

NDB No. 12060
Nuts, acorn flour, full fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	19.110		0		1		5.418		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	19.110		0		1		5.418		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.813		0		1		1.648		
18:2 undifferentiated.....g	5.813		0		1		1.648		
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	0.090		0		1		0.026		
Threonine.....g	0.288		0		1		0.082		
Isoleucine.....g	0.348		0		1		0.099		
Leucine.....g	0.596		0		1		0.169		
Lysine.....g	0.468		0		1		0.133		
Methionine.....g	0.126		0		1		0.036		
Cystine.....g	0.133		0		1		0.038		
Phenylalanine.....g	0.328		0		1		0.093		
Tyrosine.....g	0.227		0		1		0.064		
Valine.....g	0.421		0		1		0.119		
Arginine.....g	0.577		0		1		0.164		
Histidine.....g	0.208		0		1		0.059		
Alanine.....g	0.427		0		1		0.121		
Aspartic acid.....g	0.774		0		1		0.219		
Glutamic acid.....g	1.202		0		1		0.341		
Glycine.....g	0.348		0		1		0.099		
Proline.....g	0.300		0		1		0.085		
Serine.....g	0.318		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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12059
Nuts, acorns, 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	19.896		0		1		5.641		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	19.896		0		1		5.641		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.052		0		1		1.716		
18:2 undifferentiated.....g	6.052		0		1		1.716		
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	0.098		0		1		0.028		
Threonine.....g	0.312		0		1		0.088		
Isoleucine.....g	0.376		0		1		0.107		
Leucine.....g	0.644		0		1		0.183		
Lysine.....g	0.505		0		1		0.143		
Methionine.....g	0.136		0		1		0.039		
Cystine.....g	0.144		0		1		0.041		
Phenylalanine.....g	0.354		0		1		0.100		
Tyrosine.....g	0.246		0		1		0.070		
Valine.....g	0.455		0		1		0.129		
Arginine.....g	0.623		0		1		0.177		
Histidine.....g	0.224		0		1		0.064		
Alanine.....g	0.461		0		1		0.131		
Aspartic acid.....g	0.837		0		1		0.237		
Glutamic acid.....g	1.299		0		1		0.368		
Glycine.....g	0.376		0		1		0.107		
Proline.....g	0.324		0		1		0.092		
Serine.....g	0.344		0		1		0.098		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12058
Nuts, acorns, 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	15.109		0		1		4.283		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	15.109		2		1		4.283		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.596		0		1		1.303		
18:2 undifferentiated.....g	4.596		2		1		1.303		
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	0.074		1		1		0.021		
Threonine.....g	0.236		1		1		0.067		
Isoleucine.....g	0.285		1		1		0.081		
Leucine.....g	0.489		1		1		0.139		
Lysine.....g	0.384		1		1		0.109		
Methionine.....g	0.103		1		1		0.029		
Cystine.....g	0.109		1		1		0.031		
Phenylalanine.....g	0.269		1		1		0.076		
Tyrosine.....g	0.187		1		1		0.053		
Valine.....g	0.345		1		1		0.098		
Arginine.....g	0.473		1		1		0.134		
Histidine.....g	0.170		1		1		0.048		
Alanine.....g	0.350		1		1		0.099		
Aspartic acid.....g	0.635		1		1		0.180		
Glutamic acid.....g	0.986		1		1		0.280		
Glycine.....g	0.285		1		1		0.081		
Proline.....g	0.246		1		1		0.070		
Serine.....g	0.261		1		1		0.074		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12695

Nuts, almond butter, plain, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.374		0		1		95.935	6.140	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.344		0		1		0.860	0.055	
17:1.....g									
18:1 undifferentiated.....g	37.665		0		1		94.163	6.026	
20:1.....g	0.056		0		1		0.140	0.009	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.402		0		1		31.005	1.984	
18:2 undifferentiated.....g	11.879		0		1		29.698	1.901	
18:3 undifferentiated.....g	0.423		0		1		1.058	0.068	
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	0.271		0		1		0.678	0.043	
Threonine.....g	0.559		0		1		1.398	0.089	
Isoleucine.....g	0.655		0		1		1.638	0.105	
Leucine.....g	1.174		0		1		2.935	0.188	
Lysine.....g	0.504		0		1		1.260	0.081	
Methionine.....g	0.172		0		1		0.430	0.028	
Cystine.....g	0.271		0		1		0.678	0.043	
Phenylalanine.....g	0.842		0		1		2.105	0.135	
Tyrosine.....g	0.533		0		1		1.333	0.085	
Valine.....g	0.778		0		1		1.945	0.124	
Arginine.....g	1.887		0		1		4.718	0.302	
Histidine.....g	0.422		0		1		1.055	0.068	
Alanine.....g	0.713		0		1		1.783	0.114	
Aspartic acid.....g	1.776		0		1		4.440	0.284	
Glutamic acid.....g	4.487		0		1		11.218	0.718	
Glycine.....g	0.935		0		1		2.338	0.150	
Proline.....g	0.949		0		1		2.373	0.152	
Serine.....g	0.681		0		1		1.703	0.109	
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	BFZN	4		1.775	0.114	
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	1		0	BFZN	4		3.333	0.213	

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Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbs

NDB No. 12695

Nuts, almond butter, plain, with salt added

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12195

Nuts, almond butter, plain, 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
Fatty acids, total monounsaturated.....g	38.374		0		1		95.935	6.140	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.344		0		1		0.860	0.055	
17:1.....g									
18:1 undifferentiated.....g	37.665		0		1		94.163	6.026	
20:1.....g	0.056		0		1		0.140	0.009	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.402		0		1		31.005	1.984	
18:2 undifferentiated.....g	11.879		0		1		29.698	1.901	
18:3 undifferentiated.....g	0.423		0		1		1.058	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	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.271		0		1		0.678	0.043	
Threonine.....g	0.559		0		1		1.398	0.089	
Isoleucine.....g	0.655		0		1		1.638	0.105	
Leucine.....g	1.174		0		1		2.935	0.188	
Lysine.....g	0.504		0		1		1.260	0.081	
Methionine.....g	0.172		0		1		0.430	0.028	
Cystine.....g	0.271		0		1		0.678	0.043	
Phenylalanine.....g	0.842		0		1		2.105	0.135	
Tyrosine.....g	0.533		0		1		1.333	0.085	
Valine.....g	0.778		0		1		1.945	0.124	
Arginine.....g	1.887		0		1		4.718	0.302	
Histidine.....g	0.422		0		1		1.055	0.068	
Alanine.....g	0.713		0		1		1.783	0.114	
Aspartic acid.....g	1.776		0		1		4.440	0.284	
Glutamic acid.....g	4.487		0		1		11.218	0.718	
Glycine.....g	0.935		0		1		2.338	0.150	
Proline.....g	0.949		0		1		2.373	0.152	
Serine.....g	0.681		0		1		1.703	0.109	
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 = 250g: 1 cup
 Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 12071
Nuts, almond paste

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.012		0	BFFN	4		40.887	5.106	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.162		0	BFFN	4		0.368	0.046	
17:1.....g									
18:1 undifferentiated.....g	17.680		0	BFFN	4		40.134	5.012	
20:1.....g	0.027		0	BFFN	4		0.061	0.008	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.821		0	BFFN	4		13.214	1.650	
18:2 undifferentiated.....g	5.576		0	BFFN	4		12.658	1.581	
18:3 undifferentiated.....g	0.199		0	BFFN	4		0.452	0.056	
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									
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	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.659	0.207	

