Serine.....g	0.089		0		1		0.157		
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 = 176g: 1 cup, cubes

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11517

Sweetpotato, frozen, cooked, baked, 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	0.005		0		1		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.009		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.053		0		1		0.093		
18:2 undifferentiated.....g	0.045		0		1		0.079		
18:3 undifferentiated.....g	0.008		0		1		0.014		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1		0.037		
Threonine.....g	0.085		0		1		0.150		
Isoleucine.....g	0.086		0		1		0.151		
Leucine.....g	0.126		0		1		0.222		
Lysine.....g	0.084		0		1		0.148		
Methionine.....g	0.042		0		1		0.074		
Cystine.....g	0.014		0		1		0.025		
Phenylalanine.....g	0.103		0		1		0.181		
Tyrosine.....g	0.070		0		1		0.123		
Valine.....g	0.112		0		1		0.197		
Arginine.....g	0.080		0		1		0.141		
Histidine.....g	0.032		0		1		0.056		
Alanine.....g	0.094		0		1		0.165		
Aspartic acid.....g	0.293		0		1		0.516		
Glutamic acid.....g	0.168		0		1		0.296		
Glycine.....g	0.078		0		1		0.137		
Proline.....g	0.075		0		1		0.132		
Serine.....g	0.089		0		1		0.157		
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 = 176g: 1 cup, cubes

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11516
Sweetpotato, frozen, unprepared

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	0.007		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.141		
18:2 undifferentiated.....g	0.067		0		1		0.118		
18:3 undifferentiated.....g	0.013		0		1		0.023		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1		0.037		
Threonine.....g	0.085		0		1		0.150		
Isoleucine.....g	0.085		0		1		0.150		
Leucine.....g	0.125		0		1		0.220		
Lysine.....g	0.084		0		1		0.148		
Methionine.....g	0.042		0		1		0.074		
Cystine.....g	0.014		0		1		0.025		
Phenylalanine.....g	0.102		0		1		0.180		
Tyrosine.....g	0.070		0		1		0.123		
Valine.....g	0.112		0		1		0.197		
Arginine.....g	0.079		0		1		0.139		
Histidine.....g	0.032		0		1		0.056		
Alanine.....g	0.093		0		1		0.164		
Aspartic acid.....g	0.292		0		1		0.514		
Glutamic acid.....g	0.167		0		1		0.294		
Glycine.....g	0.077		0		1		0.136		
Proline.....g	0.075		0		1		0.132		
Serine.....g	0.088		0		1		0.155		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	6220		6	A	1		10947.200		
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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 = 176g: 1 cup, cubes

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11507
Sweetpotato, raw, unprepared
Ipomoea batatas

Refuse: 28% Parings and trimmings

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	79.78	1.125	4	A	1		106.11	103.72	
Energy.....kcal	76		0	NC	4		101	98	
Energy.....kj	317		0	NC	4		421	412	
Protein (N x 6.25).....g	1.57	0.145	4	A	1		2.09	2.04	
Total lipid (fat).....g	0.05	0.033	4	A	1		0.07	0.06	
Ash.....g	0.99	0.056	4	A	1		1.31	1.28	
Carbohydrate, by difference.....g	17.61		0	NC	4		23.42	22.89	
Fiber, total dietary.....g	3.0		0		1		4.0	3.9	
Sugars, total.....g	3.89		0	AS	1		5.18	5.06	
Sucrose.....g	2.17	0.180	4	A	1		2.89	2.82	
Glucose (dextrose).....g	1.01	0.332	4	A	1		1.34	1.31	
Fructose.....g	0.71	0.190	4	A	1		0.95	0.93	
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	4	A	1		0.00	0.00	
Galactose.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30	4.632	3	A	1		41	40	
Iron, Fe.....mg	0.61	0.070	3	A	1		0.81	0.80	
Magnesium, Mg.....mg	25	3.180	3	A	1		33	32	
Phosphorus, P.....mg	47	7.413	3	A	1		62	61	
Potassium, K.....mg	337	27.552	3	A	1		448	438	
Sodium, Na.....mg	13	1.300	9		1		17	17	
Zinc, Zn.....mg	0.30	0.033	3	A	1		0.40	0.39	
Copper, Cu.....mg	0.151	0.015	3	A	1		0.201	0.196	
Manganese, Mn.....mg	0.258	0.052	3	A	1		0.343	0.335	
Selenium, Se.....mcg	0.6		1	A	1		0.8	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	22.7	2.577	12		1		30.2	29.5	
Thiamin.....mg	0.078	0.007	4	A	1		0.104	0.102	
Riboflavin.....mg	0.061	0.005	4	A	1		0.081	0.079	
Niacin.....mg	0.557	0.076	4	A	1		0.741	0.724	
Pantothenic acid.....mg	0.800	0.152	4	A	1		1.064	1.040	
Vitamin B-6.....mg	0.209	0.014	4	A	1		0.279	0.272	
Folate, total.....mcg	14	1.710	9		1		18	18	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	14	1.710	9		1		18	18	
Folate, DFE.....mcg_DFE	14		0	NC	4		18	18	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	14545		0	AS	1		19345	18908	
Vitamin A, RAE.....mcg_RAE	727		0	AS	1		967	945	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.26		2	A	1		0.35	0.34	
Tocopherol, beta.....mg	0.01		2	A	1		0.01	0.01	
Tocopherol, gamma.....mg	0.00		2	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		2	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.8		2	A	1		2.3	2.3	
Lipids:									
Fatty acids, total saturated.....g	0.018		0	NC	4		0.024	0.024	
4:0.....g	0.000		0		1		0.000	0.000	
6:0.....g	0.000		0		1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	

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		2	A	1		0.023	0.023	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.001		2	A	1		0.001	0.001	
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	0.001		0	NC	4		0.001	0.001	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
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	0.001		2	A	1		0.001	0.001	
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	0.014		0	NC	4		0.019	0.018	
18:2 undifferentiated.....g	0.013		2	A	1		0.018	0.017	
18:3 undifferentiated.....g	0.001		2	A	1		0.001	0.001	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		2	A	1		0.000	0.000	
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		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	12		0		1		16	16	
Amino Acids:									
Tryptophan.....g	0.020		8		1		0.027	0.026	
Threonine.....g	0.082		14		1		0.109	0.107	
Isoleucine.....g	0.082		14		1		0.109	0.107	
Leucine.....g	0.121		14		1		0.161	0.157	
Lysine.....g	0.081		14		1		0.108	0.105	
Methionine.....g	0.041		14		1		0.055	0.053	
Cystine.....g	0.013		7		1		0.017	0.017	
Phenylalanine.....g	0.099		14		1		0.132	0.129	
Tyrosine.....g	0.068		14		1		0.090	0.088	
Valine.....g	0.108		14		1		0.144	0.140	
Arginine.....g	0.077		14		1		0.102	0.100	
Histidine.....g	0.031		14		1		0.041	0.040	
Alanine.....g	0.090		14		1		0.120	0.117	
Aspartic acid.....g	0.282		14		1		0.375	0.367	
Glutamic acid.....g	0.161		14		1		0.214	0.209	
Glycine.....g	0.074		14		1		0.098	0.096	
Proline.....g	0.072		14		1		0.096	0.094	
Serine.....g	0.085		14		1		0.113	0.111	
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	8727	235.058	41	A	1		11606.793	11344.985	
Carotene, alpha.....mcg	0		37	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		34	A	1		0.000	0.000	
Lycopene.....mcg	0		1	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		1	A	1		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.

NDB No. 11507

Sweetpotato, raw, unprepared

Common Measures:

Measure 1 = 133g: 1 cup, cubes

Measure 2 = 130g: 1 sweetpotato, 5" long

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11521

Taro leaves, cooked, steamed, 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	0.033		0		1		0.048		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.033		0		1		0.048		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.168		0		1		0.244		
18:2 undifferentiated.....g	0.117		0		1		0.170		
18:3 undifferentiated.....g	0.051		0		1		0.074		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.026		0		1		0.038		
Threonine.....g	0.091		0		1		0.132		
Isoleucine.....g	0.142		0		1		0.206		
Leucine.....g	0.214		0		1		0.310		
Lysine.....g	0.134		0		1		0.194		
Methionine.....g	0.043		0		1		0.062		
Cystine.....g	0.035		0		1		0.051		
Phenylalanine.....g	0.107		0		1		0.155		
Tyrosine.....g	0.097		0		1		0.141		
Valine.....g	0.140		0		1		0.203		
Arginine.....g	0.120		0		1		0.174		
Histidine.....g	0.062		0		1		0.090		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 145g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11520
Taro leaves, raw

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	0.060		0		1		0.017	0.006	
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	0.060		0		1		0.017	0.006	
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	0.307		0		1		0.086	0.031	
18:2 undifferentiated.....g	0.214		0		1		0.060	0.021	
18:3 undifferentiated.....g	0.093		0		1		0.026	0.009	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		3		1		0.013	0.005	
Threonine.....g	0.167		2		1		0.047	0.017	
Isoleucine.....g	0.260		2		1		0.073	0.026	
Leucine.....g	0.392		2		1		0.110	0.039	
Lysine.....g	0.246		3		1		0.069	0.025	
Methionine.....g	0.079		3		1		0.022	0.008	
Cystine.....g	0.064		2		1		0.018	0.006	
Phenylalanine.....g	0.195		2		1		0.055	0.020	
Tyrosine.....g	0.178		1		1		0.050	0.018	
Valine.....g	0.256		2		1		0.072	0.026	
Arginine.....g	0.220		2		1		0.062	0.022	
Histidine.....g	0.114		2		1		0.032	0.011	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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	2895		0	BNA	4		810.600	289.500	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	1932		0	O	4		540.960	193.200	

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 = 28g: 1 cup

Measure 2 = 10.0g: 1 leaf (11" x 6-1/2")

NDB No. 11520
Taro leaves, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11523

Taro shoots, cooked, 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	0.006		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		1		0.046		
18:2 undifferentiated.....g	0.023		0		1		0.032		
18:3 undifferentiated.....g	0.010		0		1		0.014		
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	z	7		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 = 140g: 1 cup slices

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11522
Taro shoots, raw

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	0.007		0		1		0.003	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.003	0.006	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0		1		0.016	0.031	
18:2 undifferentiated.....g	0.026		0		1		0.011	0.022	
18:3 undifferentiated.....g	0.011		0		1		0.005	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	Z	7		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 = 43g: .5 cup slices

Measure 2 = 83g: 1 shoot

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11878
Taro, cooked, 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	0.009		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.012		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.061		
18:2 undifferentiated.....g	0.032		0		1		0.042		
18:3 undifferentiated.....g	0.014		0		1		0.018		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.011		
Threonine.....g	0.024		0		1		0.032		
Isoleucine.....g	0.019		0		1		0.025		
Leucine.....g	0.038		0		1		0.050		
Lysine.....g	0.023		0		1		0.030		
Methionine.....g	0.007		0		1		0.009		
Cystine.....g	0.011		0		1		0.015		
Phenylalanine.....g	0.028		0		1		0.037		
Tyrosine.....g	0.019		0		1		0.025		
Valine.....g	0.028		0		1		0.037		
Arginine.....g	0.036		0		1		0.048		
Histidine.....g	0.012		0		1		0.016		
Alanine.....g	0.025		0		1		0.033		
Aspartic acid.....g	0.066		0		1		0.087		
Glutamic acid.....g	0.060		0		1		0.079		
Glycine.....g	0.026		0		1		0.034		
Proline.....g	0.021		0		1		0.028		
Serine.....g	0.032		0		1		0.042		
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 = 132g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11519
Taro, cooked, 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	0.009		0		1		0.012		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.012		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.046		0		1		0.061		
18:2 undifferentiated.....g	0.032		0		1		0.042		
18:3 undifferentiated.....g	0.014		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.011		
Threonine.....g	0.024		0		1		0.032		
Isoleucine.....g	0.019		0		1		0.025		
Leucine.....g	0.038		0		1		0.050		
Lysine.....g	0.023		0		1		0.030		
Methionine.....g	0.007		0		1		0.009		
Cystine.....g	0.011		0		1		0.015		
Phenylalanine.....g	0.028		0		1		0.037		
Tyrosine.....g	0.019		0		1		0.025		
Valine.....g	0.028		0		1		0.037		
Arginine.....g	0.036		0		1		0.048		
Histidine.....g	0.012		0		1		0.016		
Alanine.....g	0.025		0		1		0.033		
Aspartic acid.....g	0.066		0		1		0.087		
Glutamic acid.....g	0.060		0		1		0.079		
Glycine.....g	0.026		0		1		0.034		
Proline.....g	0.021		0		1		0.028		
Serine.....g	0.032		0		1		0.042		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	39		0	BFSY	4		51.706		
Carotene, alpha.....mcg	0		0	BFSY	4		0.000		
Cryptoxanthin, beta.....mcg	22		0	BFSY	4		29.295		
Lycopene.....mcg	0		0	BFSY	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 132g: 1 cup, sliced

NDB No. 11519

Taro, cooked, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11879

Taro, leaves, cooked, steamed, 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	0.033		0		1		0.048		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.033		0		1		0.048		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.168		0		1		0.244		
18:2 undifferentiated.....g	0.117		0		1		0.170		
18:3 undifferentiated.....g	0.051		0		1		0.074		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.026		0		1		0.038		
Threonine.....g	0.091		0		1		0.132		
Isoleucine.....g	0.142		0		1		0.206		
Leucine.....g	0.214		0		1		0.310		
Lysine.....g	0.134		0		1		0.194		
Methionine.....g	0.043		0		1		0.062		
Cystine.....g	0.035		0		1		0.051		
Phenylalanine.....g	0.107		0		1		0.155		
Tyrosine.....g	0.097		0		1		0.141		
Valine.....g	0.140		0		1		0.203		
Arginine.....g	0.120		0		1		0.174		
Histidine.....g	0.062		0		1		0.090		
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 145g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11518

Taro, raw

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	0.016		0		1		0.017		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.017		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.083		0		1		0.086		
18:2 undifferentiated.....g	0.058		0		1		0.060		
18:3 undifferentiated.....g	0.025		0		1		0.026		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	19		0		1		20		
Amino Acids:									
Tryptophan.....g	0.023		8		1		0.024		
Threonine.....g	0.069		9		1		0.072		
Isoleucine.....g	0.054		9		1		0.056		
Leucine.....g	0.111		9		1		0.115		
Lysine.....g	0.067		11		1		0.070		
Methionine.....g	0.020		11		1		0.021		
Cystine.....g	0.032		4		1		0.033		
Phenylalanine.....g	0.082		9		1		0.085		
Tyrosine.....g	0.055		9		1		0.057		
Valine.....g	0.082		9		1		0.085		
Arginine.....g	0.103		9		1		0.107		
Histidine.....g	0.034		9		1		0.035		
Alanine.....g	0.073		8		1		0.076		
Aspartic acid.....g	0.192		8		1		0.200		
Glutamic acid.....g	0.174		8		1		0.181		
Glycine.....g	0.074		8		1		0.077		
Proline.....g	0.060		8		1		0.062		
Serine.....g	0.092		8		1		0.096		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	35		0	T	4		36.712		
Carotene, alpha.....mcg	0		0	T	4		0.000		
Cryptoxanthin, beta.....mcg	20		0	T	4		20.800		
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 = 104g: 1 cup, sliced

NDB No. 11518
Taro, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11880

Taro, shoots, cooked, 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	0.006		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.033		0		1		0.046		
18:2 undifferentiated.....g	0.023		0		1		0.032		
18:3 undifferentiated.....g	0.010		0		1		0.014		
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	z	7		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 = 140g: 1 cup slices

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11881

Taro, tahitian, cooked, 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	0.055		0		1		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.055		0		1		0.075		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.282		0		1		0.386		
18:2 undifferentiated.....g	0.196		0		1		0.269		
18:3 undifferentiated.....g	0.085		0		1		0.116		
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	z	7		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 = 137g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11526

Taro, tahitian, cooked, 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	0.055		0		1		0.075		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.055		0		1		0.075		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.282		0		1		0.386		
18:2 undifferentiated.....g	0.196		0		1		0.269		
18:3 undifferentiated.....g	0.085		0		1		0.116		
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	z	7		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 = 137g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11525
Taro, tahitian, raw

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	0.078		0		1		0.098		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.078		0		1		0.098		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.500		
18:2 undifferentiated.....g	0.279		0		1		0.349		
18:3 undifferentiated.....g	0.121		0		1		0.151		
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	z	7		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 = 125g: 1 cup slices

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11954
Tomatillos, raw

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	0.155		0		1		0.053	0.102	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		4		0.002	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.152		0		4		0.052	0.100	
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	0.417		0		1		0.142	0.275	
18:2 undifferentiated.....g	0.402		0		4		0.137	0.265	
18:3 undifferentiated.....g	0.016		0		4		0.005	0.011	
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	Z	7		0	0	
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	63		0	BNA	4		21.517	41.769	
Carotene, alpha.....mcg	10		0	BNA	4		3.477	6.750	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	495		0	BFSN	4		168.385	326.865	

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 = 34g: 1 medium

Measure 2 = 66g: .5 cup, chopped or diced

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 43365

Tomato and vegetable juice, low sodium

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	0.016				4		0.039	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.016				4		0.039	0.005	
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	0.042				4		0.102	0.013	
18:2 undifferentiated.....g	0.040				4		0.097	0.012	
18:3 undifferentiated.....g	0.001				4		0.002	0.000	
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	623		0	BNA	4		1508.061	188.196	
Carotene, alpha.....mcg	158		0	BNA	4		381.558	47.616	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	9690		0	BFSN	4		23449.352	2926.324	
Lutein + zeaxanthin.....mcg	80		0	BFSN	4		194.198	24.235	

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Common Measures:

Measure 1 = 242g: 1 cup
 Measure 2 = 30.2g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11540

Tomato juice, canned, 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
16:0.....g	0.006		0		1		0.015	0.011	
17:0.....g									
18:0.....g	0.002		0		1		0.005	0.004	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.022	0.016	
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	0.009		0		1		0.022	0.016	
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	0.024		0		1		0.058	0.044	
18:2 undifferentiated.....g	0.023		0		1		0.056	0.042	
18:3 undifferentiated.....g	0.001		0		1		0.002	0.002	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		1		1		0.012	0.009	
Threonine.....g	0.017		4		1		0.041	0.031	
Isoleucine.....g	0.015		4		1		0.036	0.027	
Leucine.....g	0.021		4		1		0.051	0.038	
Lysine.....g	0.022		8		1		0.053	0.040	
Methionine.....g	0.004		2		1		0.010	0.007	
Cystine.....g	0.004		1		1		0.010	0.007	
Phenylalanine.....g	0.016		4		1		0.039	0.029	
Tyrosine.....g	0.010		4		1		0.024	0.018	
Valine.....g	0.015		4		1		0.036	0.027	
Arginine.....g	0.015		4		1		0.036	0.027	
Histidine.....g	0.012		4		1		0.029	0.022	
Alanine.....g	0.024		4		1		0.058	0.044	
Aspartic acid.....g	0.095		4		1		0.231	0.173	
Glutamic acid.....g	0.303		4		1		0.736	0.551	
Glycine.....g	0.012		4		1		0.029	0.022	
Proline.....g	0.017		4		1		0.041	0.031	
Serine.....g	0.018		4		1		0.044	0.033	
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	270		6	A	1		656.100	491.400	
Carotene, alpha.....mcg	0		6	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		6	A	1		0.000	0.000	
Lycopene.....mcg	9037		18	A	1		21960.450	16447.744	
Lutein + zeaxanthin.....mcg	60		6	A	1		145.800	109.200	

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.

NDB No. 11540

Tomato juice, canned, with salt added

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 182g: 6 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11886

Tomato juice, canned, without 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
16:0.....g	0.006		0		1		0.015	0.002	0.011
17:0.....g									
18:0.....g	0.002		0		1		0.005	0.001	0.004
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.009		0		1		0.022	0.003	0.016
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	0.009		0		1		0.022	0.003	0.016
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	0.024		0		1		0.058	0.007	0.044
18:2 undifferentiated.....g	0.023		0		1		0.056	0.007	0.042
18:3 undifferentiated.....g	0.001		0		1		0.002	0.000	0.002
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		1		1		0.012	0.002	0.009
Threonine.....g	0.017		4		1		0.041	0.005	0.031
Isoleucine.....g	0.015		4		1		0.036	0.005	0.027
Leucine.....g	0.021		4		1		0.051	0.006	0.038
Lysine.....g	0.022		8		1		0.053	0.007	0.040
Methionine.....g	0.004		2		1		0.010	0.001	0.007
Cystine.....g	0.004		1		1		0.010	0.001	0.007
Phenylalanine.....g	0.016		4		1		0.039	0.005	0.029
Tyrosine.....g	0.010		4		1		0.024	0.003	0.018
Valine.....g	0.015		4		1		0.036	0.005	0.027
Arginine.....g	0.015		4		1		0.036	0.005	0.027
Histidine.....g	0.012		4		1		0.029	0.004	0.022
Alanine.....g	0.024		4		1		0.058	0.007	0.044
Aspartic acid.....g	0.095		4		1		0.231	0.029	0.173
Glutamic acid.....g	0.303		4		1		0.736	0.092	0.551
Glycine.....g	0.012		4		1		0.029	0.004	0.022
Proline.....g	0.017		4		1		0.041	0.005	0.031
Serine.....g	0.018		4		1		0.044	0.005	0.033
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	270		6	A	1		656.100	82.080	491.400
Carotene, alpha.....mcg	0		6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		6	A	1		0.000	0.000	0.000
Lycopene.....mcg	9037		18	A	1		21960.450	2747.316	16447.744
Lutein + zeaxanthin.....mcg	60		6	A	1		145.800	18.240	109.200

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.

NDB No. 11886

Tomato juice, canned, without salt added

Common Measures:

Measure 1 = 243g: 1 cup

Measure 2 = 30.4g: 1 fl oz

Measure 3 = 182g: 6 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11548
Tomato 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	0.066		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1				
17:1.....g									
18:1 undifferentiated.....g	0.065		0		1				
20:1.....g	0.001		0		1				
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.179		0		1				
18:2 undifferentiated.....g	0.171		0		1				
18:3 undifferentiated.....g	0.007		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.089		0		1				
Threonine.....g	0.295		0		1				
Isoleucine.....g	0.250		0		1				
Leucine.....g	0.359		0		1				
Lysine.....g	0.370		0		1				
Methionine.....g	0.066		0		1				
Cystine.....g	0.076		0		1				
Phenylalanine.....g	0.273		0		1				
Tyrosine.....g	0.173		0		1				
Valine.....g	0.264		0		1				
Arginine.....g	0.258		0		1				
Histidine.....g	0.204		0		1				
Alanine.....g	0.405		0		1				
Aspartic acid.....g	1.617		0		1				
Glutamic acid.....g	5.163		0		1				
Glycine.....g	0.213		0		1				
Proline.....g	0.283		0		1				
Serine.....g	0.308		0		1				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7				
Caffeine.....mg									
Theobromine.....mg									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	10348		0	BNA	4				
Carotene, alpha.....mcg	0		0	BNA	4				
Cryptoxanthin, beta.....mcg	0		0	BNA	4				
Lycopene.....mcg	46260		0	BFSN	4				
Lutein + zeaxanthin.....mcg	1370		0	BFSN	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 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11548
Tomato powder

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Tomato products, canned, paste, 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
16:0.....g	0.105		2	A	1		0.137	0.178	
17:0.....g									
18:0.....g	0.020		0	BFFN	4		0.026	0.034	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.083		0	BFFN	4		0.109	0.141	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	BFFN	4		0.004	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.081		0	BFFN	4		0.106	0.138	
20:1.....g	0.001		0	BFFN	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.224		0	BFFN	4		0.293	0.381	
18:2 undifferentiated.....g	0.192	0.010	3	A	1		0.251	0.326	
18:3 undifferentiated.....g	0.009		0	BFFN	4		0.012	0.015	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0	BFFN	4		0.033	0.043	
Threonine.....g	0.103		2	A	1		0.134	0.174	
Isoleucine.....g	0.071		0	BFFN	4		0.093	0.121	
Leucine.....g	0.112	0.003	3	A	1		0.146	0.190	
Lysine.....g	0.123	0.010	3	A	1		0.162	0.210	
Methionine.....g	0.018		0	BFFN	4		0.024	0.031	
Cystine.....g	0.021		0	BFFN	4		0.028	0.036	
Phenylalanine.....g	0.121	0.003	3	A	1		0.159	0.206	
Tyrosine.....g	0.050		0	BFFN	4		0.066	0.085	
Valine.....g	0.075		0	BFFN	4		0.098	0.128	
Arginine.....g	0.074		0	BFFN	4		0.097	0.126	
Histidine.....g	0.058		0	BFFN	4		0.076	0.099	
Alanine.....g	0.195	0.003	3	A	1		0.255	0.332	
Aspartic acid.....g	0.697	0.010	3	A	1		0.913	1.185	
Glutamic acid.....g	1.896	0.029	3	A	1		2.483	3.223	
Glycine.....g	0.060		0	BFFN	4		0.079	0.102	
Proline.....g	0.081		0	BFFN	4		0.106	0.138	
Serine.....g	0.109	0.001	3	A	1		0.143	0.185	
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	901	45.881	9	JO	11		1179.704	1530.914	
Carotene, alpha.....mcg	29	28.571	7	JO	11		37.429	48.571	
Cryptoxanthin, beta.....mcg	0	0.000	6	JO	11		0.000	0.000	
Lycopene.....mcg	28764	556.449	13	JO	11		37680.840	48898.800	
Lutein + zeaxanthin.....mcg	0	0.000	6	JO	11		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.

NDB No. 11887

Tomato products, canned, paste, with salt added

Common Measures:

Measure 1 = 131g: .5 cup

Measure 2 = 170g: 1 can (6 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11546

Tomato products, canned, paste, without 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
16:0.....g	0.083		2	A	1		0.218	0.013	0.141
17:0.....g									
18:0.....g	0.016		0	BFFN	4		0.042	0.003	0.027
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.067		0	NC	4		0.175	0.011	0.114
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.004	0.000	0.003
17:1.....g									
18:1 undifferentiated.....g	0.064		0	BFFN	4		0.169	0.010	0.110
20:1.....g	0.001		0	BFFN	4		0.002	0.000	0.001
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160		0	NC	4		0.418	0.026	0.271
18:2 undifferentiated.....g	0.152	0.010	3	A	1		0.399	0.024	0.259
18:3 undifferentiated.....g	0.007		0	BFFN	4		0.019	0.001	0.012
18:4.....g	0.000		0	BFFN	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	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2	0.000	10		1		4	0	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0	BFFN	4		0.066	0.004	0.043
Threonine.....g	0.103		2	A	1		0.269	0.016	0.174
Isoleucine.....g	0.071		0	BFFN	4		0.186	0.011	0.121
Leucine.....g	0.112	0.003	3	A	1		0.293	0.018	0.190
Lysine.....g	0.123	0.010	3	A	1		0.323	0.020	0.210
Methionine.....g	0.018		0	BFFN	4		0.047	0.003	0.031
Cystine.....g	0.021		0	BFFN	4		0.055	0.003	0.036
Phenylalanine.....g	0.121	0.003	3	A	1		0.317	0.019	0.206
Tyrosine.....g	0.050		0	BFFN	4		0.131	0.008	0.085
Valine.....g	0.075		0	BFFN	4		0.197	0.012	0.128
Arginine.....g	0.074		0	BFFN	4		0.194	0.012	0.126
Histidine.....g	0.058		0	BFFN	4		0.152	0.009	0.099
Alanine.....g	0.195	0.003	3	A	1		0.511	0.031	0.332
Aspartic acid.....g	0.697	0.010	3	A	1		1.826	0.112	1.185
Glutamic acid.....g	1.896	0.029	3	A	1		4.967	0.303	3.223
Glycine.....g	0.060		0	BFFN	4		0.157	0.010	0.102
Proline.....g	0.081		0	BFFN	4		0.212	0.013	0.138
Serine.....g	0.109	0.001	3	A	1		0.286	0.017	0.185
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	901	45.881	9	JO	11		2359.409	144.086	1530.914
Carotene, alpha.....mcg	29	28.571	7	JO	11		74.857	4.571	48.571
Cryptoxanthin, beta.....mcg	0	0.000	6	JO	11		0.000	0.000	0.000
Lycopene.....mcg	28764	556.449	13	JO	11		75361.680	4602.240	48898.800
Lutein + zeaxanthin.....mcg	0	0.000	6	JO	11		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.

NDB No. 11546

Tomato products, canned, paste, without salt added

Common Measures:

Measure 1 = 262g: 1 cup

Measure 2 = 16g: 1 tbsp

Measure 3 = 170g: 1 can (6 oz)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

Tomato products, canned, puree, 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
16:0.....g	0.022		0	BFFN	4		0.055	0.180	
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.017	0.056	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0	NC	4		0.079	0.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFFN	4		0.079	0.258	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.086		0	NC	4		0.215	0.708	
18:2 undifferentiated.....g	0.082		0	BFFN	4		0.205	0.674	
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.010	0.034	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0	BFFN	4		0.028	0.090	
Threonine.....g	0.038		0	BFFN	4		0.095	0.312	
Isoleucine.....g	0.032		0	BFFN	4		0.080	0.263	
Leucine.....g	0.047		0	BFFN	4		0.118	0.386	
Lysine.....g	0.049		0	BFFN	4		0.123	0.403	
Methionine.....g	0.009		0	BFFN	4		0.023	0.074	
Cystine.....g	0.010		0	BFFN	4		0.025	0.082	
Phenylalanine.....g	0.035		0	BFFN	4		0.088	0.288	
Tyrosine.....g	0.022		0	BFFN	4		0.055	0.181	
Valine.....g	0.034		0	BFFN	4		0.085	0.279	
Arginine.....g	0.033		0	BFFN	4		0.083	0.271	
Histidine.....g	0.026		0	BFFN	4		0.065	0.214	
Alanine.....g	0.053		0	BFFN	4		0.133	0.436	
Aspartic acid.....g	0.277	0.011	3	A	1		0.693	2.277	
Glutamic acid.....g	0.812	0.043	3	A	1		2.031	6.677	
Glycine.....g	0.028		0	BFFN	4		0.070	0.230	
Proline.....g	0.037		0	BFFN	4		0.093	0.304	
Serine.....g	0.040		0	BFFN	4		0.100	0.329	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	306	10.055	6	A	1		765.417	2516.690	
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	
Lycopene.....mcg	21754	604.893	6	A	1		54384.583	178816.510	
Lutein + zeaxanthin.....mcg	0	0.000	6	A	1		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.

NDB No. 11888

Tomato products, canned, puree, with salt added

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 822g: 1 can (29 oz) (401 x 411)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

Tomato products, canned, puree, without 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
16:0.....g	0.022		0	BFFN	4		0.055	0.180	
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.017	0.056	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.031		0	NC	4		0.079	0.258	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	BFFN	4		0.079	0.258	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.086		0	NC	4		0.215	0.708	
18:2 undifferentiated.....g	0.082		0	BFFN	4		0.205	0.674	
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.010	0.034	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2	0.000	20		1		4	12	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0	DI	4		0.027	0.088	
Threonine.....g	0.037		0	DI	4		0.093	0.304	
Isoleucine.....g	0.031		0	DI	4		0.078	0.256	
Leucine.....g	0.046		0	DI	4		0.114	0.376	
Lysine.....g	0.048		0	DI	4		0.119	0.392	
Methionine.....g	0.009		0	DI	4		0.022	0.072	
Cystine.....g	0.010		0	DI	4		0.024	0.080	
Phenylalanine.....g	0.034		0	DI	4		0.085	0.280	
Tyrosine.....g	0.021		0	DI	4		0.054	0.176	
Valine.....g	0.033		0	DI	4		0.083	0.272	
Arginine.....g	0.032		0	DI	4		0.080	0.264	
Histidine.....g	0.025		0	DI	4		0.063	0.208	
Alanine.....g	0.052		0	DI	4		0.129	0.424	
Aspartic acid.....g	0.206		0	DI	4		0.516	1.697	
Glutamic acid.....g	0.658		0	DI	4		1.646	5.411	
Glycine.....g	0.027		0	DI	4		0.068	0.224	
Proline.....g	0.036		0	DI	4		0.090	0.296	
Serine.....g	0.039		0	DI	4		0.097	0.320	
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	306	10.055	6	A	1		765.417	2516.690	
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000	0.000	
Lycopene.....mcg	21754	604.893	6	A	1		54384.583	178816.510	
Lutein + zeaxanthin.....mcg	0	0.000	6	A	1		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.

NDB No. 11547

Tomato products, canned, puree, without salt added

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 822g: 1 can (29 oz) (401 x 411)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11549

Tomato products, canned, sauce

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	0.025		0		1		0.061		
17:0.....g									
18:0.....g	0.009		0		1		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.037		0	NC	4		0.090		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.035		0		1		0.086		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0	NC	4		0.240		
18:2 undifferentiated.....g	0.094		0		1		0.230		
18:3 undifferentiated.....g	0.004		0		1		0.011		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		0		1		0.022		
Threonine.....g	0.030		0		1		0.074		
Isoleucine.....g	0.026		0		1		0.064		
Leucine.....g	0.037		0		1		0.091		
Lysine.....g	0.038		0		1		0.093		
Methionine.....g	0.007		0		1		0.017		
Cystine.....g	0.008		0		1		0.020		
Phenylalanine.....g	0.028		0		1		0.069		
Tyrosine.....g	0.018		0		1		0.044		
Valine.....g	0.027		0		1		0.066		
Arginine.....g	0.027		0		1		0.066		
Histidine.....g	0.021		0		1		0.051		
Alanine.....g	0.042		0		1		0.103		
Aspartic acid.....g	0.209	0.007	3	A	1		0.513		
Glutamic acid.....g	0.585	0.024	3	A	1		1.433		
Glycine.....g	0.022		0		1		0.054		
Proline.....g	0.029		0		1		0.071		
Serine.....g	0.032		0		1		0.078		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	209	19.734	6	A	1		511.642		
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000		
Cryptoxanthin, beta.....mcg	0	0.000	6	A	1		0.000		
Lycopene.....mcg	15152	450.759	6	A	1		37123.217		
Lutein + zeaxanthin.....mcg	0	0.000	6	A	1		0.000		

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NDB No. 11549

Tomato products, canned, sauce

Common Measures:

Measure 1 = 245g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11649

Tomato products, canned, sauce, spanish style

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	0.040		0		1		0.098	0.170	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.039		0		1		0.095	0.166	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0		1		0.264	0.459	
18:2 undifferentiated.....g	0.103		0		1		0.251	0.438	
18:3 undifferentiated.....g	0.004		0		1		0.010	0.017	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.024	0.043	
Threonine.....g	0.033		0		1		0.081	0.140	
Isoleucine.....g	0.028		0		1		0.068	0.119	
Leucine.....g	0.040		0		1		0.098	0.170	
Lysine.....g	0.041		0		1		0.100	0.174	
Methionine.....g	0.007		0		1		0.017	0.030	
Cystine.....g	0.009		0		1		0.022	0.038	
Phenylalanine.....g	0.030		0		1		0.073	0.128	
Tyrosine.....g	0.019		0		1		0.046	0.081	
Valine.....g	0.029		0		1		0.071	0.123	
Arginine.....g	0.029		0		1		0.071	0.123	
Histidine.....g	0.023		0		1		0.056	0.098	
Alanine.....g	0.045		0		1		0.110	0.191	
Aspartic acid.....g	0.180		0		1		0.439	0.765	
Glutamic acid.....g	0.575		0		1		1.403	2.444	
Glycine.....g	0.024		0		1		0.059	0.102	
Proline.....g	0.032		0		1		0.078	0.136	
Serine.....g	0.034		0		1		0.083	0.145	
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 = 244g: 1 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 2.64