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Common Measures:

Measure 1 = 227g: 1 cup, firmly packed

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12061
Nuts, almonds (1)
Prunus dulcis

Refuse: 60% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	5.25	0.124	4	A	1		4.99	4.83	5.67
Energy.....kcal	578		0	NC	4		549	532	624
Energy.....kj	2418		0	NC	4		2297	2225	2611
Protein (N x 5.18).....g	21.26	0.717	4	A	1		20.19	19.55	22.96
Total lipid (fat).....g	50.64	0.681	4	A	1		48.10	46.58	54.69
Ash.....g	3.11	0.019	4	A	1		2.96	2.86	3.36
Carbohydrate, by difference.....g	19.74		0	NC	4		18.76	18.16	21.32
Fiber, total dietary.....g	11.8	0.556	4	A	1		11.2	10.9	12.7
Sugars, total.....g	4.80	0.236	4	A	1		4.56	4.42	5.18
Sucrose.....g	4.54	0.222	4	A	1		4.31	4.17	4.90
Glucose (dextrose).....g	0.12	0.023	4	A	1		0.11	0.11	0.13
Fructose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	0.14	0.000	4	A	1		0.13	0.13	0.15
Galactose.....g									
Starch.....g	0.73	0.085	4	A	1		0.69	0.67	0.79
Minerals:									
Calcium, Ca.....mg	248	18.884	4	A	1		235	228	268
Iron, Fe.....mg	4.30	0.206	4	A	1		4.08	3.95	4.64
Magnesium, Mg.....mg	275	6.035	4	A	1		261	253	297
Phosphorus, P.....mg	474	25.377	4	A	1		450	436	512
Potassium, K.....mg	728	14.848	4	A	1		692	670	787
Sodium, Na.....mg	1	0.083	4	A	1		1	1	1
Zinc, Zn.....mg	3.36	0.209	4	A	1		3.19	3.09	3.62
Copper, Cu.....mg	1.110	0.076	4	A	1		1.055	1.021	1.199
Manganese, Mn.....mg	2.535	0.034	4	A	1		2.408	2.332	2.738
Selenium, Se.....mcg	2.8	0.030	12	A	1		2.6	2.5	3.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	4	A	1		0.0	0.0	0.0
Thiamin.....mg	0.241	0.016	4	A	1		0.229	0.222	0.260
Riboflavin.....mg	0.811	0.051	4	A	1		0.770	0.746	0.876
Niacin.....mg	3.925	0.083	4	A	1		3.729	3.611	4.239
Pantothenic acid.....mg	0.349	0.013	4	A	1		0.331	0.321	0.376
Vitamin B-6.....mg	0.131	0.018	4	A	1		0.124	0.120	0.141
Folate, total.....mcg	29	1.095	4	A	1		27	26	31
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	29	1.095	4	A	1		27	26	31
Folate, DFE.....mcg_DFE	29		0	NC	4		27	26	31
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	5		0	AS	1		4	4	5
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	25.87	1.345	4	A	1		24.58	23.80	27.94
Tocopherol, beta.....mg	0.43	0.029	4	A	1		0.40	0.39	0.46
Tocopherol, gamma.....mg	0.89	0.076	4	A	1		0.85	0.82	0.96
Tocopherol, delta.....mg	0.25	0.046	4	A	1		0.23	0.23	0.27
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	8	A	1		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	3.881		0	NC	4		3.687	3.570	4.191
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	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 12061
Nuts, almonds (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	3.198	0.094	4	A	1		3.038	2.942	3.453
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	0.683	0.065	4	A	1		0.649	0.629	0.738
20:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	32.155		0	NC	4		30.548	29.583	34.728
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.234	0.014	4	A	1		0.222	0.215	0.253
17:1.....g									
18:1 undifferentiated.....g	31.921	0.656	4	A	1		30.325	29.368	34.475
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	12.214		0	NC	4		11.603	11.236	13.191
18:2 undifferentiated.....g	12.214	0.633	4	A	1		11.603	11.236	13.191
18:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	120		1	A	1		114	110	130
Stigmasterol.....mg	4		1	A	1		4	4	5
Campesterol.....mg	5		1	A	1		4	4	5
Beta-sitosterol.....mg	111		1	A	1		105	102	120
Amino Acids:									
Tryptophan.....g	0.192			A	1		0.182	0.177	0.207
Threonine.....g	0.678			A	1		0.644	0.623	0.732
Isoleucine.....g	0.691			A	1		0.657	0.636	0.747
Leucine.....g	1.469			A	1		1.396	1.352	1.587
Lysine.....g	0.601			A	1		0.571	0.553	0.649
Methionine.....g	0.188			A	1		0.179	0.173	0.203
Cystine.....g	0.282			A	1		0.268	0.259	0.304
Phenylalanine.....g	1.148			A	1		1.090	1.056	1.240
Tyrosine.....g	0.530			A	1		0.503	0.488	0.572
Valine.....g	0.799			A	1		0.759	0.735	0.863
Arginine.....g	2.466			A	1		2.343	2.269	2.663
Histidine.....g	0.592			A	1		0.563	0.545	0.640
Alanine.....g	1.000			A	1		0.950	0.920	1.081
Aspartic acid.....g	2.733			A	1		2.596	2.514	2.951
Glutamic acid.....g	5.171			A	1		4.912	4.757	5.584
Glycine.....g	1.468			A	1		1.395	1.351	1.586
Proline.....g	0.968			A	1		0.920	0.891	1.046
Serine.....g	1.005			A	1		0.955	0.925	1.085
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	3	0.111	9	A	1		2.576	2.494	2.928
Carotene, alpha.....mcg	0	0.000	9	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1	0.000	8	A	1		1.267	1.227	1.440

NDB No. 12061
Nuts, almonds (1)

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 = 95g: 1 cup, ground

Measure 2 = 92g: 1 cup, sliced

Measure 3 = 108g: 1 cup, slivered

Footnotes

1 Unroasted

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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NDB No. 12062
Nuts, almonds, blanched (1)