Fat 8.37

Carbohydrate 3.7

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11555

Tomato products, canned, sauce, with herbs and cheese

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	0.380		0		1		0.464	1.615	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		1		0.028	0.098	
17:1.....g									
18:1 undifferentiated.....g	0.351		0		1		0.428	1.492	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.825		0		1		1.007	3.506	
18:2 undifferentiated.....g	0.814		0		1		0.993	3.460	
18:3 undifferentiated.....g	0.008		0		1		0.010	0.034	
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	3		0		4		4	13	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.021		0		1		0.026	0.089	
Threonine.....g	0.059		0		1		0.072	0.251	
Isoleucine.....g	0.070		0		1		0.085	0.298	
Leucine.....g	0.113		0		1		0.138	0.480	
Lysine.....g	0.111		0		1		0.135	0.472	
Methionine.....g	0.028		0		1		0.034	0.119	
Cystine.....g	0.016		0		1		0.020	0.068	
Phenylalanine.....g	0.070		0		1		0.085	0.298	
Tyrosine.....g	0.060		0		1		0.073	0.255	
Valine.....g	0.082		0		1		0.100	0.349	
Arginine.....g	0.089		0		1		0.109	0.378	
Histidine.....g	0.050		0		1		0.061	0.213	
Alanine.....g	0.063		0		1		0.077	0.268	
Aspartic acid.....g	0.201		0		1		0.245	0.854	
Glutamic acid.....g	0.639		0		1		0.780	2.716	
Glycine.....g	0.043		0		1		0.052	0.183	
Proline.....g	0.113		0		1		0.138	0.480	
Serine.....g	0.076		0		1		0.093	0.323	
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 = 122g: .5 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 3

Fat 8.8

Carbohydrate 3.5

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11551

Tomato products, canned, sauce, with mushrooms

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	0.010		0		1		0.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.010		0		1		0.025		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.123		
18:2 undifferentiated.....g	0.048		0		1		0.118		
18:3 undifferentiated.....g	0.001		0		1		0.002		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.042		
Threonine.....g	0.043		0		1		0.105		
Isoleucine.....g	0.037		0		1		0.091		
Leucine.....g	0.055		0		1		0.135		
Lysine.....g	0.074		0		1		0.181		
Methionine.....g	0.014		0		1		0.034		
Cystine.....g	0.007		0		1		0.017		
Phenylalanine.....g	0.039		0		1		0.096		
Tyrosine.....g	0.023		0		1		0.056		
Valine.....g	0.041		0		1		0.100		
Arginine.....g	0.042		0		1		0.103		
Histidine.....g	0.028		0		1		0.069		
Alanine.....g	0.065		0		1		0.159		
Aspartic acid.....g	0.169		0		1		0.414		
Glutamic acid.....g	0.486		0		1		1.191		
Glycine.....g	0.036		0		1		0.088		
Proline.....g	0.053		0		1		0.130		
Serine.....g	0.044		0		1		0.108		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	573		0	BNA	4		1403.850		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	16677		0	BFSN	4		40859.313		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 245g: 1 cup

NDB No. 11551

Tomato products, canned, sauce, with mushrooms

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11553

Tomato products, canned, sauce, with onions

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	0.028		0		1		0.069		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.028		0		1		0.069		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0		1		0.189		
18:2 undifferentiated.....g	0.074		0		1		0.181		
18:3 undifferentiated.....g	0.004		0		1		0.010		
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	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.016		0		1		0.039		
Threonine.....g	0.037		0		1		0.091		
Isoleucine.....g	0.042		0		1		0.103		
Leucine.....g	0.049		0		1		0.120		
Lysine.....g	0.059		0		1		0.145		
Methionine.....g	0.010		0		1		0.025		
Cystine.....g	0.018		0		1		0.044		
Phenylalanine.....g	0.036		0		1		0.088		
Tyrosine.....g	0.029		0		1		0.071		
Valine.....g	0.034		0		1		0.083		
Arginine.....g	0.114		0		1		0.279		
Histidine.....g	0.025		0		1		0.061		
Alanine.....g	0.046		0		1		0.113		
Aspartic acid.....g	0.145		0		1		0.355		
Glutamic acid.....g	0.454		0		1		1.112		
Glycine.....g	0.044		0		1		0.108		
Proline.....g	0.041		0		1		0.100		
Serine.....g	0.041		0		1		0.100		
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 = 245g: 1 cup

Calories Factors: Protein 2.6

Fat 8.4

Carbohydrate 3.7

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11557

Tomato products, canned, sauce, with onions, green peppers, and celery

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	0.102		0		1		0.255	0.419	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.008	0.012	
17:1.....g									
18:1 undifferentiated.....g	0.099		0		1		0.248	0.407	
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	0.337		0		1		0.843	1.385	
18:2 undifferentiated.....g	0.321		0		1		0.803	1.319	
18:3 undifferentiated.....g	0.016		0		1		0.040	0.066	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.020	0.033	
Threonine.....g	0.022		0		1		0.055	0.090	
Isoleucine.....g	0.021		0		1		0.053	0.086	
Leucine.....g	0.028		0		1		0.070	0.115	
Lysine.....g	0.030		0		1		0.075	0.123	
Methionine.....g	0.005		0		1		0.013	0.021	
Cystine.....g	0.007		0		1		0.018	0.029	
Phenylalanine.....g	0.021		0		1		0.053	0.086	
Tyrosine.....g	0.014		0		1		0.035	0.058	
Valine.....g	0.020		0		1		0.050	0.082	
Arginine.....g	0.037		0		1		0.093	0.152	
Histidine.....g	0.015		0		1		0.038	0.062	
Alanine.....g	0.029		0		1		0.073	0.119	
Aspartic acid.....g	0.108		0		1		0.270	0.444	
Glutamic acid.....g	0.336		0		1		0.840	1.381	
Glycine.....g	0.020		0		1		0.050	0.082	
Proline.....g	0.022		0		1		0.055	0.090	
Serine.....g	0.024		0		1		0.060	0.099	
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	486		0	BNA	4		1215.000	1997.460	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	16248		0	BFSN	4		40618.789	66777.290	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 411g: 1 can, 15 oz (303 x 406)

NDB No. 11557

Tomato products, canned, sauce, with onions, green peppers, and celery

Calories Factors: Protein 2.4

Fat 8.4

Carbohydrate 3.7

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11559

Tomato products, canned, sauce, with tomato tidbits

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	0.058		0		1		0.142	0.247	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.057		0		1		0.139	0.242	
20:1.....g	0.001		0		1		0.002	0.004	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.157		0		1		0.383	0.667	
18:2 undifferentiated.....g	0.150		0		1		0.366	0.638	
18:3 undifferentiated.....g	0.006		0		1		0.015	0.026	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.009		0		1		0.022	0.038	
Threonine.....g	0.030		0		1		0.073	0.128	
Isoleucine.....g	0.026		0		1		0.063	0.111	
Leucine.....g	0.037		0		1		0.090	0.157	
Lysine.....g	0.038		0		1		0.093	0.162	
Methionine.....g	0.007		0		1		0.017	0.030	
Cystine.....g	0.008		0		1		0.020	0.034	
Phenylalanine.....g	0.028		0		1		0.068	0.119	
Tyrosine.....g	0.018		0		1		0.044	0.077	
Valine.....g	0.027		0		1		0.066	0.115	
Arginine.....g	0.027		0		1		0.066	0.115	
Histidine.....g	0.021		0		1		0.051	0.089	
Alanine.....g	0.042		0		1		0.102	0.179	
Aspartic acid.....g	0.166		0		1		0.405	0.706	
Glutamic acid.....g	0.530		0		1		1.293	2.253	
Glycine.....g	0.022		0		1		0.054	0.094	
Proline.....g	0.029		0		1		0.071	0.123	
Serine.....g	0.032		0		1		0.078	0.136	
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 = 244g: 1 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43217
Tomato sauce, no 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	0.029				4		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.028				4		0.068		
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	0.079				4		0.193		
18:2 undifferentiated.....g	0.075				4		0.183		
18:3 undifferentiated.....g	0.004				4		0.010		
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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	208		0	BFSN	4		508.155		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	15111		0	BFSN	4		36870.216		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 244g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11693
Tomatoes, crushed, canned

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	0.043		0	BFSN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFSN	4				
17:1.....g									
18:1 undifferentiated.....g	0.041		0	BFSN	4				
20:1.....g	0.000		0	BFSN	4				
22:1 undifferentiated.....g	0.000		0	BFSN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.113		0	BFSN	4				
18:2 undifferentiated.....g	0.108		0	BFSN	4				
18:3 undifferentiated.....g	0.005		0	BFSN	4				
18:4.....g	0.000		0	BFSN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4				
20:5 n-3.....g	0.000		0	BFSN	4				
22:5 n-3.....g	0.000		0	BFSN	4				
22:6 n-3.....g	0.000		0	BFSN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0	BFSN	4				
Threonine.....g	0.040		0	BFSN	4				
Isoleucine.....g	0.037		0	BFSN	4				
Leucine.....g	0.057		0	BFSN	4				
Lysine.....g	0.057		0	BFSN	4				
Methionine.....g	0.013		0	BFSN	4				
Cystine.....g	0.020		0	BFSN	4				
Phenylalanine.....g	0.040		0	BFSN	4				
Tyrosine.....g	0.027		0	BFSN	4				
Valine.....g	0.040		0	BFSN	4				
Arginine.....g	0.038		0	BFSN	4				
Histidine.....g	0.023		0	BFSN	4				
Alanine.....g	0.045		0	BFSN	4				
Aspartic acid.....g	0.215		0	BFSN	4				
Glutamic acid.....g	0.570		0	BFSN	4				
Glycine.....g	0.038		0	BFSN	4				
Proline.....g	0.030		0	BFSN	4				
Serine.....g	0.042		0	BFSN	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11527
Tomatoes, green, raw

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	0.030		0		1		0.054	0.055	0.037
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.029		0		1		0.052	0.053	0.036
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	0.081		0		1		0.146	0.147	0.100
18:2 undifferentiated.....g	0.078		0		1		0.140	0.142	0.096
18:3 undifferentiated.....g	0.003		0		1		0.005	0.005	0.004
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.009		9		1		0.016	0.016	0.011
Threonine.....g	0.030		13		1		0.054	0.055	0.037
Isoleucine.....g	0.029		14		1		0.052	0.053	0.036
Leucine.....g	0.044		14		1		0.079	0.080	0.054
Lysine.....g	0.044		19		1		0.079	0.080	0.054
Methionine.....g	0.010		15		1		0.018	0.018	0.012
Cystine.....g	0.016		4		1		0.029	0.029	0.020
Phenylalanine.....g	0.031		14		1		0.056	0.056	0.038
Tyrosine.....g	0.021		12		1		0.038	0.038	0.026
Valine.....g	0.031		14		1		0.056	0.056	0.038
Arginine.....g	0.029		13		1		0.052	0.053	0.036
Histidine.....g	0.018		13		1		0.032	0.033	0.022
Alanine.....g	0.034		12		1		0.061	0.062	0.042
Aspartic acid.....g	0.166		12		1		0.299	0.302	0.204
Glutamic acid.....g	0.442		12		1		0.796	0.804	0.544
Glycine.....g	0.030		12		1		0.054	0.055	0.037
Proline.....g	0.023		12		1		0.041	0.042	0.028
Serine.....g	0.032		12		1		0.058	0.058	0.039
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	346		0	BNA	4		623.028	629.950	425.736
Carotene, alpha.....mcg	78		0	BNA	4		140.665	142.227	96.121
Cryptoxanthin, beta.....mcg	0		0	BNA	4		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 = 180g: 1 cup
- Measure 2 = 182g: 1 large
- Measure 3 = 123g: 1 medium

NDB No. 11527
Tomatoes, green, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11695
Tomatoes, orange, raw

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	0.028		0	BFFN	4		0.044	0.031	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.028		0	BFFN	4		0.044	0.031	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0	BFFN	4		0.120	0.084	
18:2 undifferentiated.....g	0.073		0	BFFN	4		0.115	0.081	
18:3 undifferentiated.....g	0.003		0	BFFN	4		0.005	0.003	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	4		0	BFFN	4		6	4	
Amino Acids:									
Tryptophan.....g	0.008		0	BFFN	4		0.013	0.009	
Threonine.....g	0.029		0	BFFN	4		0.046	0.032	
Isoleucine.....g	0.027		0	BFFN	4		0.043	0.030	
Leucine.....g	0.042		0	BFFN	4		0.066	0.047	
Lysine.....g	0.042		0	BFFN	4		0.066	0.047	
Methionine.....g	0.010		0	BFFN	4		0.016	0.011	
Cystine.....g	0.015		0	BFFN	4		0.024	0.017	
Phenylalanine.....g	0.030		0	BFFN	4		0.047	0.033	
Tyrosine.....g	0.020		0	BFFN	4		0.032	0.022	
Valine.....g	0.030		0	BFFN	4		0.047	0.033	
Arginine.....g	0.029		0	BFFN	4		0.046	0.032	
Histidine.....g	0.018		0	BFFN	4		0.028	0.020	
Alanine.....g	0.033		0	BFFN	4		0.052	0.037	
Aspartic acid.....g	0.161		0	BFFN	4		0.254	0.179	
Glutamic acid.....g	0.427		0	BFFN	4		0.675	0.474	
Glycine.....g	0.029		0	BFFN	4		0.046	0.032	
Proline.....g	0.022		0	BFFN	4		0.035	0.024	
Serine.....g	0.031		0	BFFN	4		0.049	0.034	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 158g: 1 cup, chopped

Measure 2 = 111g: 1 tomato

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11533

Tomatoes, red, ripe, canned, stewed

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	0.019		0	BFFN	4		0.048		
17:0.....g									
18:0.....g	0.007		0	BFFN	4		0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.029		0	NC	4		0.074		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.029		0	BFFN	4		0.074		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0	NC	4		0.197		
18:2 undifferentiated.....g	0.074		0	BFFN	4		0.190		
18:3 undifferentiated.....g	0.003		0	BFFN	4		0.007		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0	BFFN	4		0.018		
Threonine.....g	0.023		0	BFFN	4		0.059		
Isoleucine.....g	0.022		0	BFFN	4		0.056		
Leucine.....g	0.035		0	BFFN	4		0.089		
Lysine.....g	0.035		0	BFFN	4		0.089		
Methionine.....g	0.008		0	BFFN	4		0.020		
Cystine.....g	0.012		0	BFFN	4		0.031		
Phenylalanine.....g	0.025		0	BFFN	4		0.064		
Tyrosine.....g	0.016		0	BFFN	4		0.041		
Valine.....g	0.025		0	BFFN	4		0.064		
Arginine.....g	0.022		0	BFFN	4		0.056		
Histidine.....g	0.014		0	BFFN	4		0.036		
Alanine.....g	0.027		0	BFFN	4		0.069		
Aspartic acid.....g	0.131		0	BFFN	4		0.334		
Glutamic acid.....g	0.348		0	BFFN	4		0.887		
Glycine.....g	0.023		0	BFFN	4		0.059		
Proline.....g	0.017		0	BFFN	4		0.043		
Serine.....g	0.026		0	BFFN	4		0.066		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		
Carotenoids:									
Carotene, beta.....mcg	104		0	BFSN	4		266.389		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	4035		0	BFSN	4		10288.933		
Lutein + zeaxanthin.....mcg	120		0	BFSN	4		304.744		

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NDB No. 11533

Tomatoes, red, ripe, canned, stewed

Common Measures:

Measure 1 = 255g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11535

Tomatoes, red, ripe, canned, wedges in tomato juice

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	0.016		0		1		0.042		
17:0.....g									
18:0.....g	0.006		0		1		0.016		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.024		0		1		0.063		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.024		0		1		0.063		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0	BFSN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.066		0		1		0.172		
18:2 undifferentiated.....g	0.063		0		1		0.164		
18:3 undifferentiated.....g	0.003		0		1		0.008		
18:4.....g	0.000		0	BFSN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFSN	4		0.000		
20:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:5 n-3.....g	0.000		0	BFSN	4		0.000		
22:6 n-3.....g	0.000		0	BFSN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.016		
Threonine.....g	0.020		0		1		0.052		
Isoleucine.....g	0.019		0		1		0.050		
Leucine.....g	0.029		0		1		0.076		
Lysine.....g	0.029		0		1		0.076		
Methionine.....g	0.007		0		1		0.018		
Cystine.....g	0.010		0		1		0.026		
Phenylalanine.....g	0.021		0		1		0.055		
Tyrosine.....g	0.014		0		1		0.037		
Valine.....g	0.020		0		1		0.052		
Arginine.....g	0.019		0		1		0.050		
Histidine.....g	0.012		0		1		0.031		
Alanine.....g	0.023		0		1		0.060		
Aspartic acid.....g	0.110		0		1		0.287		
Glutamic acid.....g	0.293		0		1		0.765		
Glycine.....g	0.020		0		1		0.052		
Proline.....g	0.015		0		1		0.039		
Serine.....g	0.021		0		1		0.055		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFSN	4		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		
Carotenoids:									
Carotene, beta.....mcg	102		0	BFSN	4		265.071		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	3923		0	BFSN	4		10238.036		
Lutein + zeaxanthin.....mcg	116		0	BFSN	4		303.237		

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NDB No. 11535

Tomatoes, red, ripe, canned, wedges in tomato juice

Common Measures:

Measure 1 = 261g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11885

Tomatoes, red, ripe, canned, whole, no 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	0.020		0	BFFN	4		0.048	0.003	0.038
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.002	0.000	0.002
17:1.....g									
18:1 undifferentiated.....g	0.020		0	BFFN	4		0.048	0.003	0.038
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.054		0	BFFN	4		0.130	0.008	0.103
18:2 undifferentiated.....g	0.051		0	BFFN	4		0.122	0.008	0.097
18:3 undifferentiated.....g	0.002		0	BFFN	4		0.005	0.000	0.004
18:4.....g	0.000		0	BFFN	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	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0	BFFN	4		0.017	0.001	0.013
Threonine.....g	0.024		0	BFFN	4		0.058	0.004	0.046
Isoleucine.....g	0.022		0	BFFN	4		0.053	0.003	0.042
Leucine.....g	0.034		0	BFFN	4		0.082	0.005	0.065
Lysine.....g	0.034		0	BFFN	4		0.082	0.005	0.065
Methionine.....g	0.008		0	BFFN	4		0.019	0.001	0.015
Cystine.....g	0.012		0	BFFN	4		0.029	0.002	0.023
Phenylalanine.....g	0.024		0	BFFN	4		0.058	0.004	0.046
Tyrosine.....g	0.016		0	BFFN	4		0.038	0.002	0.030
Valine.....g	0.024		0	BFFN	4		0.058	0.004	0.046
Arginine.....g	0.023		0	BFFN	4		0.055	0.003	0.044
Histidine.....g	0.014		0	BFFN	4		0.034	0.002	0.027
Alanine.....g	0.027		0	BFFN	4		0.065	0.004	0.051
Aspartic acid.....g	0.128		0	BFFN	4		0.307	0.019	0.243
Glutamic acid.....g	0.339		0	BFFN	4		0.814	0.051	0.644
Glycine.....g	0.023		0	BFFN	4		0.055	0.003	0.044
Proline.....g	0.018		0	BFFN	4		0.043	0.003	0.034
Serine.....g	0.025		0	BFFN	4		0.060	0.004	0.048
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	78		0	BFSN	4		188.293	11.768	149.065
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	3030		0	BFSN	4		7272.593	454.537	5757.469
Lutein + zeaxanthin.....mcg	90		0	BFSN	4		215.404	13.463	170.529