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	4.47	0.319	3	A	1		6.49	0.41	1.27
Energy.....kcal	581		0	NC	4		842	53	165
Energy.....kj	2431		0	NC	4		3525	221	689
Protein (N x 5.18).....g	21.94	0.338	3	A	1		31.81	2.00	6.22
Total lipid (fat).....g	50.62	1.696	3	A	1		73.40	4.61	14.35
Ash.....g	3.02	0.016	3	A	1		4.38	0.28	0.86
Carbohydrate, by difference.....g	19.94		0	NC	4		28.92	1.81	5.65
Fiber, total dietary.....g	10.4	0.802	3	A	1		15.0	0.9	2.9
Sugars, total.....g	4.96	0.094	3	A	1		7.19	0.45	1.41
Sucrose.....g	4.78	0.094	3	A	1		6.93	0.43	1.36
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.05	0.00	0.01
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.14	0.000	3	A	1		0.21	0.01	0.04
Galactose.....g									
Starch.....g	1.03	0.037	3	A	1		1.49	0.09	0.29
Minerals:									
Calcium, Ca.....mg	216	4.942	3	A	1		313	20	61
Iron, Fe.....mg	3.72	0.204	3	A	1		5.39	0.34	1.05
Magnesium, Mg.....mg	275	3.283	3	A	1		398	25	78
Phosphorus, P.....mg	480	8.124	3	A	1		696	44	136
Potassium, K.....mg	687	20.638	3	A	1		996	62	195
Sodium, Na.....mg	28	3.624	3	A	1		41	3	8
Zinc, Zn.....mg	3.12	0.248	3	A	1		4.52	0.28	0.88
Copper, Cu.....mg	1.170	0.081	3	A	1		1.697	0.106	0.332
Manganese, Mn.....mg	2.240	0.141	3	A	1		3.248	0.204	0.635
Selenium, Se.....mcg	2.8		0	BFZN	4		4.0	0.3	0.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.200	0.008	3	A	1		0.290	0.018	0.057
Riboflavin.....mg	0.560	0.081	3	A	1		0.812	0.051	0.159
Niacin.....mg	3.660	0.124	3	A	1		5.307	0.333	1.038
Pantothenic acid.....mg	0.311	0.024	3	A	1		0.451	0.028	0.088
Vitamin B-6.....mg	0.120	0.000	3	A	1		0.174	0.011	0.034
Folate, total.....mcg	30	1.706	3	A	1		44	3	9
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	30	1.706	3	A	1		44	3	9
Folate, DFE.....mcg_DFE	30		0	NC	4		44	3	9
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	7		1	AS	1		9	1	2
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	24.71	0.293	3	A	1		35.83	2.25	7.01
Tocopherol, beta.....mg	0.41	0.047	3	A	1		0.59	0.04	0.12
Tocopherol, gamma.....mg	0.80	0.000	3	A	1		1.16	0.07	0.23
Tocopherol, delta.....mg	0.27	0.065	3	A	1		0.40	0.02	0.08
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Lipids:									
Fatty acids, total saturated.....g	3.890		0	NC	4		5.640	0.354	1.103
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	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 12062
Nuts, almonds, blanched (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	3.255	0.058	3	A	1		4.719	0.296	0.923
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	0.635	0.038	3	A	1		0.921	0.058	0.180
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	32.287		0	NC	4		46.817	2.938	9.153
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.241	0.008	3	A	1		0.350	0.022	0.068
17:1.....g									
18:1 undifferentiated.....g	32.046	1.176	3	A	1		46.467	2.916	9.085
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	12.054		0	NC	4		17.478	1.097	3.417
18:2 undifferentiated.....g	12.054	0.616	3	A	1		17.478	1.097	3.417
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	115		1	A	1		167	10	33
Stigmasterol.....mg	1		1	A	1		1	0	0
Campesterol.....mg	6		1	A	1		8	1	2
Beta-sitosterol.....mg	109		1	A	1		158	10	31
Amino Acids:									
Tryptophan.....g	0.198			A	1		0.287	0.018	0.056
Threonine.....g	0.700			A	1		1.014	0.064	0.198
Isoleucine.....g	0.714			A	1		1.035	0.065	0.202
Leucine.....g	1.517			A	1		2.199	0.138	0.430
Lysine.....g	0.620			A	1		0.899	0.056	0.176
Methionine.....g	0.194			A	1		0.282	0.018	0.055
Cystine.....g	0.291			A	1		0.422	0.026	0.082
Phenylalanine.....g	1.185			A	1		1.718	0.108	0.336
Tyrosine.....g	0.547			A	1		0.793	0.050	0.155
Valine.....g	0.825			A	1		1.196	0.075	0.234
Arginine.....g	2.546			A	1		3.691	0.232	0.722
Histidine.....g	0.611			A	1		0.886	0.056	0.173
Alanine.....g	1.033			A	1		1.497	0.094	0.293
Aspartic acid.....g	2.821			A	1		4.090	0.257	0.800
Glutamic acid.....g	5.337			A	1		7.739	0.486	1.513
Glycine.....g	1.515			A	1		2.197	0.138	0.430
Proline.....g	1.000			A	1		1.450	0.091	0.283
Serine.....g	1.037			A	1		1.504	0.094	0.294
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	4		1	A	1		5.655	0.355	1.106
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	BFZN	4		1.933	0.121	0.378

NDB No. 12062
Nuts, almonds, blanched (1)

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 = 145g: 1 cup whole kernels

Measure 2 = 9.1g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Footnotes

1 Unroasted

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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NDB No. 12563

Nuts, almonds, dry roasted, with salt 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	2.60	0.127	3	A	1		3.58	0.74	
Energy.....kcal	597		0	NC	4		824	169	
Energy.....kj	2499		0	NC	4		3449	709	
Protein (N x 5.18).....g	22.09	0.867	3	A	1		30.48	6.26	
Total lipid (fat).....g	52.83	1.022	3	A	1		72.91	14.98	
Ash.....g	3.20	0.019	3	A	1		4.42	0.91	
Carbohydrate, by difference.....g	19.29		0	NC	4		26.62	5.47	
Fiber, total dietary.....g	11.8	0.517	3	A	1		16.3	3.3	
Sugars, total.....g	4.90	0.158	3	A	1		6.76	1.39	
Sucrose.....g	4.72	0.158	3	A	1		6.51	1.34	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.05	0.01	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.14	0.000	3	A	1		0.20	0.04	
Galactose.....g									
Starch.....g	0.71	0.043	3	A	1		0.99	0.20	
Minerals:									
Calcium, Ca.....mg	266	20.200	3	A	1		367	75	
Iron, Fe.....mg	4.51	0.262	3	A	1		6.22	1.28	
Magnesium, Mg.....mg	286	1.582	3	A	1		394	81	
Phosphorus, P.....mg	489	13.083	3	A	1		675	139	
Potassium, K.....mg	746	26.608	3	A	1		1029	211	
Sodium, Na.....mg	339		528	A	1		468	96	
Zinc, Zn.....mg	3.54	0.145	3	A	1		4.89	1.00	
Copper, Cu.....mg	1.170	0.073	3	A	1		1.615	0.332	
Manganese, Mn.....mg	2.620	0.063	3	A	1		3.616	0.743	
Selenium, Se.....mcg	2.8		0	BFZN	4		3.8	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.074	0.002	3	A	1		0.102	0.021	
Riboflavin.....mg	0.859	0.010	3	A	1		1.185	0.243	
Niacin.....mg	3.850	0.036	3	A	1		5.313	1.091	
Pantothenic acid.....mg	0.229	0.017	3	A	1		0.315	0.065	
Vitamin B-6.....mg	0.126	0.013	3	A	1		0.173	0.036	
Folate, total.....mcg	33	2.732	3	A	1		45	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	33	2.732	3	A	1		45	9	
Folate, DFE.....mcg_DFE	33		0	NC	4		45	9	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1		1	AS	1		2	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	26.00	0.741	3	A	1		35.87	7.37	
Tocopherol, beta.....mg	0.44	0.036	3	A	1		0.60	0.12	
Tocopherol, gamma.....mg	0.87	0.096	3	A	1		1.19	0.25	
Tocopherol, delta.....mg	0.14	0.000	3	A	1		0.20	0.04	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.047		0	NC	4		5.585	1.147	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 12563