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Common Measures:

- Measure 1 = 240g: 1 cup
- Measure 2 = 15.0g: 1 tbsp
- Measure 3 = 190g: 1 can

NDB No. 11885

Tomatoes, red, ripe, canned, whole, no salt added

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11531

Tomatoes, red, ripe, canned, whole, regular pack

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	0.013		0	BFFN	4		0.032	0.002	0.025
17:0.....g									
18:0.....g	0.005		0	BFFN	4		0.012	0.001	0.010
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.021		0	NC	4		0.051	0.003	0.040
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	BFFN	4		0.002	0.000	0.002
17:1.....g									
18:1 undifferentiated.....g	0.020		0	BFFN	4		0.049	0.003	0.038
20:1.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.054		0	NC	4		0.129	0.008	0.102
18:2 undifferentiated.....g	0.052		0	BFFN	4		0.124	0.008	0.098
18:3 undifferentiated.....g	0.002		0	BFFN	4		0.005	0.000	0.004
18:4.....g	0.000		0	BFFN	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	BFFN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0	BFFN	4		0.017	0.001	0.013
Threonine.....g	0.024		0	BFFN	4		0.058	0.004	0.046
Isoleucine.....g	0.022		0	BFFN	4		0.053	0.003	0.042
Leucine.....g	0.034		0	BFFN	4		0.082	0.005	0.065
Lysine.....g	0.034		0	BFFN	4		0.082	0.005	0.065
Methionine.....g	0.008		0	BFFN	4		0.019	0.001	0.015
Cystine.....g	0.012		0	BFFN	4		0.029	0.002	0.023
Phenylalanine.....g	0.024		0	BFFN	4		0.058	0.004	0.046
Tyrosine.....g	0.016		0	BFFN	4		0.038	0.002	0.030
Valine.....g	0.024		0	BFFN	4		0.058	0.004	0.046
Arginine.....g	0.023		0	BFFN	4		0.055	0.003	0.044
Histidine.....g	0.014		0	BFFN	4		0.034	0.002	0.027
Alanine.....g	0.027		0	BFFN	4		0.065	0.004	0.051
Aspartic acid.....g	0.128		0	BFFN	4		0.307	0.019	0.243
Glutamic acid.....g	0.339		0	BFFN	4		0.814	0.051	0.644
Glycine.....g	0.023		0	BFFN	4		0.055	0.003	0.044
Proline.....g	0.018		0	BFFN	4		0.043	0.003	0.034
Serine.....g	0.025		0	BFFN	4		0.060	0.004	0.048
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	70		2	A	1		167.760	10.485	132.810
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	2700		0	BFSN	4		6479.524	404.970	5129.623
Lutein + zeaxanthin.....mcg	80		0	BFSN	4		191.915	11.995	151.933

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.

NDB No. 11531

Tomatoes, red, ripe, canned, whole, regular pack

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 190g: 1 can

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11537

Tomatoes, red, ripe, canned, with green chilies

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	0.011		0		1		0.027		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.011		0		1		0.027		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030		0		1		0.072		
18:2 undifferentiated.....g	0.029		0		1		0.070		
18:3 undifferentiated.....g	0.001		0		1		0.002		
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	z	7		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 = 241g: 1 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11530
Tomatoes, red, ripe, cooked

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	Measure 3
14:0.....g	0.000		0		1		0.000	0.000	
15:0.....g									
16:0.....g	0.011		0		1		0.026	0.026	
17:0.....g									
18:0.....g	0.004		0		1		0.010	0.010	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.016		0	NC	4		0.039	0.040	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.016		0		1		0.038	0.039	
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	0.044		0	NC	4		0.105	0.108	
18:2 undifferentiated.....g	0.042		0		1		0.102	0.104	
18:3 undifferentiated.....g	0.002		0		1		0.004	0.004	
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	Z	7		0	0	
Phytosterols.....mg	9		0		1		22	22	
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.019	0.020	
Threonine.....g	0.027		0		1		0.065	0.066	
Isoleucine.....g	0.026		0		1		0.062	0.064	
Leucine.....g	0.039		0		1		0.094	0.096	
Lysine.....g	0.039		0		1		0.094	0.096	
Methionine.....g	0.009		0		1		0.022	0.022	
Cystine.....g	0.014		0		1		0.034	0.034	
Phenylalanine.....g	0.028		0		1		0.067	0.069	
Tyrosine.....g	0.018		0		1		0.043	0.044	
Valine.....g	0.027		0		1		0.065	0.066	
Arginine.....g	0.026		0		1		0.062	0.064	
Histidine.....g	0.016		0		1		0.038	0.039	
Alanine.....g	0.030		0		1		0.072	0.074	
Aspartic acid.....g	0.148		0		1		0.355	0.364	
Glutamic acid.....g	0.393		0		1		0.943	0.967	
Glycine.....g	0.026		0		1		0.062	0.064	
Proline.....g	0.020		0		1		0.048	0.049	
Serine.....g	0.028		0		1		0.067	0.069	
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	293	34.216	8	A	1		704.160	721.764	
Carotene, alpha.....mcg	0	0.000	8	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	
Lycopene.....mcg	3041	379.205	8	A	1		7297.920	7480.368	
Lutein + zeaxanthin.....mcg	94	14.377	8	A	1		225.600	231.240	

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.

NDB No. 11530
Tomatoes, red, ripe, cooked

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

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 = 246g: 2 medium

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11884

Tomatoes, red, ripe, cooked, boiled, 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	0.063		0		1		0.151	0.076	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.005	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.061		0		1		0.146	0.073	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		1		0.406	0.203	
18:2 undifferentiated.....g	0.163		0		1		0.391	0.196	
18:3 undifferentiated.....g	0.006		0		1		0.014	0.007	
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	z	7		0	0	
Phytosterols.....mg	9		0		1		22	11	
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.019	0.010	
Threonine.....g	0.027		0		1		0.065	0.032	
Isoleucine.....g	0.026		0		1		0.062	0.031	
Leucine.....g	0.039		0		1		0.094	0.047	
Lysine.....g	0.039		0		1		0.094	0.047	
Methionine.....g	0.009		0		1		0.022	0.011	
Cystine.....g	0.014		0		1		0.034	0.017	
Phenylalanine.....g	0.028		0		1		0.067	0.034	
Tyrosine.....g	0.018		0		1		0.043	0.022	
Valine.....g	0.027		0		1		0.065	0.032	
Arginine.....g	0.026		0		1		0.062	0.031	
Histidine.....g	0.016		0		1		0.038	0.019	
Alanine.....g	0.030		0		1		0.072	0.036	
Aspartic acid.....g	0.148		0		1		0.355	0.178	
Glutamic acid.....g	0.393		0		1		0.943	0.472	
Glycine.....g	0.026		0		1		0.062	0.031	
Proline.....g	0.020		0		1		0.048	0.024	
Serine.....g	0.028		0		1		0.067	0.034	
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 = 240g: 1 cup

Measure 2 = 120g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11660

Tomatoes, red, ripe, cooked, stewed

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	1.048		0		1		1.058	6.330	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.002	0.012	
17:1.....g									
18:1 undifferentiated.....g	1.046		0		1		1.056	6.318	
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	0.878		0		1		0.887	5.303	
18:2 undifferentiated.....g	0.839		0		1		0.847	5.068	
18:3 undifferentiated.....g	0.038		0		1		0.038	0.230	
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	Z	7		0	0	
Phytosterols.....mg	14		0		1		14	85	
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.019	0.115	
Threonine.....g	0.054		0		1		0.055	0.326	
Isoleucine.....g	0.064		0		1		0.065	0.387	
Leucine.....g	0.106		0		1		0.107	0.640	
Lysine.....g	0.062		0		1		0.063	0.374	
Methionine.....g	0.024		0		1		0.024	0.145	
Cystine.....g	0.029		0		1		0.029	0.175	
Phenylalanine.....g	0.075		0		1		0.076	0.453	
Tyrosine.....g	0.041		0		1		0.041	0.248	
Valine.....g	0.075		0		1		0.076	0.453	
Arginine.....g	0.067		0		1		0.068	0.405	
Histidine.....g	0.036		0		1		0.036	0.217	
Alanine.....g	0.063		0		1		0.064	0.381	
Aspartic acid.....g	0.174		0		1		0.176	1.051	
Glutamic acid.....g	0.643		0		1		0.649	3.884	
Glycine.....g	0.063		0		1		0.064	0.381	
Proline.....g	0.130		0		1		0.131	0.785	
Serine.....g	0.077		0		1		0.078	0.465	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		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 = 101g: 1 cup

Measure 2 = 604g: 1 recipe yield

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11883

Tomatoes, red, ripe, raw, June thru October average

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	0.050		0		1		0.075	0.090	0.031
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.003	0.004	0.001
17:1.....g									
18:1 undifferentiated.....g	0.049		1		1		0.073	0.088	0.030
20:1.....g	0.000		1		1		0.000	0.000	0.000
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.135		0		1		0.201	0.243	0.084
18:2 undifferentiated.....g	0.130		1		1		0.194	0.234	0.081
18:3 undifferentiated.....g	0.005		1		1		0.007	0.009	0.003
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	z	7		0	0	0
Phytosterols.....mg	7		1		1		10	13	4
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.009	0.011	0.004
Threonine.....g	0.021		0		1		0.031	0.038	0.013
Isoleucine.....g	0.020		0		1		0.030	0.036	0.012
Leucine.....g	0.031		0		1		0.046	0.056	0.019
Lysine.....g	0.031		0		1		0.046	0.056	0.019
Methionine.....g	0.007		0		1		0.010	0.013	0.004
Cystine.....g	0.011		0		1		0.016	0.020	0.007
Phenylalanine.....g	0.022		0		1		0.033	0.040	0.014
Tyrosine.....g	0.015		0		1		0.022	0.027	0.009
Valine.....g	0.022		0		1		0.033	0.040	0.014
Arginine.....g	0.021		0		1		0.031	0.038	0.013
Histidine.....g	0.013		0		1		0.019	0.023	0.008
Alanine.....g	0.024		0		1		0.036	0.043	0.015
Aspartic acid.....g	0.118		0		1		0.176	0.212	0.073
Glutamic acid.....g	0.313		0		1		0.466	0.563	0.194
Glycine.....g	0.021		0		1		0.031	0.038	0.013
Proline.....g	0.016		0		1		0.024	0.029	0.010
Serine.....g	0.023		0		1		0.034	0.041	0.014
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 = 149g: 1 cup cherry tomatoes

Measure 2 = 180g: 1 cup, chopped

Measure 3 = 62g: 1 Italian tomato

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11882

Tomatoes, red, ripe, raw, November thru May average

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	0.050		0		1		0.075	0.090	0.031
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.003	0.004	0.001
17:1.....g									
18:1 undifferentiated.....g	0.049		1		1		0.073	0.088	0.030
20:1.....g	0.000		1		1		0.000	0.000	0.000
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.135		0		1		0.201	0.243	0.084
18:2 undifferentiated.....g	0.130		1		1		0.194	0.234	0.081
18:3 undifferentiated.....g	0.005		1		1		0.007	0.009	0.003
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	z	7		0	0	0
Phytosterols.....mg	7		1		1		10	13	4
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.009	0.011	0.004
Threonine.....g	0.021		0		1		0.031	0.038	0.013
Isoleucine.....g	0.020		0		1		0.030	0.036	0.012
Leucine.....g	0.031		0		1		0.046	0.056	0.019
Lysine.....g	0.031		0		1		0.046	0.056	0.019
Methionine.....g	0.007		0		1		0.010	0.013	0.004
Cystine.....g	0.011		0		1		0.016	0.020	0.007
Phenylalanine.....g	0.022		0		1		0.033	0.040	0.014
Tyrosine.....g	0.015		0		1		0.022	0.027	0.009
Valine.....g	0.022		0		1		0.033	0.040	0.014
Arginine.....g	0.021		0		1		0.031	0.038	0.013
Histidine.....g	0.013		0		1		0.019	0.023	0.008
Alanine.....g	0.024		0		1		0.036	0.043	0.015
Aspartic acid.....g	0.118		0		1		0.176	0.212	0.073
Glutamic acid.....g	0.313		0		1		0.466	0.563	0.194
Glycine.....g	0.021		0		1		0.031	0.038	0.013
Proline.....g	0.016		0		1		0.024	0.029	0.010
Serine.....g	0.023		0		1		0.034	0.041	0.014
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 = 149g: 1 cup cherry tomatoes
- Measure 2 = 180g: 1 cup, chopped or sliced
- Measure 3 = 62g: 1 Italian tomato

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11529

Tomatoes, red, ripe, raw, year round average

Lycopersicon esculentum

Refuse: 9% Core and stem ends

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	94.50	0.159	33	JO	11		140.80	170.09	58.59
Energy.....kcal	18	0	0	NC	4		27	32	11
Energy.....kj	75	0	0	NC	4		111	134	46
Protein (N x 6.25).....g	0.88	0.039	19	JO	11		1.32	1.59	0.55
Total lipid (fat).....g	0.20	0.034	26	JO	11		0.30	0.37	0.13
Ash.....g	0.50	0.018	19	JA	6		0.75	0.90	0.31
Carbohydrate, by difference.....g	3.92	0	0	NC	4		5.83	7.05	2.43
Fiber, total dietary.....g	1.2	0.234	5	JA	6		1.8	2.2	0.8
Sugars, total.....g	2.63	0	0	NC	4		3.91	4.73	1.63
Sucrose.....g	0.00	0.002	12	JA	6		0.00	0.00	0.00
Glucose (dextrose).....g	1.25	0.135	16	JA	6		1.86	2.25	0.77
Fructose.....g	1.37	0.073	17	JA	6		2.05	2.47	0.85
Lactose.....g	0.00	0.000	9	JA	6		0.00	0.00	0.00
Maltose.....g	0.00	0.000	9	JA	6		0.00	0.00	0.00
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Minerals:									
Calcium, Ca.....mg	10	0.291	69	JA	6		15	18	6
Iron, Fe.....mg	0.27	0.015	70	JA	6		0.41	0.49	0.17
Magnesium, Mg.....mg	11	0.198	70	JA	6		16	20	7
Phosphorus, P.....mg	24	0.534	69	JA	6		36	43	15
Potassium, K.....mg	237	5.318	67	JA	6		353	426	147
Sodium, Na.....mg	5	0.565	66	JA	6		7	8	3
Zinc, Zn.....mg	0.17	0.036	70	JA	6		0.25	0.30	0.10
Copper, Cu.....mg	0.059	0.002	70	JA	6		0.088	0.106	0.036
Manganese, Mn.....mg	0.114	0.013	70	JA	6		0.170	0.205	0.071
Selenium, Se.....mcg	0.0	0.011	36	JA	6		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	12.7	1.142	19	JA	6		18.9	22.8	7.9
Thiamin.....mg	0.037	0.004	19	JA	6		0.055	0.067	0.023
Riboflavin.....mg	0.019	0.001	19	JA	6		0.029	0.035	0.012
Niacin.....mg	0.594	0.032	19	JA	6		0.886	1.070	0.368
Pantothenic acid.....mg	0.089	0.014	11	JA	6		0.132	0.160	0.055
Vitamin B-6.....mg	0.080	0.003	19	JA	6		0.119	0.144	0.050
Folate, total.....mcg	15	2.252	19	JA	6		22	27	9
Folic acid.....mcg	0	0	0	Z	7		0	0	0
Folate, food.....mcg	15	2.252	19	JA	6		22	27	9
Folate, DFE.....mcg_DFE	15	0	0	NC	4		22	27	9
Vitamin B-12.....mcg	0.00	0	0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	833	0	0	AS	1		1242	1500	517
Vitamin A, RAE.....mcg_RAE	42	0	0	AS	1		62	75	26
Retinol.....mcg	0	0	0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.54	0.070	16	JO	11		0.80	0.97	0.33
Tocopherol, beta.....mg	0.01	0.002	16	JO	11		0.01	0.01	0.00
Tocopherol, gamma.....mg	0.12	0.016	16	JO	11		0.18	0.22	0.08
Tocopherol, delta.....mg	0.00	0.002	16	JO	11		0.01	0.01	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	7.9	4.743	15	JO	11		11.8	14.2	4.9
Lipids:									
Fatty acids, total saturated.....g	0.045	0	0		1		0.067	0.081	0.028
4:0.....g	0.000	0	0		1		0.000	0.000	0.000
6:0.....g	0.000	0	0		1		0.000	0.000	0.000
8:0.....g	0.000	0	0		1		0.000	0.000	0.000
10:0.....g	0.000	0	0		1		0.000	0.000	0.000
12:0.....g	0.000	0	0		1		0.000	0.000	0.000
13:0.....g	0.000	0	0		1		0.000	0.000	0.000
14:0.....g	0.000	0	0		1		0.000	0.000	0.000
15:0.....g	0.000	0	1		1		0.000	0.000	0.000

NDB No. 11529

Tomatoes, red, ripe, raw, year round average

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	0.033		1		1		0.049	0.059	0.020
17:0.....g									
18:0.....g	0.013		1		1		0.019	0.023	0.008
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		1		0.075	0.090	0.031
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1		1		0.003	0.004	0.001
17:1.....g									
18:1 undifferentiated.....g	0.049		1		1		0.073	0.088	0.030
20:1.....g	0.000		1		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	0.135		0		1		0.201	0.243	0.084
18:2 undifferentiated.....g	0.130		1		1		0.194	0.234	0.081
18:3 undifferentiated.....g	0.005		1		1		0.007	0.009	0.003
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	Z	7		0	0	0
Phytosterols.....mg	7		1		1		10	13	4
Amino Acids:									
Tryptophan.....g	0.006		0		1		0.009	0.011	0.004
Threonine.....g	0.021		0		1		0.031	0.038	0.013
Isoleucine.....g	0.020		0		1		0.030	0.036	0.012
Leucine.....g	0.031		0		1		0.046	0.056	0.019
Lysine.....g	0.031		0		1		0.046	0.056	0.019
Methionine.....g	0.007		0		1		0.010	0.013	0.004
Cystine.....g	0.011		0		1		0.016	0.020	0.007
Phenylalanine.....g	0.022		0		1		0.033	0.040	0.014
Tyrosine.....g	0.015		0		1		0.022	0.027	0.009
Valine.....g	0.022		0		1		0.033	0.040	0.014
Arginine.....g	0.021		0		1		0.031	0.038	0.013
Histidine.....g	0.013		0		1		0.019	0.023	0.008
Alanine.....g	0.024		0		1		0.036	0.043	0.015
Aspartic acid.....g	0.118		0		1		0.176	0.212	0.073
Glutamic acid.....g	0.313		0		1		0.466	0.563	0.194
Glycine.....g	0.021		0		1		0.031	0.038	0.013
Proline.....g	0.016		0		1		0.024	0.029	0.010
Serine.....g	0.023		0		1		0.034	0.041	0.014
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	449	2.491	70	A	1		669.546	808.848	278.603
Carotene, alpha.....mcg	101	101.455	66	A	1		151.167	182.618	62.902
Cryptoxanthin, beta.....mcg	0	0.000	10	A	1		0.000	0.000	0.000
Lycopene.....mcg	2573	54.368	13	A	1		3833.426	4630.985	1595.117
Lutein + zeaxanthin.....mcg	123	4.493	10	A	1		182.972	221.040	76.136

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NDB No. 11529

Tomatoes, red, ripe, raw, year round average

Common Measures:

Measure 1 = 149g: 1 cup cherry tomatoes

Measure 2 = 180g: 1 cup, chopped or sliced

Measure 3 = 62g: 1 Italian tomato

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11955
Tomatoes, sun-dried

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	0.487		0		1		0.263	0.010	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		1		1		0.006	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.476		1		1		0.257	0.010	
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	1.115		0		1		0.602	0.022	
18:2 undifferentiated.....g	1.104		1		1		0.596	0.022	
18:3 undifferentiated.....g	0.011		1		1		0.006	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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.104		0		1		0.056	0.002	
Threonine.....g	0.357		0		1		0.193	0.007	
Isoleucine.....g	0.339		0		1		0.183	0.007	
Leucine.....g	0.517		0		1		0.279	0.010	
Lysine.....g	0.519		0		1		0.280	0.010	
Methionine.....g	0.122		0		1		0.066	0.002	
Cystine.....g	0.183		0		1		0.099	0.004	
Phenylalanine.....g	0.366		0		1		0.198	0.007	
Tyrosine.....g	0.242		0		1		0.131	0.005	
Valine.....g	0.361		0		1		0.195	0.007	
Arginine.....g	0.343		0		1		0.185	0.007	
Histidine.....g	0.214		0		1		0.116	0.004	
Alanine.....g	0.402		0		1		0.217	0.008	
Aspartic acid.....g	1.957		0		1		1.057	0.039	
Glutamic acid.....g	5.202		0		1		2.809	0.104	
Glycine.....g	0.348		0		1		0.188	0.007	
Proline.....g	0.266		0		1		0.144	0.005	
Serine.....g	0.375		0		1		0.203	0.008	
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	524		0	BNA	4		283.176	10.488	
Carotene, alpha.....mcg	0		0	BNA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	40772		0	BFSN	4		22017.059	815.447	
Lutein + zeaxanthin.....mcg	1208		0	BFSN	4		652.116	24.152	

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Common Measures:

Measure 1 = 54g: 1 cup

Measure 2 = 2.0g: 1 piece

NDB No. 11955
Tomatoes, sun-dried

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11956

Tomatoes, sun-dried, packed in oil, drained

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	8.663		0		1		9.529	0.260	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.110	0.003	
17:1.....g									
18:1 undifferentiated.....g	8.530		1		1		9.383	0.256	
20:1.....g	0.033		1		1		0.036	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.060		0		1		2.266	0.062	
18:2 undifferentiated.....g	1.982		1		1		2.180	0.059	
18:3 undifferentiated.....g	0.078		1		1		0.086	0.002	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.037		0		1		0.041	0.001	
Threonine.....g	0.128		0		1		0.141	0.004	
Isoleucine.....g	0.121		0		1		0.133	0.004	
Leucine.....g	0.185		0		1		0.204	0.006	
Lysine.....g	0.186		0		1		0.205	0.006	
Methionine.....g	0.044		0		1		0.048	0.001	
Cystine.....g	0.066		0		1		0.073	0.002	
Phenylalanine.....g	0.131		0		1		0.144	0.004	
Tyrosine.....g	0.087		0		1		0.096	0.003	
Valine.....g	0.130		0		1		0.143	0.004	
Arginine.....g	0.123		0		1		0.135	0.004	
Histidine.....g	0.077		0		1		0.085	0.002	
Alanine.....g	0.144		0		1		0.158	0.004	
Aspartic acid.....g	0.702		0		1		0.772	0.021	
Glutamic acid.....g	1.865		0		1		2.052	0.056	
Glycine.....g	0.125		0		1		0.138	0.004	
Proline.....g	0.096		0		1		0.106	0.003	
Serine.....g	0.134		0		1		0.147	0.004	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 110g: 1 cup

Measure 2 = 3.0g: 1 piece

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11696
Tomatoes, yellow, raw

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	0.040		0	BFFN	4		0.056	0.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4		0.003	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.039		0	BFFN	4		0.054	0.083	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.108		0	BFFN	4		0.150	0.229	
18:2 undifferentiated.....g	0.104		0	BFFN	4		0.145	0.220	
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.006	0.008	
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	Z	7		0	0	
Phytosterols.....mg	6		0	BFFN	4		8	13	
<u>Amino Acids:</u>									
Tryptophan.....g	0.007		0	BFFN	4		0.010	0.015	
Threonine.....g	0.024		0	BFFN	4		0.033	0.051	
Isoleucine.....g	0.023		0	BFFN	4		0.032	0.049	
Leucine.....g	0.036		0	BFFN	4		0.050	0.076	
Lysine.....g	0.036		0	BFFN	4		0.050	0.076	
Methionine.....g	0.008		0	BFFN	4		0.011	0.017	
Cystine.....g	0.013		0	BFFN	4		0.018	0.028	
Phenylalanine.....g	0.025		0	BFFN	4		0.035	0.053	
Tyrosine.....g	0.017		0	BFFN	4		0.024	0.036	
Valine.....g	0.025		0	BFFN	4		0.035	0.053	
Arginine.....g	0.024		0	BFFN	4		0.033	0.051	
Histidine.....g	0.015		0	BFFN	4		0.021	0.032	
Alanine.....g	0.028		0	BFFN	4		0.039	0.059	
Aspartic acid.....g	0.135		0	BFFN	4		0.188	0.286	
Glutamic acid.....g	0.359		0	BFFN	4		0.499	0.761	
Glycine.....g	0.024		0	BFFN	4		0.033	0.051	
Proline.....g	0.018		0	BFFN	4		0.025	0.038	
Serine.....g	0.026		0	BFFN	4		0.036	0.055	
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 = 139g: 1 cup, chopped

Measure 2 = 212g: 1 tomato

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11928
Tree fern, cooked, 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	88.60		0		1		27.47	62.91	
Energy.....kcal	40		0	NC	4		12	28	
Energy.....kj	167				4		52	119	
Protein (N x 6.25).....g	0.29		0		1		0.09	0.21	
Total lipid (fat).....g	0.07		0		1		0.02	0.05	
Ash.....g	0.06		0		1		0.02	0.04	
Carbohydrate, by difference.....g	10.98		0	NC	4		3.40	7.80	
Fiber, total dietary.....g	3.7		0	BFZN	4		1.1	2.6	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0		1		2	6	
Iron, Fe.....mg	0.16		0		1		0.05	0.11	
Magnesium, Mg.....mg	5		0		1		2	4	
Phosphorus, P.....mg	4		0		1		1	3	
Potassium, K.....mg	5		0		1		2	4	
Sodium, Na.....mg	241		0		4		75	171	
Zinc, Zn.....mg	0.31		0		4		0.10	0.22	
Copper, Cu.....mg	0.202		0		4		0.063	0.143	
Manganese, Mn.....mg	0.539		0		4		0.167	0.383	
Selenium, Se.....mcg	0.9		0	CAZN	4		0.3	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	30.0		0		1		9.3	21.3	
Thiamin.....mg	0.000		0		1		0.000	0.000	
Riboflavin.....mg	0.300		0		1		0.093	0.213	
Niacin.....mg	3.500		0		1		1.085	2.485	
Pantothenic acid.....mg	0.063		0		4		0.020	0.045	
Vitamin B-6.....mg	0.179		0		4		0.055	0.127	
Folate, total.....mcg	15		0		4		5	11	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	15		0		4		5	11	
Folate, DFE.....mcg_DFE	15		0	NC	4		5	11	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	200		0		1		62	142	
Vitamin A, RAE.....mcg_RAE	10		0		1		3	7	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		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 = 31g: 1 frond (6-1/2" long)

NDB No. 11928

Tree fern, cooked, with salt

Measure 2 = 71g: .5 cup, chopped or diced

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11563
Tree fern, cooked, 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	0.005		0		4		0.004	0.002	
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	0.005		0		4		0.004	0.002	
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	0.034		0		4		0.024	0.011	
18:2 undifferentiated.....g	0.014		0		4		0.010	0.004	
18:3 undifferentiated.....g	0.018		0		4		0.013	0.006	
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	z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		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 = 71g: .5 cup, chopped
 Measure 2 = 31g: 1 frond (6-1/2" long)

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11893

Turnip greens and turnips, frozen, cooked, boiled, drained, 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	0.010		0		1		0.016		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.010		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.074		0		1		0.121		
18:2 undifferentiated.....g	0.019		0		1		0.031		
18:3 undifferentiated.....g	0.054		0		1		0.088		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.031		0		1		0.051		
Threonine.....g	0.097		0		1		0.158		
Isoleucine.....g	0.101		0		1		0.165		
Leucine.....g	0.156		0		1		0.254		
Lysine.....g	0.120		0		1		0.196		
Methionine.....g	0.041		0		1		0.067		
Cystine.....g	0.020		0		1		0.033		
Phenylalanine.....g	0.102		0		1		0.166		
Tyrosine.....g	0.066		0		1		0.108		
Valine.....g	0.120		0		1		0.196		
Arginine.....g	0.108		0		1		0.176		
Histidine.....g	0.045		0		1		0.073		
Alanine.....g	0.124		0		1		0.202		
Aspartic acid.....g	0.198		0		1		0.323		
Glutamic acid.....g	0.288		0		1		0.469		
Glycine.....g	0.105		0		1		0.171		
Proline.....g	0.087		0		1		0.142		
Serine.....g	0.079		0		1		0.129		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	5167		0	BFZN	4		8422.306		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	9532		0	BFZN	4		15537.544		

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 = 163g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11577

Turnip greens and turnips, frozen, cooked, boiled, drained, 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	0.010		0		1		0.016	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.007	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.010	0.005	
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	0.074		0		1		0.121	0.064	
18:2 undifferentiated.....g	0.019		0		1		0.031	0.016	
18:3 undifferentiated.....g	0.054		0		1		0.088	0.046	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.051	0.027	
Threonine.....g	0.097		0		1		0.158	0.083	
Isoleucine.....g	0.101		0		1		0.165	0.087	
Leucine.....g	0.156		0		1		0.254	0.134	
Lysine.....g	0.120		0		1		0.196	0.103	
Methionine.....g	0.041		0		1		0.067	0.035	
Cystine.....g	0.020		0		1		0.033	0.017	
Phenylalanine.....g	0.102		0		1		0.166	0.088	
Tyrosine.....g	0.066		0		1		0.108	0.057	
Valine.....g	0.120		0		1		0.196	0.103	
Arginine.....g	0.108		0		1		0.176	0.093	
Histidine.....g	0.045		0		1		0.073	0.039	
Alanine.....g	0.124		0		1		0.202	0.107	
Aspartic acid.....g	0.198		0		1		0.323	0.170	
Glutamic acid.....g	0.288		0		1		0.469	0.248	
Glycine.....g	0.105		0		1		0.171	0.090	
Proline.....g	0.087		0		1		0.142	0.075	
Serine.....g	0.079		0		1		0.129	0.068	
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	5167		0	RA	4		8422.306	4443.671	
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	9532		0	RA	4		15537.544	8197.722	

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 = 163g: 1 cup

Measure 2 = 86g: .5 cup

NDB No. 11577

Turnip greens and turnips, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11576

Turnip greens and turnips, frozen, unprepared

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	0.012		0		1		0.034	0.163	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.014	0.068	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.020	0.095	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.250	1.198	
18:2 undifferentiated.....g	0.023		0		1		0.065	0.313	
18:3 undifferentiated.....g	0.065		0		1		0.185	0.885	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.037		0		1		0.105	0.504	
Threonine.....g	0.115		0		1		0.327	1.565	
Isoleucine.....g	0.119		0		1		0.338	1.620	
Leucine.....g	0.185		0		1		0.525	2.518	
Lysine.....g	0.141		0		1		0.400	1.919	
Methionine.....g	0.048		0		1		0.136	0.653	
Cystine.....g	0.024		0		1		0.068	0.327	
Phenylalanine.....g	0.121		0		1		0.344	1.647	
Tyrosine.....g	0.078		0		1		0.222	1.062	
Valine.....g	0.142		0		1		0.403	1.933	
Arginine.....g	0.128		0		1		0.364	1.742	
Histidine.....g	0.053		0		1		0.151	0.721	
Alanine.....g	0.147		0		1		0.417	2.001	
Aspartic acid.....g	0.234		0		1		0.665	3.185	
Glutamic acid.....g	0.341		0		1		0.968	4.641	
Glycine.....g	0.124		0		1		0.352	1.688	
Proline.....g	0.103		0		1		0.293	1.402	
Serine.....g	0.094		0		1		0.267	1.279	
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 = 284g: 1 package (10 oz)

Measure 2 = 1361g: 1 package (3 lb)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43387

Turnip greens, canned, no 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	0.020				1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014				4		0.020		
17:1.....g									
18:1 undifferentiated.....g	0.005				4		0.007		
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	0.120				1		0.173		
18:2 undifferentiated.....g	0.036				4		0.052		
18:3 undifferentiated.....g	0.084				4		0.121		
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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	3573		0	BFSN	4		5144.453		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	6591		0	BFSN	4		9490.532		

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 = 144g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11570

Turnip greens, canned, solids and liquids

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	0.020		0		1		0.023	0.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		1		0.016	0.060	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.006	0.021	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.140	0.510	
18:2 undifferentiated.....g	0.036		0		1		0.042	0.153	
18:3 undifferentiated.....g	0.084		0		1		0.098	0.357	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.023		0		1		0.027	0.098	
Threonine.....g	0.074		0		1		0.087	0.315	
Isoleucine.....g	0.070		0		1		0.082	0.298	
Leucine.....g	0.124		0		1		0.145	0.527	
Lysine.....g	0.088		0		1		0.103	0.374	
Methionine.....g	0.031		0		1		0.036	0.132	
Cystine.....g	0.015		0		1		0.018	0.064	
Phenylalanine.....g	0.083		0		1		0.097	0.353	
Tyrosine.....g	0.053		0		1		0.062	0.225	
Valine.....g	0.092		0		1		0.108	0.391	
Arginine.....g	0.085		0		1		0.099	0.361	
Histidine.....g	0.033		0		1		0.039	0.140	
Alanine.....g	0.093		0		1		0.109	0.395	
Aspartic acid.....g	0.143		0		1		0.167	0.608	
Glutamic acid.....g	0.185		0		1		0.216	0.786	
Glycine.....g	0.081		0		1		0.095	0.344	
Proline.....g	0.064		0		1		0.075	0.272	
Serine.....g	0.055		0		1		0.064	0.234	
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 = 117g: .5 cup

Measure 2 = 425g: 1 can, 15 oz (303 x 406)

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11891

Turnip greens, cooked, boiled, drained, 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	0.015		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0		1		0.131		
18:2 undifferentiated.....g	0.028		0		1		0.040		
18:3 undifferentiated.....g	0.064		0		1		0.092		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0		1		0.029		
Threonine.....g	0.063		0		1		0.091		
Isoleucine.....g	0.059		0		1		0.085		
Leucine.....g	0.105		0		1		0.151		
Lysine.....g	0.074		0		1		0.107		
Methionine.....g	0.026		0		1		0.037		
Cystine.....g	0.013		0		1		0.019		
Phenylalanine.....g	0.070		0		1		0.101		
Tyrosine.....g	0.044		0		1		0.063		
Valine.....g	0.078		0		1		0.112		
Arginine.....g	0.072		0		1		0.104		
Histidine.....g	0.028		0		1		0.040		
Alanine.....g	0.078		0		1		0.112		
Aspartic acid.....g	0.121		0		1		0.174		
Glutamic acid.....g	0.156		0		1		0.225		
Glycine.....g	0.069		0		1		0.099		
Proline.....g	0.054		0		1		0.078		
Serine.....g	0.047		0		1		0.068		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	4575		2	A	1		6588.000		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg	0		2	A	1		0.000		
Lutein + zeaxanthin.....mcg	8440		2	A	1		12153.600		