Nuts, almonds, dry roasted, 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
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	3.333	0.090	3	A	1		4.600	0.945	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.714	0.096	3	A	1		0.985	0.202	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	33.658		0	NC	4		46.448	9.542	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.252	0.005	3	A	1		0.347	0.071	
17:1.....g									
18:1 undifferentiated.....g	33.406	0.530	3	A	1		46.101	9.471	
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	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.649		0	NC	4		17.456	3.586	
18:2 undifferentiated.....g	12.649	0.323	3	A	1		17.456	3.586	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
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	118		1	A	1		163	33	
Stigmasterol.....mg	4		1	A	1		6	1	
Campesterol.....mg	3		1	A	1		4	1	
Beta-sitosterol.....mg	110		1	A	1		152	31	
Amino Acids:									
Tryptophan.....g	0.199			A	1		0.275	0.057	
Threonine.....g	0.704			A	1		0.972	0.200	
Isoleucine.....g	0.718			A	1		0.991	0.204	
Leucine.....g	1.527			A	1		2.107	0.433	
Lysine.....g	0.624			A	1		0.861	0.177	
Methionine.....g	0.196			A	1		0.270	0.055	
Cystine.....g	0.293			A	1		0.404	0.083	
Phenylalanine.....g	1.193			A	1		1.646	0.338	
Tyrosine.....g	0.551			A	1		0.760	0.156	
Valine.....g	0.831			A	1		1.146	0.235	
Arginine.....g	2.562			A	1		3.536	0.726	
Histidine.....g	0.615			A	1		0.849	0.174	
Alanine.....g	1.040			A	1		1.435	0.295	
Aspartic acid.....g	2.839			A	1		3.918	0.805	
Glutamic acid.....g	5.373			A	1		7.414	1.523	
Glycine.....g	1.525			A	1		2.105	0.432	
Proline.....g	1.006			A	1		1.389	0.285	
Serine.....g	1.044			A	1		1.441	0.296	
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		1	A	1		0.980	0.201	
Carotene, alpha.....mcg	0		1	A	1		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	1		0	BFZN	4		1.840	0.378	

NDB No. 12563

Nuts, almonds, dry roasted, with salt 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

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

Common Measures:

Measure 1 = 138g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12063

Nuts, almonds, dry roasted, without salt 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	2.60	0.127	3	A	1		3.58	0.74	
Energy.....kcal	597		0	NC	4		824	169	
Energy.....kj	2499		0	NC	4		3449	709	
Protein (N x 5.18).....g	22.09	0.867	3	A	1		30.48	6.26	
Total lipid (fat).....g	52.83	1.022	3	A	1		72.91	14.98	
Ash.....g	3.20	0.019	3	A	1		4.42	0.91	
Carbohydrate, by difference.....g	19.29		0	NC	4		26.62	5.47	
Fiber, total dietary.....g	11.8	0.517	3	A	1		16.3	3.3	
Sugars, total.....g	4.90	0.158	3	A	1		6.76	1.39	
Sucrose.....g	4.72	0.158	3	A	1		6.51	1.34	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.05	0.01	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.14	0.000	3	A	1		0.20	0.04	
Galactose.....g									
Starch.....g	0.71	0.043	3	A	1		0.99	0.20	
Minerals:									
Calcium, Ca.....mg	266	20.200	3	A	1		367	75	
Iron, Fe.....mg	4.51	0.262	3	A	1		6.22	1.28	
Magnesium, Mg.....mg	286	1.582	3	A	1		394	81	
Phosphorus, P.....mg	489	13.083	3	A	1		675	139	
Potassium, K.....mg	746	26.608	3	A	1		1029	211	
Sodium, Na.....mg	1	0.036	3	A	1		1	0	
Zinc, Zn.....mg	3.54	0.145	3	A	1		4.89	1.00	
Copper, Cu.....mg	1.170	0.073	3	A	1		1.615	0.332	
Manganese, Mn.....mg	2.620	0.063	3	A	1		3.616	0.743	
Selenium, Se.....mcg	2.8		0	BFZN	4		3.8	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.074	0.002	3	A	1		0.102	0.021	
Riboflavin.....mg	0.859	0.010	3	A	1		1.185	0.243	
Niacin.....mg	3.850	0.036	3	A	1		5.313	1.091	
Pantothenic acid.....mg	0.229	0.017	3	A	1		0.315	0.065	
Vitamin B-6.....mg	0.126	0.013	3	A	1		0.173	0.036	
Folate, total.....mcg	33	2.732	3	A	1		45	9	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	33	2.732	3	A	1		45	9	
Folate, DFE.....mcg_DFE	33		0	NC	4		45	9	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1		1	AS	1		2	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	26.00	0.741	3	A	1		35.87	7.37	
Tocopherol, beta.....mg	0.44	0.036	3	A	1		0.60	0.12	
Tocopherol, gamma.....mg	0.87	0.096	3	A	1		1.19	0.25	
Tocopherol, delta.....mg	0.14	0.000	3	A	1		0.20	0.04	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.047		0	NC	4		5.585	1.147	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 12063

Nuts, almonds, dry roasted, 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
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	3.333	0.090	3	A	1		4.600	0.945	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.714	0.096	3	A	1		0.985	0.202	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	33.658		0	NC	4		46.448	9.542	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.252	0.005	3	A	1		0.347	0.071	
17:1.....g									
18:1 undifferentiated.....g	33.406	0.530	3	A	1		46.101	9.471	
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	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	12.649		0	NC	4		17.456	3.586	
18:2 undifferentiated.....g	12.649	0.323	3	A	1		17.456	3.586	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
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	118		1	A	1		163	33	
Stigmasterol.....mg	4		1	A	1		6	1	
Campesterol.....mg	3		1	A	1		4	1	
Beta-sitosterol.....mg	110		1	A	1		152	31	
Amino Acids:									
Tryptophan.....g	0.199			A	1		0.275	0.057	
Threonine.....g	0.704			A	1		0.972	0.200	
Isoleucine.....g	0.718			A	1		0.991	0.204	
Leucine.....g	1.527			A	1		2.107	0.433	
Lysine.....g	0.624			A	1		0.861	0.177	
Methionine.....g	0.196			A	1		0.270	0.055	
Cystine.....g	0.293			A	1		0.404	0.083	
Phenylalanine.....g	1.193			A	1		1.646	0.338	
Tyrosine.....g	0.551			A	1		0.760	0.156	
Valine.....g	0.831			A	1		1.146	0.235	
Arginine.....g	2.562			A	1		3.536	0.726	
Histidine.....g	0.615			A	1		0.849	0.174	
Alanine.....g	1.040			A	1		1.435	0.295	
Aspartic acid.....g	2.839			A	1		3.918	0.805	
Glutamic acid.....g	5.373			A	1		7.414	1.523	
Glycine.....g	1.525			A	1		2.105	0.432	
Proline.....g	1.006			A	1		1.389	0.285	
Serine.....g	1.044			A	1		1.441	0.296	
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		1	A	1		0.980	0.201	
Carotene, alpha.....mcg	0		1	A	1		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	1		0	BFZN	4		1.840	0.378	

NDB No. 12063

Nuts, almonds, dry roasted, without salt 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

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

Common Measures:

Measure 1 = 138g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12206

Nuts, almonds, honey roasted, unblanched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	32.402		0		1		46.659	9.186	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.293		0		1		0.422	0.083	
17:1.....g									
18:1 undifferentiated.....g	32.061		0		1		46.168	9.089	
20:1.....g	0.048		0		1		0.069	0.014	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.472		0		1		15.080	2.969	
18:2 undifferentiated.....g	10.112		0		1		14.561	2.867	
18:3 undifferentiated.....g	0.360		0		1		0.518	0.102	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.281		0		1		0.405	0.080	
Threonine.....g	0.575		0		1		0.828	0.163	
Isoleucine.....g	0.677		0		1		0.975	0.192	
Leucine.....g	1.210		0		1		1.742	0.343	
Lysine.....g	0.519		0		1		0.747	0.147	
Methionine.....g	0.179		0		1		0.258	0.051	
Cystine.....g	0.281		0		1		0.405	0.080	
Phenylalanine.....g	0.870		0		1		1.253	0.247	
Tyrosine.....g	0.551		0		1		0.793	0.156	
Valine.....g	0.803		0		1		1.156	0.228	
Arginine.....g	1.946		0		1		2.802	0.552	
Histidine.....g	0.435		0		1		0.626	0.123	
Alanine.....g	0.736		0		1		1.060	0.209	
Aspartic acid.....g	1.831		0		1		2.637	0.519	
Glutamic acid.....g	4.629		0		1		6.666	1.312	
Glycine.....g	0.964		0		1		1.388	0.273	
Proline.....g	0.978		0		1		1.408	0.277	
Serine.....g	0.701		0		1		1.009	0.199	
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 whole kernels

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12565

Nuts, almonds, oil roasted, with salt added (1)

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	2.80	0.156	3	A	1		4.39	0.79	
Energy.....kcal	607		0	NC	4		954	172	
Energy.....kj	2541		0	NC	4		3990	720	
Protein (N x 5.18).....g	21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat).....g	55.17	1.198	3	A	1		86.62	15.64	
Ash.....g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference.....g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary.....g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total.....g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose.....g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.06	0.01	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.14	0.000	3	A	1		0.22	0.04	
Galactose.....g									
Starch.....g	0.56	0.324	3	A	1		0.87	0.16	
Minerals:									
Calcium, Ca.....mg	291	21.223	3	A	1		457	82	
Iron, Fe.....mg	3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg.....mg	274	7.803	3	A	1		431	78	
Phosphorus, P.....mg	466	11.783	3	A	1		731	132	
Potassium, K.....mg	699	14.581	3	A	1		1097	198	
Sodium, Na.....mg	339		528	A	1		532	96	
Zinc, Zn.....mg	3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu.....mg	0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn.....mg	2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se.....mcg	2.8		0	BFZN	4		4.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.092	0.009	3	A	1		0.145	0.026	
Riboflavin.....mg	0.781	0.061	3	A	1		1.225	0.221	
Niacin.....mg	3.665	0.118	3	A	1		5.754	1.039	
Pantothenic acid.....mg	0.229	0.004	3	A	1		0.360	0.065	
Vitamin B-6.....mg	0.118	0.013	3	A	1		0.184	0.033	
Folate, total.....mcg	27	2.535	3	A	1		43	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	27	2.535	3	A	1		43	8	
Folate, DFE.....mcg_DFE	27		0	NC	4		43	8	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1		1	AS	1		2	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	25.97	1.043	3	A	1		40.77	7.36	
Tocopherol, beta.....mg	0.42	0.045	3	A	1		0.65	0.12	
Tocopherol, gamma.....mg	0.88	0.045	3	A	1		1.37	0.25	
Tocopherol, delta.....mg	0.14	0.000	3	A	1		0.22	0.04	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.208		0	NC	4		6.606	1.193	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 12565

Nuts, almonds, oil roasted, with salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	3.303	0.079	3	A	1		5.186	0.936	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.905	0.100	3	A	1		1.420	0.256	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	34.793		0	NC	4		54.625	9.864	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.215	0.025	3	A	1		0.338	0.061	
17:1.....g									
18:1 undifferentiated.....g	34.578	0.892	3	A	1		54.287	9.803	
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	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	13.519		0	NC	4		21.225	3.833	
18:2 undifferentiated.....g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
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	130		1	A	1		204	37	
Stigmasterol.....mg	3		1	A	1		4	1	
Campesterol.....mg	9		1	A	1		13	2	
Beta-sitosterol.....mg	118		1	A	1		186	34	
Amino Acids:									
Tryptophan.....g	0.192			A	1		0.301	0.054	
Threonine.....g	0.677			A	1		1.063	0.192	
Isoleucine.....g	0.691			A	1		1.084	0.196	
Leucine.....g	1.467			A	1		2.304	0.416	
Lysine.....g	0.600			A	1		0.942	0.170	
Methionine.....g	0.188			A	1		0.295	0.053	
Cystine.....g	0.282			A	1		0.442	0.080	
Phenylalanine.....g	1.146			A	1		1.800	0.325	
Tyrosine.....g	0.529			A	1		0.831	0.150	
Valine.....g	0.798			A	1		1.253	0.226	
Arginine.....g	2.463			A	1		3.867	0.698	
Histidine.....g	0.592			A	1		0.929	0.168	
Alanine.....g	0.999			A	1		1.569	0.283	
Aspartic acid.....g	2.729			A	1		4.285	0.774	
Glutamic acid.....g	5.165			A	1		8.108	1.464	
Glycine.....g	1.466			A	1		2.302	0.416	
Proline.....g	0.967			A	1		1.519	0.274	
Serine.....g	1.004			A	1		1.576	0.285	
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		1	A	1		1.115	0.201	
Carotene, alpha.....mcg	0		1	A	1		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	1		0	BFZN	4		2.093	0.378	

NDB No. 12565

Nuts, almonds, oil roasted, with salt added (1)

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 = 157g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes

1 Roasted in high oleic safflower oil

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12065

Nuts, almonds, oil roasted, without salt added (1)

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	2.80	0.156	3	A	1		4.39	0.79	
Energy.....kcal	607		0	NC	4		954	172	
Energy.....kj	2541		0	NC	4		3990	720	
Protein (N x 5.18).....g	21.23	1.142	3	A	1		33.33	6.02	
Total lipid (fat).....g	55.17	1.198	3	A	1		86.62	15.64	
Ash.....g	3.13	0.036	3	A	1		4.91	0.89	
Carbohydrate, by difference.....g	17.68		0	NC	4		27.75	5.01	
Fiber, total dietary.....g	10.5	0.614	3	A	1		16.5	3.0	
Sugars, total.....g	4.55	0.248	3	A	1		7.14	1.29	
Sucrose.....g	4.38	0.248	3	A	1		6.87	1.24	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.06	0.01	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.14	0.000	3	A	1		0.22	0.04	
Galactose.....g									
Starch.....g	0.56	0.324	3	A	1		0.87	0.16	
Minerals:									
Calcium, Ca.....mg	291	21.223	3	A	1		457	82	
Iron, Fe.....mg	3.68	0.292	3	A	1		5.78	1.04	
Magnesium, Mg.....mg	274	7.803	3	A	1		431	78	
Phosphorus, P.....mg	466	11.783	3	A	1		731	132	
Potassium, K.....mg	699	14.581	3	A	1		1097	198	
Sodium, Na.....mg	1	0.204	3	A	1		1	0	
Zinc, Zn.....mg	3.07	0.248	3	A	1		4.81	0.87	
Copper, Cu.....mg	0.955	0.118	3	A	1		1.499	0.271	
Manganese, Mn.....mg	2.460	0.118	3	A	1		3.862	0.697	
Selenium, Se.....mcg	2.8		0	BFZN	4		4.3	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	
Thiamin.....mg	0.092	0.009	3	A	1		0.145	0.026	
Riboflavin.....mg	0.781	0.061	3	A	1		1.225	0.221	
Niacin.....mg	3.665	0.118	3	A	1		5.754	1.039	
Pantothenic acid.....mg	0.229	0.005	3	A	1		0.360	0.065	
Vitamin B-6.....mg	0.118	0.013	3	A	1		0.184	0.033	
Folate, total.....mcg	27	2.535	3	A	1		43	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	27	2.535	3	A	1		43	8	
Folate, DFE.....mcg_DFE	27		0	NC	4		43	8	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1		1	AS	1		2	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	25.97	1.044	3	A	1		40.77	7.36	
Tocopherol, beta.....mg	0.42	0.045	3	A	1		0.65	0.12	
Tocopherol, gamma.....mg	0.88	0.045	3	A	1		1.37	0.25	
Tocopherol, delta.....mg	0.14	0.000	3	A	1		0.22	0.04	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	BFZN	4		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	4.208		0	NC	4		6.606	1.193	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	