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 = 144g: 1 cup, chopped

NDB No. 11891

Turnip greens, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11569

Turnip greens, cooked, boiled, drained, 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	0.015		0		1		0.022		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.004		0		1		0.006		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.091		0		1		0.131		
18:2 undifferentiated.....g	0.028		0		1		0.040		
18:3 undifferentiated.....g	0.064		0		1		0.092		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.029		
Threonine.....g	0.063		0		1		0.091		
Isoleucine.....g	0.059		0		1		0.085		
Leucine.....g	0.105		0		1		0.151		
Lysine.....g	0.074		0		1		0.107		
Methionine.....g	0.026		0		1		0.037		
Cystine.....g	0.013		0		1		0.019		
Phenylalanine.....g	0.070		0		1		0.101		
Tyrosine.....g	0.044		0		1		0.063		
Valine.....g	0.078		0		1		0.112		
Arginine.....g	0.072		0		1		0.104		
Histidine.....g	0.028		0		1		0.040		
Alanine.....g	0.078		0		1		0.112		
Aspartic acid.....g	0.121		0		1		0.174		
Glutamic acid.....g	0.156		0		1		0.225		
Glycine.....g	0.069		0		1		0.099		
Proline.....g	0.054		0		1		0.078		
Serine.....g	0.047		0		1		0.068		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	4575		2	A	1		6588.000		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg	0		2	A	1		0.000		
Lutein + zeaxanthin.....mcg	8440		2	A	1		12153.600		

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 = 144g: 1 cup, chopped

NDB No. 11569

Turnip greens, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11892

Turnip greens, frozen, cooked, boiled, drained, 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	0.028		0		1		0.062	0.023	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.044	0.016	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.015	0.006	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.374	0.139	
18:2 undifferentiated.....g	0.051		0		1		0.112	0.042	
18:3 undifferentiated.....g	0.119		0		1		0.262	0.098	
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	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.058		0		1		0.128	0.048	
Threonine.....g	0.184		0		1		0.405	0.151	
Isoleucine.....g	0.173		0		1		0.381	0.142	
Leucine.....g	0.307		0		1		0.675	0.252	
Lysine.....g	0.218		0		1		0.480	0.179	
Methionine.....g	0.076		0		1		0.167	0.062	
Cystine.....g	0.038		0		1		0.084	0.031	
Phenylalanine.....g	0.206		0		1		0.453	0.169	
Tyrosine.....g	0.130		0		1		0.286	0.107	
Valine.....g	0.228		0		1		0.502	0.187	
Arginine.....g	0.210		0		1		0.462	0.172	
Histidine.....g	0.081		0		1		0.178	0.066	
Alanine.....g	0.229		0		1		0.504	0.188	
Aspartic acid.....g	0.353		0		1		0.777	0.289	
Glutamic acid.....g	0.457		0		1		1.005	0.375	
Glycine.....g	0.201		0		1		0.442	0.165	
Proline.....g	0.158		0		1		0.348	0.130	
Serine.....g	0.137		0		1		0.301	0.112	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	6459		0	BFSN	4		14209.412	5296.235	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11915		0	BFSN	4		26213.647	9770.541	

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 package (10 oz) yields

Measure 2 = 82g: .5 cup

NDB No. 11892

Turnip greens, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11575

Turnip greens, frozen, cooked, boiled, drained, 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	0.028		0		1		0.046	0.062	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.033	0.044	
17:1.....g									
18:1 undifferentiated.....g	0.007		0		1		0.011	0.015	
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	0.170		0		1		0.279	0.374	
18:2 undifferentiated.....g	0.051		0		1		0.084	0.112	
18:3 undifferentiated.....g	0.119		0		1		0.195	0.262	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.095	0.128	
Threonine.....g	0.184		0		1		0.302	0.405	
Isoleucine.....g	0.173		0		1		0.284	0.381	
Leucine.....g	0.307		0		1		0.503	0.675	
Lysine.....g	0.218		0		1		0.358	0.480	
Methionine.....g	0.076		0		1		0.125	0.167	
Cystine.....g	0.038		0		1		0.062	0.084	
Phenylalanine.....g	0.206		0		1		0.338	0.453	
Tyrosine.....g	0.130		0		1		0.213	0.286	
Valine.....g	0.228		0		1		0.374	0.502	
Arginine.....g	0.210		0		1		0.344	0.462	
Histidine.....g	0.081		0		1		0.133	0.178	
Alanine.....g	0.229		0		1		0.376	0.504	
Aspartic acid.....g	0.353		0		1		0.579	0.777	
Glutamic acid.....g	0.457		0		1		0.749	1.005	
Glycine.....g	0.201		0		1		0.330	0.442	
Proline.....g	0.158		0		1		0.259	0.348	
Serine.....g	0.137		0		1		0.225	0.301	
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	6459		0	BFSN	4		10592.471	14209.412	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11915		0	BFSN	4		19541.082	26213.647	

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 = 164g: 1 cup

Measure 2 = 220g: 1 package (10 oz) yields

NDB No. 11575

Turnip greens, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11574
Turnip greens, frozen, unprepared

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	0.020		0		1		0.016	0.057	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		1		0.012	0.043	
17:1.....g									
18:1 undifferentiated.....g	0.005		0		1		0.004	0.014	
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	0.125		0		1		0.103	0.355	
18:2 undifferentiated.....g	0.038		0		1		0.031	0.108	
18:3 undifferentiated.....g	0.087		0		1		0.071	0.247	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0		1		0.035	0.122	
Threonine.....g	0.135		0		1		0.111	0.383	
Isoleucine.....g	0.128		0		1		0.105	0.364	
Leucine.....g	0.226		0		1		0.185	0.642	
Lysine.....g	0.161		0		1		0.132	0.457	
Methionine.....g	0.056		0		1		0.046	0.159	
Cystine.....g	0.028		0		1		0.023	0.080	
Phenylalanine.....g	0.152		0		1		0.125	0.432	
Tyrosine.....g	0.096		0		1		0.079	0.273	
Valine.....g	0.168		0		1		0.138	0.477	
Arginine.....g	0.154		0		1		0.126	0.437	
Histidine.....g	0.060		0		1		0.049	0.170	
Alanine.....g	0.169		0		1		0.139	0.480	
Aspartic acid.....g	0.260		0		1		0.213	0.738	
Glutamic acid.....g	0.337		0		1		0.276	0.957	
Glycine.....g	0.148		0		1		0.121	0.420	
Proline.....g	0.116		0		1		0.095	0.329	
Serine.....g	0.101		0		1		0.083	0.287	
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 = 82g: .5 cup, chopped or diced
 Measure 2 = 284g: 1 package (10 oz)

Calories Factors: Protein 2.44 Fat 8.37 Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11568
Turnip greens, raw

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		1		1		0.000		
17:0.....g									
18:0.....g	0.000		1		1		0.000		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0	NC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		1		1		0.000		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000		
18:2 undifferentiated.....g	0.000		1		1		0.000		
18:3 undifferentiated.....g	0.000		1		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	12		0		1		7		
Amino Acids:									
Tryptophan.....g	0.026		7		1		0.014		
Threonine.....g	0.082		5		1		0.045		
Isoleucine.....g	0.078		5		1		0.043		
Leucine.....g	0.137		5		1		0.075		
Lysine.....g	0.098		5		1		0.054		
Methionine.....g	0.034		5		1		0.019		
Cystine.....g	0.017		7		1		0.009		
Phenylalanine.....g	0.092		5		1		0.051		
Tyrosine.....g	0.058		5		1		0.032		
Valine.....g	0.102		5		1		0.056		
Arginine.....g	0.094		5		1		0.052		
Histidine.....g	0.036		5		1		0.020		
Alanine.....g	0.103		5		1		0.057		
Aspartic acid.....g	0.158		5		1		0.087		
Glutamic acid.....g	0.204		5		1		0.112		
Glycine.....g	0.090		5		1		0.050		
Proline.....g	0.071		5		1		0.039		
Serine.....g	0.061		5		1		0.034		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		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 = 55g: 1 cup, chopped

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

NDB No. 11568
Turnip greens, raw

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11889

Turnips, cooked, boiled, drained, 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	0.005		0		1		0.008	0.012	
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	0.004		0		1		0.006	0.009	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.066	0.097	
18:2 undifferentiated.....g	0.009		0		1		0.014	0.021	
18:3 undifferentiated.....g	0.032		0		1		0.050	0.074	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.007		0		1		0.011	0.016	
Threonine.....g	0.020		0		1		0.031	0.046	
Isoleucine.....g	0.029		0		1		0.045	0.067	
Leucine.....g	0.026		0		1		0.041	0.060	
Lysine.....g	0.028		0		1		0.044	0.064	
Methionine.....g	0.009		0		1		0.014	0.021	
Cystine.....g	0.004		0		1		0.006	0.009	
Phenylalanine.....g	0.014		0		1		0.022	0.032	
Tyrosine.....g	0.011		0		1		0.017	0.025	
Valine.....g	0.023		0		1		0.036	0.053	
Arginine.....g	0.019		0		1		0.030	0.044	
Histidine.....g	0.011		0		1		0.017	0.025	
Alanine.....g	0.027		0		1		0.042	0.062	
Aspartic acid.....g	0.050		0		1		0.078	0.115	
Glutamic acid.....g	0.102		0		1		0.159	0.235	
Glycine.....g	0.019		0		1		0.030	0.044	
Proline.....g	0.021		0		1		0.033	0.048	
Serine.....g	0.023		0		1		0.036	0.053	
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 = 156g: 1 cup, cubes

Measure 2 = 230g: 1 cup, mashed

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11565

Turnips, cooked, boiled, drained, 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	0.005		0		1		0.008	0.012	
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	0.004		0		1		0.006	0.009	
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	0.042		0		1		0.066	0.097	
18:2 undifferentiated.....g	0.009		0		1		0.014	0.021	
18:3 undifferentiated.....g	0.032		0		1		0.050	0.074	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.011	0.016	
Threonine.....g	0.020		0		1		0.031	0.046	
Isoleucine.....g	0.029		0		1		0.045	0.067	
Leucine.....g	0.026		0		1		0.041	0.060	
Lysine.....g	0.028		0		1		0.044	0.064	
Methionine.....g	0.009		0		1		0.014	0.021	
Cystine.....g	0.004		0		1		0.006	0.009	
Phenylalanine.....g	0.014		0		1		0.022	0.032	
Tyrosine.....g	0.011		0		1		0.017	0.025	
Valine.....g	0.023		0		1		0.036	0.053	
Arginine.....g	0.019		0		1		0.030	0.044	
Histidine.....g	0.011		0		1		0.017	0.025	
Alanine.....g	0.027		0		1		0.042	0.062	
Aspartic acid.....g	0.050		0		1		0.078	0.115	
Glutamic acid.....g	0.102		0		1		0.159	0.235	
Glycine.....g	0.019		0		1		0.030	0.044	
Proline.....g	0.021		0		1		0.033	0.048	
Serine.....g	0.023		0		1		0.036	0.053	
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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 156g: 1 cup, cubes

Measure 2 = 230g: 1 cup, mashed

NDB No. 11565

Turnips, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11890

Turnips, frozen, cooked, boiled, drained, 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	0.015		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.020		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0		1		0.195		
18:2 undifferentiated.....g	0.028		0		1		0.044		
18:3 undifferentiated.....g	0.094		0		1		0.147		
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.015		0		1		0.023		
Threonine.....g	0.042		0		1		0.066		
Isoleucine.....g	0.062		0		1		0.097		
Leucine.....g	0.057		0		1		0.089		
Lysine.....g	0.061		0		1		0.095		
Methionine.....g	0.019		0		1		0.030		
Cystine.....g	0.009		0		1		0.014		
Phenylalanine.....g	0.030		0		1		0.047		
Tyrosine.....g	0.023		0		1		0.036		
Valine.....g	0.051		0		1		0.080		
Arginine.....g	0.041		0		1		0.064		
Histidine.....g	0.024		0		1		0.037		
Alanine.....g	0.059		0		1		0.092		
Aspartic acid.....g	0.108		0		1		0.168		
Glutamic acid.....g	0.221		0		1		0.345		
Glycine.....g	0.042		0		1		0.066		
Proline.....g	0.045		0		1		0.070		
Serine.....g	0.049		0		1		0.076		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 156g: 1 cup

NDB No. 11890

Turnips, frozen, cooked, boiled, drained, with salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11567

Turnips, frozen, cooked, boiled, drained, 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	0.015		0		1		0.023		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.013		0		1		0.020		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.125		0		1		0.195		
18:2 undifferentiated.....g	0.028		0		1		0.044		
18:3 undifferentiated.....g	0.094		0		1		0.147		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.015		0		1		0.023		
Threonine.....g	0.042		0		1		0.066		
Isoleucine.....g	0.062		0		1		0.097		
Leucine.....g	0.057		0		1		0.089		
Lysine.....g	0.061		0		1		0.095		
Methionine.....g	0.019		0		1		0.030		
Cystine.....g	0.009		0		1		0.014		
Phenylalanine.....g	0.030		0		1		0.047		
Tyrosine.....g	0.023		0		1		0.036		
Valine.....g	0.051		0		1		0.080		
Arginine.....g	0.041		0		1		0.064		
Histidine.....g	0.024		0		1		0.037		
Alanine.....g	0.059		0		1		0.092		
Aspartic acid.....g	0.108		0		1		0.168		
Glutamic acid.....g	0.221		0		1		0.345		
Glycine.....g	0.042		0		1		0.066		
Proline.....g	0.045		0		1		0.070		
Serine.....g	0.049		0		1		0.076		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		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	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 156g: 1 cup

NDB No. 11567

Turnips, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11566
Turnips, frozen, unprepared

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	0.010		0		1		0.028	0.009	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.009		0		1		0.026	0.008	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.085		0		1		0.241	0.080	
18:2 undifferentiated.....g	0.019		0		1		0.054	0.018	
18:3 undifferentiated.....g	0.064		0		1		0.182	0.060	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.010		0		1		0.028	0.009	
Threonine.....g	0.029		0		1		0.082	0.027	
Isoleucine.....g	0.042		0		1		0.119	0.039	
Leucine.....g	0.038		0		1		0.108	0.036	
Lysine.....g	0.041		0		1		0.116	0.039	
Methionine.....g	0.013		0		1		0.037	0.012	
Cystine.....g	0.006		0		1		0.017	0.006	
Phenylalanine.....g	0.020		0		1		0.057	0.019	
Tyrosine.....g	0.015		0		1		0.043	0.014	
Valine.....g	0.034		0		1		0.097	0.032	
Arginine.....g	0.028		0		1		0.080	0.026	
Histidine.....g	0.016		0		1		0.045	0.015	
Alanine.....g	0.040		0		1		0.114	0.038	
Aspartic acid.....g	0.073		0		1		0.207	0.069	
Glutamic acid.....g	0.149		0		1		0.423	0.140	
Glycine.....g	0.029		0		1		0.082	0.027	
Proline.....g	0.030		0		1		0.085	0.028	
Serine.....g	0.033		0		1		0.094	0.031	
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 = 284g: 1 package, mashed (10 oz)

Measure 2 = 94g: .333 package, mashed (10 oz)

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

Turnips, raw

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	0.006		0		1		0.008	0.011	0.007
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		3		1		0.001	0.002	0.001
17:1.....g									
18:1 undifferentiated.....g	0.006		3		1		0.008	0.011	0.007
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	0.053		0		1		0.069	0.097	0.065
18:2 undifferentiated.....g	0.012		3		1		0.016	0.022	0.015
18:3 undifferentiated.....g	0.040		3		1		0.052	0.073	0.049
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	Z	7		0	0	0
Phytosterols.....mg	7		0		1		9	13	9
Amino Acids:									
Tryptophan.....g	0.009		32		1		0.012	0.016	0.011
Threonine.....g	0.025		35		1		0.033	0.046	0.031
Isoleucine.....g	0.036		35		1		0.047	0.066	0.044
Leucine.....g	0.033		35		1		0.043	0.060	0.040
Lysine.....g	0.036		36		1		0.047	0.066	0.044
Methionine.....g	0.011		36		1		0.014	0.020	0.013
Cystine.....g	0.005		9		1		0.007	0.009	0.006
Phenylalanine.....g	0.017		35		1		0.022	0.031	0.021
Tyrosine.....g	0.013		9		1		0.017	0.024	0.016
Valine.....g	0.030		35		1		0.039	0.055	0.037
Arginine.....g	0.024		35		1		0.031	0.044	0.029
Histidine.....g	0.014		35		1		0.018	0.026	0.017
Alanine.....g	0.035		9		1		0.046	0.064	0.043
Aspartic acid.....g	0.063		9		1		0.082	0.115	0.077
Glutamic acid.....g	0.130		9		1		0.169	0.238	0.159
Glycine.....g	0.025		9		1		0.033	0.046	0.031
Proline.....g	0.026		9		1		0.034	0.048	0.032
Serine.....g	0.029		9		1		0.038	0.053	0.035
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 = 130g: 1 cup, cubes

Measure 2 = 183g: 1 large

Measure 3 = 122g: 1 medium

NDB No. 11564
Turnips, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11410
USDA Commodity, Potato wedges, frozen

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
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.451		1	A					
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102		1	A					
18:2 undifferentiated.....g	0.102		1	A					
18:3 undifferentiated.....g									
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	Z					
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:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11578
Vegetable juice cocktail, canned

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	0.014		0		1		0.034	0.025	
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	0.014		0		1		0.034	0.025	
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	0.038		0		1		0.092	0.069	
18:2 undifferentiated.....g	0.036		0		1		0.087	0.066	
18:3 undifferentiated.....g	0.001		0		1		0.002	0.002	
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	Z	7		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	830		3	A	1		2008.600	1510.600	
Carotene, alpha.....mcg	210		3	A	1		508.200	382.200	
Cryptoxanthin, beta.....mcg	0		3	A	1		0.000	0.000	
Lycopene.....mcg	9660		3	A	1		23377.200	17581.200	
Lutein + zeaxanthin.....mcg	80		3	A	1		193.600	145.600	

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 = 242g: 1 cup

Measure 2 = 182g: 6 fl oz

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43312

Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no 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	0.022				4		0.040		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.022				4		0.040		
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	0.098				4		0.178		
18:2 undifferentiated.....g	0.071				4		0.129		
18:3 undifferentiated.....g	0.027				4		0.049		
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	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5670		0	BFZN	4		10320.184		
Carotene, alpha.....mcg	2636		0	BFZN	4		4796.680		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	493		0	BFZN	4		897.514		

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 = 182g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11581