NDB No. 12065

Nuts, almonds, oil roasted, without salt added (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	3.303	0.079	3	A	1		5.186	0.936	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.905	0.100	3	A	1		1.420	0.256	
20:0.....g	0.000	0.000	3	A	1		0.000	0.000	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	34.793		0	NC	4		54.625	9.864	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.215	0.025	3	A	1		0.338	0.061	
17:1.....g									
18:1 undifferentiated.....g	34.578	0.892	3	A	1		54.287	9.803	
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	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	13.519		0	NC	4		21.225	3.833	
18:2 undifferentiated.....g	13.519	1.034	3	A	1		21.225	3.833	
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000	0.000	0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
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	130		1	A	1		204	37	
Stigmasterol.....mg	3		1	A	1		4	1	
Campesterol.....mg	9		1	A	1		13	2	
Beta-sitosterol.....mg	118		1	A	1		186	34	
Amino Acids:									
Tryptophan.....g	0.192			A	1		0.301	0.054	
Threonine.....g	0.677			A	1		1.063	0.192	
Isoleucine.....g	0.691			A	1		1.084	0.196	
Leucine.....g	1.467			A	1		2.304	0.416	
Lysine.....g	0.600			A	1		0.942	0.170	
Methionine.....g	0.188			A	1		0.295	0.053	
Cystine.....g	0.282			A	1		0.442	0.080	
Phenylalanine.....g	1.146			A	1		1.800	0.325	
Tyrosine.....g	0.529			A	1		0.831	0.150	
Valine.....g	0.798			A	1		1.253	0.226	
Arginine.....g	2.463			A	1		3.867	0.698	
Histidine.....g	0.592			A	1		0.929	0.168	
Alanine.....g	0.999			A	1		1.569	0.283	
Aspartic acid.....g	2.729			A	1		4.285	0.774	
Glutamic acid.....g	5.165			A	1		8.108	1.464	
Glycine.....g	1.466			A	1		2.302	0.416	
Proline.....g	0.967			A	1		1.519	0.274	
Serine.....g	1.004			A	1		1.576	0.285	
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		1	A	1		1.115	0.201	
Carotene, alpha.....mcg	0		1	A	1		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	1		0	BFZN	4		2.093	0.378	

NDB No. 12065

Nuts, almonds, oil roasted, without salt added (1)

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 = 157g: 1 cup whole kernels

Measure 2 = 28.35g: 1 oz (22 whole kernels)

Footnotes

1 Roasted in high oleic safflower oil

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12077
Nuts, beechnuts, 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	21.892		0		1		6.206		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.287		3		1		0.081		
17:1.....g									
18:1 undifferentiated.....g	18.849		4		1		5.344		
20:1.....g	2.757		3		1		0.782		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.089		0		1		5.695		
18:2 undifferentiated.....g	18.390		4		1		5.214		
18:3 undifferentiated.....g	1.700		3		1		0.482		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.069		0		1		0.020		
Threonine.....g	0.221		0		1		0.063		
Isoleucine.....g	0.245		0		1		0.069		
Leucine.....g	0.367		0		1		0.104		
Lysine.....g	0.367		0		1		0.104		
Methionine.....g	0.146		0		1		0.041		
Cystine.....g	0.197		0		1		0.056		
Phenylalanine.....g	0.262		0		1		0.074		
Tyrosine.....g	0.172		0		1		0.049		
Valine.....g	0.346		0		1		0.098		
Arginine.....g	0.443		0		1		0.126		
Histidine.....g	0.172		0		1		0.049		
Alanine.....g	0.414		0		1		0.117		
Aspartic acid.....g	1.071		0		1		0.304		
Glutamic acid.....g	0.800		0		1		0.227		
Glycine.....g	0.319		0		1		0.090		
Proline.....g	0.326		0		1		0.092		
Serine.....g	0.310		0		1		0.088		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12078