Vegetables, mixed, canned, drained solids

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	0.016		0		1		0.026		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.024		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.119		0		1		0.194		
18:2 undifferentiated.....g	0.087		0		1		0.142		
18:3 undifferentiated.....g	0.032		0		1		0.052		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.026		0		1		0.042		
Threonine.....g	0.104		0		1		0.170		
Isoleucine.....g	0.126		0		1		0.205		
Leucine.....g	0.172		0		1		0.280		
Lysine.....g	0.154		0		1		0.251		
Methionine.....g	0.031		0		1		0.051		
Cystine.....g	0.024		0		1		0.039		
Phenylalanine.....g	0.108		0		1		0.176		
Tyrosine.....g	0.067		0		1		0.109		
Valine.....g	0.135		0		1		0.220		
Arginine.....g	0.174		0		1		0.284		
Histidine.....g	0.066		0		1		0.108		
Alanine.....g	0.111		0		1		0.181		
Aspartic acid.....g	0.274		0		1		0.447		
Glutamic acid.....g	0.353		0		1		0.575		
Glycine.....g	0.094		0		1		0.153		
Proline.....g	0.063		0		1		0.103		
Serine.....g	0.123		0		1		0.200		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5670		0	BNA	4		9242.802		
Carotene, alpha.....mcg	2636		0	BNA	4		4295.927		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	493		0	RA	4		803.818		

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 = 163g: 1 cup

NDB No. 11581

Vegetables, mixed, canned, drained solids

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11579

Vegetables, mixed, canned, solids and liquids

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	0.016		0		1		0.039		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.015		0		1		0.037		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.294		
18:2 undifferentiated.....g	0.088		0		1		0.216		
18:3 undifferentiated.....g	0.032		0		1		0.078		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.015		0		1		0.037		
Threonine.....g	0.057		0		1		0.140		
Isoleucine.....g	0.069		0		1		0.169		
Leucine.....g	0.095		0		1		0.233		
Lysine.....g	0.085		0		1		0.208		
Methionine.....g	0.017		0		1		0.042		
Cystine.....g	0.013		0		1		0.032		
Phenylalanine.....g	0.060		0		1		0.147		
Tyrosine.....g	0.037		0		1		0.091		
Valine.....g	0.074		0		1		0.181		
Arginine.....g	0.096		0		1		0.235		
Histidine.....g	0.036		0		1		0.088		
Alanine.....g	0.061		0		1		0.149		
Aspartic acid.....g	0.151		0		1		0.370		
Glutamic acid.....g	0.194		0		1		0.475		
Glycine.....g	0.052		0		1		0.127		
Proline.....g	0.035		0		1		0.086		
Serine.....g	0.068		0		1		0.167		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		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 = 245g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11894

Vegetables, mixed, frozen, cooked, boiled, drained, 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	0.010		0		1		0.028	0.009	
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	0.009		0		1		0.025	0.008	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.198	0.066	
18:2 undifferentiated.....g	0.053		0		1		0.146	0.048	
18:3 undifferentiated.....g	0.019		0		1		0.052	0.017	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.029		0		1		0.080	0.026	
Threonine.....g	0.115		0		1		0.316	0.105	
Isoleucine.....g	0.139		0		1		0.382	0.126	
Leucine.....g	0.190		0		1		0.523	0.173	
Lysine.....g	0.170		0		1		0.468	0.155	
Methionine.....g	0.034		0		1		0.094	0.031	
Cystine.....g	0.026		0		1		0.072	0.024	
Phenylalanine.....g	0.120		0		1		0.330	0.109	
Tyrosine.....g	0.074		0		1		0.204	0.067	
Valine.....g	0.149		0		1		0.410	0.136	
Arginine.....g	0.193		0		1		0.531	0.176	
Histidine.....g	0.073		0		1		0.201	0.066	
Alanine.....g	0.123		0		1		0.338	0.112	
Aspartic acid.....g	0.303		0		1		0.833	0.276	
Glutamic acid.....g	0.390		0		1		1.073	0.355	
Glycine.....g	0.104		0		1		0.286	0.095	
Proline.....g	0.070		0		1		0.193	0.064	
Serine.....g	0.136		0		1		0.374	0.124	
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 = 275g: 1 package (10 oz) yields

Measure 2 = 91g: .5 cup

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.97

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11584

Vegetables, mixed, frozen, cooked, boiled, drained, 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	0.010		0		1		0.028	0.009	
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	0.009		0		1		0.025	0.008	
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	0.072		0		1		0.198	0.066	
18:2 undifferentiated.....g	0.053		0		1		0.146	0.048	
18:3 undifferentiated.....g	0.019		0		1		0.052	0.017	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.080	0.026	
Threonine.....g	0.115		0		1		0.316	0.105	
Isoleucine.....g	0.139		0		1		0.382	0.126	
Leucine.....g	0.190		0		1		0.523	0.173	
Lysine.....g	0.170		0		1		0.468	0.155	
Methionine.....g	0.034		0		1		0.094	0.031	
Cystine.....g	0.026		0		1		0.072	0.024	
Phenylalanine.....g	0.120		0		1		0.330	0.109	
Tyrosine.....g	0.074		0		1		0.204	0.067	
Valine.....g	0.149		0		1		0.410	0.136	
Arginine.....g	0.193		0		1		0.531	0.176	
Histidine.....g	0.073		0		1		0.201	0.066	
Alanine.....g	0.123		0		1		0.338	0.112	
Aspartic acid.....g	0.303		0		1		0.833	0.276	
Glutamic acid.....g	0.390		0		1		1.073	0.355	
Glycine.....g	0.104		0		1		0.286	0.095	
Proline.....g	0.070		0		1		0.193	0.064	
Serine.....g	0.136		0		1		0.374	0.124	
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	2082		0	BNA	4		5726.298	1894.884	
Carotene, alpha.....mcg	968		0	BNA	4		2661.504	880.716	
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	637		0	BFSN	4		1750.760	579.342	

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 = 275g: 1 package (10 oz) yields
 Measure 2 = 91g: .5 cup

NDB No. 11584

Vegetables, mixed, frozen, cooked, boiled, drained, without salt

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11583

Vegetables, mixed, frozen, unprepared

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	0.031		0		1		0.088	0.352	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.003	0.011	
17:1.....g									
18:1 undifferentiated.....g	0.030		1		1		0.085	0.340	
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	0.235		0		1		0.667	2.665	
18:2 undifferentiated.....g	0.173		1		1		0.491	1.962	
18:3 undifferentiated.....g	0.063		1		1		0.179	0.714	
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	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0		1		0.097	0.386	
Threonine.....g	0.133		0		1		0.378	1.508	
Isoleucine.....g	0.162		0		1		0.460	1.837	
Leucine.....g	0.221		0		1		0.628	2.506	
Lysine.....g	0.198		0		1		0.562	2.245	
Methionine.....g	0.040		0		1		0.114	0.454	
Cystine.....g	0.030		0		1		0.085	0.340	
Phenylalanine.....g	0.139		0		1		0.395	1.576	
Tyrosine.....g	0.086		0		1		0.244	0.975	
Valine.....g	0.174		0		1		0.494	1.973	
Arginine.....g	0.225		0		1		0.639	2.552	
Histidine.....g	0.085		0		1		0.241	0.964	
Alanine.....g	0.143		0		1		0.406	1.622	
Aspartic acid.....g	0.353		0		1		1.003	4.003	
Glutamic acid.....g	0.455		0		1		1.292	5.160	
Glycine.....g	0.121		0		1		0.344	1.372	
Proline.....g	0.082		0		1		0.233	0.930	
Serine.....g	0.158		0		1		0.449	1.792	
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 = 284g: 1 package (10 oz)

Measure 2 = 1134g: 1 pack (2-1/2 lb)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11587
Vinespinach, (basella), raw
Basella alba

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	93.10		0						
Energy.....kcal	19		0	NC					
Energy.....kj	79								
Protein (N x 6.25).....g	1.80		0						
Total lipid (fat).....g	0.30		0						
Ash.....g	1.40		0						
Carbohydrate, by difference.....g	3.40		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	109		0						
Iron, Fe.....mg	1.20		0						
Magnesium, Mg.....mg	65		0						
Phosphorus, P.....mg	52		0						
Potassium, K.....mg	510		0						
Sodium, Na.....mg	24		0						
Zinc, Zn.....mg	0.43		0						
Copper, Cu.....mg	0.107		0						
Manganese, Mn.....mg	0.735		0						
Selenium, Se.....mcg	0.8		0	BFSN					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	102.0		0						
Thiamin.....mg	0.050		0						
Riboflavin.....mg	0.155		0						
Niacin.....mg	0.500		0						
Pantothenic acid.....mg	0.053		0						
Vitamin B-6.....mg	0.240		0						
Folate, total.....mcg	140		0						
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	140		0						
Folate, DFE.....mcg_DFE	140		0	NC					
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin A, IU.....IU	8000		0						
Vitamin A, RAE.....mcg_RAE	400		0						
Retinol.....mcg	0		0	Z					
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		1						
Threonine.....g	0.055		2						
Isoleucine.....g	0.053		2						
Leucine.....g	0.101		2						
Lysine.....g	0.086		2						
Methionine.....g	0.019		2						
Cystine.....g	0.027		2						

NDB No. 11587
Vinespinach, (basella), raw

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
Phenylalanine.....g	0.085		2			1			
Tyrosine.....g	0.048		2			1			
Valine.....g	0.065		2			1			
Arginine.....g	0.070		2			1			
Histidine.....g	0.039		2			1			
Alanine.....g	0.075		2			1			
Aspartic acid.....g	0.108		2			1			
Glutamic acid.....g	0.283		2			1			
Glycine.....g	0.067		2			1			
Proline.....g	0.070		2			1			
Serine.....g	0.057		2			1			
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11990
Wasabi, root, raw
Wasabia japonica

Refuse: 23% Peel

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	69.11		2	A	1		89.85	116.80	
Energy.....kcal	109		0	NC	4		142	184	
Energy.....kj	456		0	NC	4		593	770	
Protein (N x 6.25).....g	4.80		2	A	1		6.24	8.11	
Total lipid (fat).....g	0.63		2	A	1		0.81	1.06	
Ash.....g	1.92		2	A	1		2.50	3.25	
Carbohydrate, by difference.....g	23.54		0	NC	4		30.60	39.78	
Fiber, total dietary.....g	7.8		2	A	1		10.1	13.1	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128		2	A	1		166	216	
Iron, Fe.....mg	1.03		2	A	1		1.34	1.74	
Magnesium, Mg.....mg	69		2	A	1		90	117	
Phosphorus, P.....mg	80		2	A	1		105	136	
Potassium, K.....mg	568		2	A	1		738	959	
Sodium, Na.....mg	17		2	A	1		22	28	
Zinc, Zn.....mg	1.62		2	A	1		2.11	2.74	
Copper, Cu.....mg	0.155		2	A	1		0.201	0.262	
Manganese, Mn.....mg	0.391		2	A	1		0.509	0.661	
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	41.9		2	A	1		54.4	70.7	
Thiamin.....mg	0.131		2	A	1		0.170	0.221	
Riboflavin.....mg	0.114		2	A	1		0.148	0.193	
Niacin.....mg	0.743		2	A	1		0.966	1.256	
Pantothenic acid.....mg	0.203		2	A	1		0.263	0.342	
Vitamin B-6.....mg	0.274		2	A	1		0.356	0.463	
Folate, total.....mcg	18		2	A	1		23	30	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	18		2	A	1		23	30	
Folate, DFE.....mcg_DFE	18		0	NC	4		23	30	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	35		0	AS	1		45	59	
Vitamin A, RAE.....mcg_RAE	2		0	AS	1		2	3	
Retinol.....mcg	0		0	Z	7		0	0	
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	21		3	A	1		27.200	35.360	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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.

NDB No. 11990
Wasabi, root, raw

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

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 = 130g: 1 cup, sliced

Measure 2 = 169g: 1 root

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11588

Waterchestnuts, chinese, (matai), raw

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	0.002		0		4		0.001	0.001	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		4		0.001	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	0.043		0		4		0.027	0.015	
18:2 undifferentiated.....g	0.032		0		4		0.020	0.012	
18:3 undifferentiated.....g	0.010		0		4		0.006	0.004	
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	Z	7		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	O	4		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 = 62g: .5 cup slices

Measure 2 = 36g: 4 waterchestnuts

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11590

Waterchestnuts, chinese, canned, solids and liquids

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	0.001		0		4		0.001	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001		0		4		0.001	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	0.026		0		4		0.018	0.007	
18:2 undifferentiated.....g	0.019		0		4		0.013	0.005	
18:3 undifferentiated.....g	0.006		0		4		0.004	0.002	
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	Z	7		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	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	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 = 70g: .5 cup slices

Measure 2 = 28g: 4 waterchestnuts

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11591
Watercress, raw

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	0.008		0		1		0.003	0.000	0.002
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		3		1		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	0.006		3		1		0.002	0.000	0.002
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	0.035		0		1		0.012	0.001	0.009
18:2 undifferentiated.....g	0.012		3		1		0.004	0.000	0.003
18:3 undifferentiated.....g	0.023		3		1		0.008	0.001	0.006
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		5		1		0.010	0.001	0.008
Threonine.....g	0.133		2		1		0.045	0.003	0.033
Isoleucine.....g	0.093		2		1		0.032	0.002	0.023
Leucine.....g	0.166		2		1		0.056	0.004	0.042
Lysine.....g	0.134		6		1		0.046	0.003	0.034
Methionine.....g	0.020		6		1		0.007	0.001	0.005
Cystine.....g	0.007		1		1		0.002	0.000	0.002
Phenylalanine.....g	0.114		2		1		0.039	0.003	0.029
Tyrosine.....g	0.063		1		1		0.021	0.002	0.016
Valine.....g	0.137		2		1		0.047	0.003	0.034
Arginine.....g	0.150		1		1		0.051	0.004	0.038
Histidine.....g	0.040		1		1		0.014	0.001	0.010
Alanine.....g	0.137		1		1		0.047	0.003	0.034
Aspartic acid.....g	0.187		1		1		0.064	0.005	0.047
Glutamic acid.....g	0.190		1		1		0.065	0.005	0.048
Glycine.....g	0.112		1		1		0.038	0.003	0.028
Proline.....g	0.096		1		1		0.033	0.002	0.024
Serine.....g	0.060		1		1		0.020	0.002	0.015
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	2820		0	O	4		958.800	70.500	705.000
Carotene, alpha.....mcg	0		0	BFSN	4		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	5767		0	BFSN	4		1960.613	144.163	1441.627

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Common Measures:

- Measure 1 = 34g: 1 cup, chopped
- Measure 2 = 2.5g: 1 sprig
- Measure 3 = 25g: 10 sprigs

NDB No. 11591
Watercress, raw

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11895

Waxgourd, (chinese preserving melon), cooked, boiled, drained, 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	0.037		0		1		0.065		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.065		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.154		
18:2 undifferentiated.....g	0.088		0		1		0.154		
18:3 undifferentiated.....g									
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	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.002		0		1		0.004		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.009		0		1		0.016		
Methionine.....g	0.003		0		1		0.005		
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	O	4		0.000		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	197		0	BFSN	4		344.750		

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 = 175g: 1 cup, cubes

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11594

Waxgourd, (chinese preserving melon), cooked, boiled, drained, 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	0.037		0		1		0.065		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.065		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0		1		0.154		
18:2 undifferentiated.....g	0.088		0		1		0.154		
18:3 undifferentiated.....g	0.000		0		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.004		
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.009		0		1		0.016		
Methionine.....g	0.003		0		1		0.005		
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		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	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	197		0	BFSN	4		344.750		

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 = 175g: 1 cup, cubes

NDB No. 11594

Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11593

Waxgourd, (chinese preserving melon), raw

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	0.037		0		1		0.049	2.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.037		0		1		0.049	2.109	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.087		0		1		0.115	4.959	
18:2 undifferentiated.....g	0.087		0		1		0.115	4.959	
18:3 undifferentiated.....g									
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.002		1		1		0.003	0.114	
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g	0.009		1		1		0.012	0.513	
Methionine.....g	0.003		1		1		0.004	0.171	
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 132g: 1 cup, cubes

Measure 2 = 5700g: 1 waxgourd

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11597
Winged bean leaves, raw

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	0.285		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.284		0		1				
20:1.....g									
22:1 undifferentiated.....g	0.002		0		1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.213		0		1				
18:2 undifferentiated.....g	0.187		0		1				
18:3 undifferentiated.....g	0.026		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.116		8		1				
Threonine.....g	0.182		8		1				
Isoleucine.....g	0.204		8		1				
Leucine.....g	0.359		8		1				
Lysine.....g	0.228		8		1				
Methionine.....g	0.064		6		1				
Cystine.....g	0.075		6		1				
Phenylalanine.....g	0.188		6		1				
Tyrosine.....g	0.126		6		1				
Valine.....g	0.245		8		1				
Arginine.....g	0.178		6		1				
Histidine.....g	0.082		6		1				
Alanine.....g	0.172		6		1				
Aspartic acid.....g	0.517		6		1				
Glutamic acid.....g	0.389		6		1				
Glycine.....g	0.149		6		1				
Proline.....g	0.168		6		1				
Serine.....g	0.149		6		1				
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:

Calories Factors: Protein 2.44

Fat 8.37

Carbohydrate 3.57

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11599
Winged bean tuber, raw

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	0.234		0		1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.232		0		1				
20:1.....g									
22:1 undifferentiated.....g	0.001		0		1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.174		0		1				
18:2 undifferentiated.....g	0.153		0		1				
18:3 undifferentiated.....g	0.021		0		1				
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	z	7				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.252		2		1				
Threonine.....g	0.451		4		1				
Isoleucine.....g	0.425		4		1				
Leucine.....g	0.640		4		1				
Lysine.....g	0.592		4		1				
Methionine.....g	0.143		3		1				
Cystine.....g	0.197		2		1				
Phenylalanine.....g	0.451		3		1				
Tyrosine.....g	0.353		3		1				
Valine.....g	0.599		4		1				
Arginine.....g	0.412		3		1				
Histidine.....g	0.241		3		1				
Alanine.....g	0.397		3		1				
Aspartic acid.....g	1.735		3		1				
Glutamic acid.....g	0.800		3		1				
Glycine.....g	0.390		3		1				
Proline.....g	0.679		3		1				
Serine.....g	0.464		3		1				
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:

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11896

Winged bean, immature seeds, cooked, boiled, drained, 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	0.189		0		1		0.117	0.059	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.189		0		1		0.117	0.059	
20:1.....g									
22:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.142		0		1		0.088	0.044	
18:2 undifferentiated.....g	0.125		0		1		0.078	0.039	
18:3 undifferentiated.....g	0.017		0		1		0.011	0.005	
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	z	7		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 = 62g: 1 cup
 Measure 2 = 31g: .5 cup

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11596

Winged beans, immature seeds, cooked, boiled, drained, 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	0.189		0		1		0.117		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.189		0		1		0.117		
20:1.....g									
22:1 undifferentiated.....g	0.001		0		1		0.001		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.142		0		1		0.088		
18:2 undifferentiated.....g	0.125		0		1		0.078		
18:3 undifferentiated.....g	0.017		0		1		0.011		
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	z	7		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 = 62g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11595

Winged beans, immature seeds, raw

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	0.250		0		1		0.110	0.040	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.248		0		1		0.109	0.040	
20:1.....g									
22:1 undifferentiated.....g	0.002		0		1		0.001	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.186		0		1		0.082	0.030	
18:2 undifferentiated.....g	0.164		0		1		0.072	0.026	
18:3 undifferentiated.....g	0.023		0		1		0.010	0.004	
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	Z	7		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 = 44g: 1 cup slices

Measure 2 = 16g: 1 pod

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11897

Yam, cooked, boiled, drained, or baked, 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	0.005		0		1		0.007	0.003	
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	0.005		0		1		0.007	0.003	
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	0.060		0		1		0.082	0.041	
18:2 undifferentiated.....g	0.050		0		1		0.068	0.034	
18:3 undifferentiated.....g	0.009		0		1		0.012	0.006	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.016	0.008	
Threonine.....g	0.052		0		1		0.071	0.035	
Isoleucine.....g	0.050		0		1		0.068	0.034	
Leucine.....g	0.094		0		1		0.128	0.064	
Lysine.....g	0.058		0		1		0.079	0.039	
Methionine.....g	0.020		0		1		0.027	0.014	
Cystine.....g	0.018		0		1		0.024	0.012	
Phenylalanine.....g	0.069		0		1		0.094	0.047	
Tyrosine.....g	0.039		0		1		0.053	0.027	
Valine.....g	0.060		0		1		0.082	0.041	
Arginine.....g	0.124		0		1		0.169	0.084	
Histidine.....g	0.033		0		1		0.045	0.022	
Alanine.....g	0.061		0		1		0.083	0.041	
Aspartic acid.....g	0.151		0		1		0.205	0.103	
Glutamic acid.....g	0.176		0		1		0.239	0.120	
Glycine.....g	0.052		0		1		0.071	0.035	
Proline.....g	0.053		0		1		0.072	0.036	
Serine.....g	0.079		0		1		0.107	0.054	
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	73		0	BFSY	4		99.219	49.610	
Carotene, alpha.....mcg	0		0	BFSY	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSY	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 136g: 1 cup, cubes

Measure 2 = 68g: .5 cup, cubes

NDB No. 11897

Yam, cooked, boiled, drained, or baked, with salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11602

Yam, cooked, boiled, drained, or baked, 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	0.005		0		1		0.007	0.003	
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	0.005		0		1		0.007	0.003	
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	0.060		0		1		0.082	0.041	
18:2 undifferentiated.....g	0.050		0		1		0.068	0.034	
18:3 undifferentiated.....g	0.009		0		1		0.012	0.006	
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	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.016	0.008	
Threonine.....g	0.052		0		1		0.071	0.035	
Isoleucine.....g	0.050		0		1		0.068	0.034	
Leucine.....g	0.094		0		1		0.128	0.064	
Lysine.....g	0.058		0		1		0.079	0.039	
Methionine.....g	0.020		0		1		0.027	0.014	
Cystine.....g	0.018		0		1		0.024	0.012	
Phenylalanine.....g	0.069		0		1		0.094	0.047	
Tyrosine.....g	0.039		0		1		0.053	0.027	
Valine.....g	0.060		0		1		0.082	0.041	
Arginine.....g	0.124		0		1		0.169	0.084	
Histidine.....g	0.033		0		1		0.045	0.022	
Alanine.....g	0.061		0		1		0.083	0.041	
Aspartic acid.....g	0.151		0		1		0.205	0.103	
Glutamic acid.....g	0.176		0		1		0.239	0.120	
Glycine.....g	0.052		0		1		0.071	0.035	
Proline.....g	0.053		0		1		0.072	0.036	
Serine.....g	0.079		0		1		0.107	0.054	
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	73		0	BFSY	4		99.219	49.610	
Carotene, alpha.....mcg	0		0	BFSY	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSY	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSY	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSY	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 = 136g: 1 cup, cubes

Measure 2 = 68g: .5 cup, cubes

NDB No. 11602

Yam, cooked, boiled, drained, or baked, without salt

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11601

Yam, raw

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	0.006		0		1		0.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.006		0		1		0.009		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.114		
18:2 undifferentiated.....g	0.064		0		1		0.096		
18:3 undifferentiated.....g	0.012		0		1		0.018		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	10		0		1		15		
Amino Acids:									
Tryptophan.....g	0.012		40		1		0.018		
Threonine.....g	0.054		72		1		0.081		
Isoleucine.....g	0.052		72		1		0.078		
Leucine.....g	0.096		72		1		0.144		
Lysine.....g	0.059		74		1		0.089		
Methionine.....g	0.021		73		1		0.032		
Cystine.....g	0.019		16		1		0.029		
Phenylalanine.....g	0.071		72		1		0.107		
Tyrosine.....g	0.040		72		1		0.060		
Valine.....g	0.062		72		1		0.093		
Arginine.....g	0.127		72		1		0.191		
Histidine.....g	0.034		72		1		0.051		
Alanine.....g	0.063		71		1		0.095		
Aspartic acid.....g	0.155		71		1		0.233		
Glutamic acid.....g	0.181		71		1		0.272		
Glycine.....g	0.053		71		1		0.080		
Proline.....g	0.054		71		1		0.081		
Serine.....g	0.081		71		1		0.122		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	83		0	T	4		123.750		
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 = 150g: 1 cup, cubes

NDB No. 11601
Yam, raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11898

Yambean (jicama), cooked, boiled, drained, 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	90.07		0						
Energy.....kcal	38		0	NC					
Energy.....kj	159								
Protein (N x 6.25).....g	0.72		0						
Total lipid (fat).....g	0.09		0						
Ash.....g	0.30		0						
Carbohydrate, by difference.....g	8.82		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0						
Iron, Fe.....mg	0.57		0						
Magnesium, Mg.....mg	11		0						
Phosphorus, P.....mg	16		0						
Potassium, K.....mg	135		0						
Sodium, Na.....mg	242		0						
Zinc, Zn.....mg	0.15		0						
Copper, Cu.....mg	0.046		0						
Manganese, Mn.....mg	0.057		0						
Selenium, Se.....mcg	0.7		0	BFSN					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.1		0						
Thiamin.....mg	0.017		0						
Riboflavin.....mg	0.028		0						
Niacin.....mg	0.190		0						
Pantothenic acid.....mg	0.121		0						
Vitamin B-6.....mg	0.040		0						
Folate, total.....mcg	8		0						
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	8		0						
Folate, DFE.....mcg_DFE	8		0	NC					
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin A, IU.....IU	19		0						
Vitamin A, RAE.....mcg_RAE	1		0						
Retinol.....mcg	0		0	Z					
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.018		0						
Isoleucine.....g	0.016		0						
Leucine.....g	0.025		0						
Lysine.....g	0.026		0						
Methionine.....g	0.007		0						
Cystine.....g	0.006		0						

NDB No. 11898

Yambean (jicama), cooked, boiled, drained, 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
Phenylalanine.....g	0.017		0			1			
Tyrosine.....g	0.012		0			1			
Valine.....g	0.022		0			1			
Arginine.....g	0.037		0			1			
Histidine.....g	0.019		0			1			
Alanine.....g	0.020		0			1			
Aspartic acid.....g	0.200		0			1			
Glutamic acid.....g	0.043		0			1			
Glycine.....g	0.016		0			1			
Proline.....g	0.025		0			1			
Serine.....g	0.025		0			1			
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:

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11604

Yambean (jicama), cooked, boiled, drained, without 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	90.07		0						
Energy.....kcal	38		0	NC					
Energy.....kj	159								
Protein (N x 6.25).....g	0.72		0						
Total lipid (fat).....g	0.09		0						
Ash.....g	0.30		0						
Carbohydrate, by difference.....g	8.82		0	NC					
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0						
Iron, Fe.....mg	0.57		0						
Magnesium, Mg.....mg	11		0						
Phosphorus, P.....mg	16		0						
Potassium, K.....mg	135		0						
Sodium, Na.....mg	4		0						
Zinc, Zn.....mg	0.15		0						
Copper, Cu.....mg	0.046		0						
Manganese, Mn.....mg	0.057		0						
Selenium, Se.....mcg	0.7		0	BFSN					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.1		0						
Thiamin.....mg	0.017		0						
Riboflavin.....mg	0.028		0						
Niacin.....mg	0.190		0						
Pantothenic acid.....mg	0.121		0						
Vitamin B-6.....mg	0.040		0						
Folate, total.....mcg	8		0						
Folic acid.....mcg	0		0	Z					
Folate, food.....mcg	8		0						
Folate, DFE.....mcg_DFE	8		0	NC					
Vitamin B-12.....mcg	0.00		0	Z					
Vitamin A, IU.....IU	19		0						
Vitamin A, RAE.....mcg_RAE	1		0						
Retinol.....mcg	0		0	Z					
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									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z					
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.018		0						
Isoleucine.....g	0.016		0						
Leucine.....g	0.025		0						
Lysine.....g	0.026		0						
Methionine.....g	0.007		0						
Cystine.....g	0.006		0						

NDB No. 11604

Yambean (jicama), cooked, boiled, drained, 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
Phenylalanine.....g	0.017		0			1			
Tyrosine.....g	0.012		0			1			
Valine.....g	0.022		0			1			
Arginine.....g	0.037		0			1			
Histidine.....g	0.019		0			1			
Alanine.....g	0.020		0			1			
Aspartic acid.....g	0.200		0			1			
Glutamic acid.....g	0.043		0			1			
Glycine.....g	0.016		0			1			
Proline.....g	0.025		0			1			
Serine.....g	0.025		0			1			
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:

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products

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

NDB No. 11603
Yambean (jicama), raw

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	0.005		0		4		0.006	0.007	0.060
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	0.005		0		4		0.006	0.007	0.060
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	0.043		0		4		0.052	0.056	0.516
18:2 undifferentiated.....g	0.029		0		4		0.035	0.038	0.348
18:3 undifferentiated.....g	0.014		0		4		0.017	0.018	0.168
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	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g	0.018		0		1		0.022	0.023	0.216
Isoleucine.....g	0.016		0		1		0.019	0.021	0.192
Leucine.....g	0.025		0		1		0.030	0.033	0.300
Lysine.....g	0.026		0		1		0.031	0.034	0.312
Methionine.....g	0.007		0		1		0.008	0.009	0.084
Cystine.....g	0.006		0		1		0.007	0.008	0.072
Phenylalanine.....g	0.017		0		1		0.020	0.022	0.204
Tyrosine.....g	0.012		0		1		0.014	0.016	0.144
Valine.....g	0.022		0		1		0.026	0.029	0.264
Arginine.....g	0.037		0		1		0.044	0.048	0.444
Histidine.....g	0.019		0		1		0.023	0.025	0.228
Alanine.....g	0.020		0		1		0.024	0.026	0.240
Aspartic acid.....g	0.200		0		1		0.240	0.260	2.400
Glutamic acid.....g	0.043		0		1		0.052	0.056	0.516
Glycine.....g	0.016		0		1		0.019	0.021	0.192
Proline.....g	0.025		0		1		0.030	0.033	0.300
Serine.....g	0.025		0		1		0.030	0.033	0.300
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	13		0	O	4		15.120	16.380	151.200
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 = 120g: 1 cup slices
- Measure 2 = 130g: 1 cup
- Measure 3 = 1200g: 1 large

NDB No. 11603
Yambean (jicama), raw

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11899

Yardlong bean, cooked, boiled, drained, 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	0.009		0		1		0.009	0.001	
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	0.005		0		1		0.005	0.001	
20:1.....g									
22:1 undifferentiated.....g	0.003		0		1		0.003	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.044	0.006	
18:2 undifferentiated.....g	0.024		0		1		0.025	0.003	
18:3 undifferentiated.....g	0.017		0		1		0.018	0.002	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.029		0		1		0.030	0.004	
Threonine.....g	0.094		0		1		0.098	0.013	
Isoleucine.....g	0.135		0		1		0.140	0.019	
Leucine.....g	0.180		0		1		0.187	0.025	
Lysine.....g	0.166		0		1		0.173	0.023	
Methionine.....g	0.036		0		1		0.037	0.005	
Cystine.....g	0.038		0		1		0.040	0.005	
Phenylalanine.....g	0.139		0		1		0.145	0.019	
Tyrosine.....g	0.103		0		1		0.107	0.014	
Valine.....g	0.146		0		1		0.152	0.020	
Arginine.....g	0.177		0		1		0.184	0.025	
Histidine.....g	0.082		0		1		0.085	0.011	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 104g: 1 cup slices

Measure 2 = 14.0g: 1 pod

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11200

Yardlong bean, cooked, boiled, drained, 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	0.009		0		1		0.009	0.001	
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	0.005		0		1		0.005	0.001	
20:1.....g									
22:1 undifferentiated.....g	0.003		0		1		0.003	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.042		0		1		0.044	0.006	
18:2 undifferentiated.....g	0.024		0		1		0.025	0.003	
18:3 undifferentiated.....g	0.017		0		1		0.018	0.002	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.029		0		1		0.030	0.004	
Threonine.....g	0.094		0		1		0.098	0.013	
Isoleucine.....g	0.135		0		1		0.140	0.019	
Leucine.....g	0.180		0		1		0.187	0.025	
Lysine.....g	0.166		0		1		0.173	0.023	
Methionine.....g	0.036		0		1		0.037	0.005	
Cystine.....g	0.038		0		1		0.040	0.005	
Phenylalanine.....g	0.139		0		1		0.145	0.019	
Tyrosine.....g	0.103		0		1		0.107	0.014	
Valine.....g	0.146		0		1		0.152	0.020	
Arginine.....g	0.177		0		1		0.184	0.025	
Histidine.....g	0.082		0		1		0.085	0.011	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 104g: 1 cup slices

Measure 2 = 14.0g: 1 pod

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11199
Yardlong bean, raw

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	0.036		0		1		0.033	0.004	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.019	0.003	
20:1.....g									
22:1 undifferentiated.....g	0.013		0		1		0.012	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.169		0		1		0.154	0.020	
18:2 undifferentiated.....g	0.096		0		1		0.087	0.012	
18:3 undifferentiated.....g	0.070		0		1		0.064	0.008	
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	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.032		0		1		0.029	0.004	
Threonine.....g	0.104		0		1		0.095	0.012	
Isoleucine.....g	0.150		0		1		0.137	0.018	
Leucine.....g	0.200		0		1		0.182	0.024	
Lysine.....g	0.184		0		1		0.167	0.022	
Methionine.....g	0.040		0		1		0.036	0.005	
Cystine.....g	0.042		0		1		0.038	0.005	
Phenylalanine.....g	0.154		0		1		0.140	0.018	
Tyrosine.....g	0.115		0		1		0.105	0.014	
Valine.....g	0.162		0		1		0.147	0.019	
Arginine.....g	0.196		0		1		0.178	0.024	
Histidine.....g	0.090		0		1		0.082	0.011	
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
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 = 91g: 1 cup slices

Measure 2 = 12.0g: 1 pod

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 11 Vegetables and Vegetable Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 11991
Yautia (tannier), raw
Xanthosoma sagittifolium

Refuse: 14% Peel

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	73.06	1.457	4	JA	6		98.63	222.83	
Energy.....kcal	98		0	NC	4		133	299	
Energy.....kj	411		0	NC	4		555	1253	
Protein (N x 6.25).....g	1.46		2	A	1		1.97	4.44	
Total lipid (fat).....g	0.40		2	A	1		0.55	1.23	
Ash.....g	1.45		2	A	1		1.96	4.42	
Carbohydrate, by difference.....g	23.63		0	NC	4		31.90	72.08	
Fiber, total dietary.....g	1.5	0.024	4	JA	6		2.1	4.7	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		2	A	1		12	28	
Iron, Fe.....mg	0.98		2	A	1		1.32	2.99	
Magnesium, Mg.....mg	24		2	A	1		32	73	
Phosphorus, P.....mg	51		2	A	1		69	155	
Potassium, K.....mg	598		2	A	1		807	1823	
Sodium, Na.....mg	21		2	A	1		28	64	
Zinc, Zn.....mg	0.50		2	A	1		0.68	1.53	
Copper, Cu.....mg	0.257		2	A	1		0.347	0.784	
Manganese, Mn.....mg	0.186		2	A	1		0.250	0.566	
Selenium, Se.....mcg	0.7		0	CAZN	4		0.9	2.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.2		2	A	1		7.0	15.8	
Thiamin.....mg	0.097		2	A	1		0.130	0.294	
Riboflavin.....mg	0.040		2	A	1		0.054	0.122	
Niacin.....mg	0.667		2	A	1		0.900	2.033	
Pantothenic acid.....mg	0.209		2	A	1		0.282	0.637	
Vitamin B-6.....mg	0.237		2	A	1		0.320	0.723	
Folate, total.....mcg	17		2	A	1		23	51	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	17		2	A	1		23	51	
Folate, DFE.....mcg_DFE	17		0	NC	4		23	51	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	8		0	AS	1		11	24	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		1	1	
Retinol.....mcg	0		0	Z	7		0	0	
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	0.082		0	BFFN	4		0.111	0.250	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Carotenoids:									
Carotene, beta.....mcg	5	1.588	3	A	1		6.436	14.541	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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.

NDB No. 11991
Yautia (tannier), raw

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

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 = 135g: 1 cup, sliced

Measure 2 = 305g: 1 root

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 3.84

Food Group: 11 Vegetables and Vegetable Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 43406
Yeast extract spread

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				4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				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 = 6.0g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 11 Vegetables and Vegetable Products

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