Nuts, brazilnuts, dried, unblanched

Bertholletia excelsa

Refuse: 52% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.48	0.170	9	A	1		4.87	0.99	
Energy.....kcal	656		0	NC	4		918	186	
Energy.....kj	2743		0	NC	4		3841	778	
Protein (N x 5.46).....g	14.32	0.146	7	A	1		20.05	4.06	
Total lipid (fat).....g	66.43	0.237	7	A	1		93.01	18.83	
Ash.....g	3.51	0.033	7	A	1		4.91	0.99	
Carbohydrate, by difference.....g	12.27		0	NC	4		17.17	3.48	
Fiber, total dietary.....g	7.5	0.232	3	A	1		10.5	2.1	
Sugars, total.....g	2.33	0.078	7	A	1		3.27	0.66	
Sucrose.....g	2.33	0.078	7	A	1		3.27	0.66	
Glucose (dextrose).....g	0.00	0.000	7	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	7	A	1		0.00	0.00	
Lactose.....g	0.00	0.000	7	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	7	A	1		0.00	0.00	
Galactose.....g	0.00	0.000	7	A	1		0.00	0.00	
Starch.....g	0.25	0.000	7	A	1		0.35	0.07	
Minerals:									
Calcium, Ca.....mg	160	5.660	7	A	1		224	45	
Iron, Fe.....mg	2.43	0.030	7	A	1		3.41	0.69	
Magnesium, Mg.....mg	376	3.746	7	A	1		527	107	
Phosphorus, P.....mg	725	5.614	7	A	1		1015	206	
Potassium, K.....mg	659	8.853	7	A	1		922	187	
Sodium, Na.....mg	3	0.252	7	A	1		4	1	
Zinc, Zn.....mg	4.06	0.043	7	A	1		5.68	1.15	
Copper, Cu.....mg	1.743	0.021	7	A	1		2.440	0.494	
Manganese, Mn.....mg	1.223	0.052	7	A	1		1.712	0.347	
Selenium, Se.....mcg	1917.0	231.798	15	A	1		2683.9	543.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		1.0	0.2	
Thiamin.....mg	0.617	0.053	7	A	1		0.864	0.175	
Riboflavin.....mg	0.035	0.001	7	A	1		0.049	0.010	
Niacin.....mg	0.295	0.019	7	A	1		0.413	0.084	
Pantothenic acid.....mg	0.184	0.012	7	A	1		0.257	0.052	
Vitamin B-6.....mg	0.101	0.004	7	A	1		0.142	0.029	
Folate, total.....mcg	22	2.316	4	A	1		31	6	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	22	2.316	4	A	1		31	6	
Folate, DFE.....mcg_DFE	22		0	NC	4		31	6	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	5.73	1.540	6	A	1		8.02	1.62	
Tocopherol, beta.....mg	0.00	0.000	6	A	1		0.00	0.00	
Tocopherol, gamma.....mg	7.87	2.148	6	A	1		11.02	2.23	
Tocopherol, delta.....mg	0.77	0.657	6	A	1		1.07	0.22	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	7	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	15.137		0	NC	4		21.192	4.291	
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	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.052	0.000	3	A	1		0.073	0.015	
15:0.....g	0.000	0.000	3	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	9.085	0.200	3	A	1		12.719	2.576	
17:0.....g	0.047	0.012	3	A	1		0.065	0.013	
18:0.....g	5.794	0.145	3	A	1		8.111	1.643	
20:0.....g	0.160	0.007	3	A	1		0.224	0.045	
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	
24:0.....g									
Fatty acids, total monounsaturated.....g	24.548		0	NC	4		34.368	6.959	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.229	0.004	3	A	1		0.321	0.065	
17:1.....g	0.044	0.009	3	A	1		0.061	0.012	
18:1 undifferentiated.....g	24.223	0.835	3	A	1		33.913	6.867	
20:1.....g	0.052	0.000	3	A	1		0.073	0.015	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.577		0	NC	4		28.808	5.834	
18:2 undifferentiated.....g	20.543	0.492	3	A	1		28.760	5.824	
18:3 undifferentiated.....g	0.035		0	AS	1		0.049	0.010	
18:3 n-6 c,c,c.....g	0.017	0.000	3	A	1		0.024	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		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	
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	0.141		0	A	1		0.198	0.040	
Threonine.....g	0.362		0	A	1		0.507	0.103	
Isoleucine.....g	0.516		0	A	1		0.722	0.146	
Leucine.....g	1.155		0	A	1		1.617	0.327	
Lysine.....g	0.492		0	A	1		0.688	0.139	
Methionine.....g	1.008		0	A	1		1.411	0.286	
Cystine.....g	0.367		0	A	1		0.513	0.104	
Phenylalanine.....g	0.630		0	A	1		0.883	0.179	
Tyrosine.....g	0.420		0	A	1		0.588	0.119	
Valine.....g	0.756		0	A	1		1.059	0.214	
Arginine.....g	2.148		0	A	1		3.007	0.609	
Histidine.....g	0.386		0	A	1		0.541	0.110	
Alanine.....g	0.577		0	A	1		0.808	0.164	
Aspartic acid.....g	1.346		0	A	1		1.885	0.382	
Glutamic acid.....g	3.147		0	A	1		4.405	0.892	
Glycine.....g	0.718		0	A	1		1.005	0.204	
Proline.....g	0.657		0	A	1		0.920	0.186	
Serine.....g	0.683		0	A	1		0.956	0.194	
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		1	A	1		0.000	0.000	
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	0		1	A	1		0.000	0.000	

NDB No. 12078

Nuts, brazilnuts, dried, unblanched

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 = 140g: 1 cup shelled (32 kernels)

Measure 2 = 28.35g: 1 oz (6-8 kernels)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12084
Nuts, butternuts, 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	10.425		0		1		12.510	2.955	0.313
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	10.352		2		1		12.422	2.935	0.311
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	42.741		0		1		51.289	12.117	1.282
18:2 undifferentiated.....g	33.727		2		1		40.472	9.562	1.012
18:3 undifferentiated.....g	8.718		2		1		10.462	2.472	0.262
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	0.366		4		1		0.439	0.104	0.011
Threonine.....g	0.940		2		1		1.128	0.266	0.028
Isoleucine.....g	1.179		2		1		1.415	0.334	0.035
Leucine.....g	2.199		2		1		2.639	0.623	0.066
Lysine.....g	0.770		2		1		0.924	0.218	0.023
Methionine.....g	0.611		6		1		0.733	0.173	0.018
Cystine.....g	0.484		6		1		0.581	0.137	0.015
Phenylalanine.....g	1.442		2		1		1.730	0.409	0.043
Tyrosine.....g	0.977		2		1		1.172	0.277	0.029
Valine.....g	1.541		2		1		1.849	0.437	0.046
Arginine.....g	4.862		2		1		5.834	1.378	0.146
Histidine.....g	0.808		2		1		0.970	0.229	0.024
Alanine.....g	1.372		2		1		1.646	0.389	0.041
Aspartic acid.....g	3.096		2		1		3.715	0.878	0.093
Glutamic acid.....g	6.084		2		1		7.301	1.725	0.183
Glycine.....g	1.508		2		1		1.810	0.428	0.045
Proline.....g	1.236		2		1		1.483	0.350	0.037
Serine.....g	1.640		2		1		1.968	0.465	0.049
Hydroxyproline.....g									
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 = 120g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 3.0g: 1 nutmeat

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12588

Nuts, cashew butter, plain, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	29.122		0		1		4.660	8.256	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.339		0		1		0.054	0.096	
17:1.....g									
18:1 undifferentiated.....g	28.579		0		1		4.573	8.102	
20:1.....g	0.148		0		1		0.024	0.042	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.354		0		1		1.337	2.368	
18:2 undifferentiated.....g	8.166		0		1		1.307	2.315	
18:3 undifferentiated.....g	0.171		0		1		0.027	0.048	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.272		0		1		0.044	0.077	
Threonine.....g	0.679		0		1		0.109	0.192	
Isoleucine.....g	0.838		0		1		0.134	0.238	
Leucine.....g	1.475		0		1		0.236	0.418	
Lysine.....g	0.938		0		1		0.150	0.266	
Methionine.....g	0.315		0		1		0.050	0.089	
Cystine.....g	0.325		0		1		0.052	0.092	
Phenylalanine.....g	0.908		0		1		0.145	0.257	
Tyrosine.....g	0.563		0		1		0.090	0.160	
Valine.....g	1.193		0		1		0.191	0.338	
Arginine.....g	1.998		0		1		0.320	0.566	
Histidine.....g	0.457		0		1		0.073	0.130	
Alanine.....g	0.805		0		1		0.129	0.228	
Aspartic acid.....g	1.727		0		1		0.276	0.490	
Glutamic acid.....g	4.159		0		1		0.665	1.179	
Glycine.....g	0.921		0		1		0.147	0.261	
Proline.....g	0.792		0		1		0.127	0.225	
Serine.....g	0.974		0		1		0.156	0.276	
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	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	23		0	BFZN	4		3.613	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 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

NDB No. 12588

Nuts, cashew butter, plain, with salt added

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12088

Nuts, cashew butter, plain, 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
Fatty acids, total monounsaturated.....g	29.122		0		1		4.660	8.256	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.339		0		1		0.054	0.096	
17:1.....g									
18:1 undifferentiated.....g	28.579		0		1		4.573	8.102	
20:1.....g	0.148		0		1		0.024	0.042	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.354		0		1		1.337	2.368	
18:2 undifferentiated.....g	8.166		0		1		1.307	2.315	
18:3 undifferentiated.....g	0.171		0		1		0.027	0.048	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.272		0		1		0.044	0.077	
Threonine.....g	0.679		0		1		0.109	0.192	
Isoleucine.....g	0.838		0		1		0.134	0.238	
Leucine.....g	1.475		0		1		0.236	0.418	
Lysine.....g	0.938		0		1		0.150	0.266	
Methionine.....g	0.315		0		1		0.050	0.089	
Cystine.....g	0.325		0		1		0.052	0.092	
Phenylalanine.....g	0.908		0		1		0.145	0.257	
Tyrosine.....g	0.563		0		1		0.090	0.160	
Valine.....g	1.193		0		1		0.191	0.338	
Arginine.....g	1.998		0		1		0.320	0.566	
Histidine.....g	0.457		0		1		0.073	0.130	
Alanine.....g	0.805		0		1		0.129	0.228	
Aspartic acid.....g	1.727		0		1		0.276	0.490	
Glutamic acid.....g	4.159		0		1		0.665	1.179	
Glycine.....g	0.921		0		1		0.147	0.261	
Proline.....g	0.792		0		1		0.127	0.225	
Serine.....g	0.974		0		1		0.156	0.276	
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 = 16g: 1 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12585

Nuts, cashew nuts, dry roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	27.317		0		1		37.424	7.744	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.318		13		1		0.436	0.090	
17:1.....g									
18:1 undifferentiated.....g	26.808		21		1		36.727	7.600	
20:1.....g	0.139		4		1		0.190	0.039	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.836		0		1		10.735	2.222	
18:2 undifferentiated.....g	7.660		22		1		10.494	2.172	
18:3 undifferentiated.....g	0.161		8		1		0.221	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	158		0		1		216	45	
Amino Acids:									
Tryptophan.....g	0.237		5		1		0.325	0.067	
Threonine.....g	0.592		10		1		0.811	0.168	
Isoleucine.....g	0.731		9		1		1.001	0.207	
Leucine.....g	1.285		10		1		1.760	0.364	
Lysine.....g	0.817		10		1		1.119	0.232	
Methionine.....g	0.274		10		1		0.375	0.078	
Cystine.....g	0.283		10		1		0.388	0.080	
Phenylalanine.....g	0.791		10		1		1.084	0.224	
Tyrosine.....g	0.491		10		1		0.673	0.139	
Valine.....g	1.040		10		1		1.425	0.295	
Arginine.....g	1.741		10		1		2.385	0.494	
Histidine.....g	0.399		10		1		0.547	0.113	
Alanine.....g	0.702		10		1		0.962	0.199	
Aspartic acid.....g	1.505		10		1		2.062	0.427	
Glutamic acid.....g	3.624		10		1		4.965	1.027	
Glycine.....g	0.803		10		1		1.100	0.228	
Proline.....g	0.690		10		1		0.945	0.196	
Serine.....g	0.849		10		1		1.163	0.241	
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	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	23		0	BFZN	4		30.935	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 = 137g: 1 cup, halves and whole

Measure 2 = 28.35g: 1 oz

NDB No. 12585

Nuts, cashew nuts, dry roasted, with salt added

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12085

Nuts, cashew nuts, dry roasted, 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
Fatty acids, total monounsaturated.....g	27.317		0		1		37.424	2.349	7.744
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.318		13		1		0.436	0.027	0.090
17:1.....g									
18:1 undifferentiated.....g	26.808		21		1		36.727	2.305	7.600
20:1.....g	0.139		4		1		0.190	0.012	0.039
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.836		0		1		10.735	0.674	2.222
18:2 undifferentiated.....g	7.660		22		1		10.494	0.659	2.172
18:3 undifferentiated.....g	0.161		8		1		0.221	0.014	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	158		0		1		216	14	45
Amino Acids:									
Tryptophan.....g	0.237		5		1		0.325	0.020	0.067
Threonine.....g	0.592		10		1		0.811	0.051	0.168
Isoleucine.....g	0.731		9		1		1.001	0.063	0.207
Leucine.....g	1.285		10		1		1.760	0.111	0.364
Lysine.....g	0.817		10		1		1.119	0.070	0.232
Methionine.....g	0.274		10		1		0.375	0.024	0.078
Cystine.....g	0.283		10		1		0.388	0.024	0.080
Phenylalanine.....g	0.791		10		1		1.084	0.068	0.224
Tyrosine.....g	0.491		10		1		0.673	0.042	0.139
Valine.....g	1.040		10		1		1.425	0.089	0.295
Arginine.....g	1.741		10		1		2.385	0.150	0.494
Histidine.....g	0.399		10		1		0.547	0.034	0.113
Alanine.....g	0.702		10		1		0.962	0.060	0.199
Aspartic acid.....g	1.505		10		1		2.062	0.129	0.427
Glutamic acid.....g	3.624		10		1		4.965	0.312	1.027
Glycine.....g	0.803		10		1		1.100	0.069	0.228
Proline.....g	0.690		10		1		0.945	0.059	0.196
Serine.....g	0.849		10		1		1.163	0.073	0.241
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	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	23		0	BFZN	4		30.935	1.942	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 = 137g: 1 cup, halves and whole
- Measure 2 = 8.6g: 1 tbsp
- Measure 3 = 28.35g: 1 oz

NDB No. 12085

Nuts, cashew nuts, dry roasted, without salt added

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12586

Nuts, cashew nuts, oil roasted, with salt 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	2.34	0.206	7	A	1		3.01	3.01	0.66
Energy.....kcal	581		0	NC	4		749	749	165
Energy.....kj	2431		0	NC	4		3136	3136	689
Protein (N x 5.3).....g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat).....g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash.....g	2.89	0.078	6	A	1		3.73	3.73	0.82
Carbohydrate, by difference.....g	30.16		0	NC	4		38.91	38.91	8.55
Fiber, total dietary.....g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total.....g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose.....g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose).....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose.....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:									
Calcium, Ca.....mg	43	0.639	8	A	1		56	56	12
Iron, Fe.....mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg.....mg	273	16.425	8	A	1		352	352	77
Phosphorus, P.....mg	531	37.185	8	A	1		686	686	151
Potassium, K.....mg	632	20.071	8	A	1		815	815	179
Sodium, Na.....mg	308	30.570	6	A	1		398	398	87
Zinc, Zn.....mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu.....mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn.....mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se.....mcg	20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin.....mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin.....mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin.....mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid.....mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6.....mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total.....mcg	25		2	A	1		33	33	7
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	25		2	A	1		33	33	7
Folate, DFE.....mcg_DFE	25		0	NC	4		33	33	7
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0	0.000	8	A	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0	0.000	8	A	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Tocopherol, beta.....mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma.....mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta.....mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	34.7	3.448	8	A	1		44.8	44.8	9.9
Lipids:									
Fatty acids, total saturated.....g	8.478		0	NC	4		10.937	10.937	2.404
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	0.016		2	A	1		0.021	0.021	0.005
10:0.....g	0.016		2	A	1		0.021	0.021	0.005
12:0.....g	0.016		2	A	1		0.021	0.021	0.005
13:0.....g									
14:0.....g	0.016		2	A	1		0.021	0.021	0.005
15:0.....g	0.000		2	A	1		0.000	0.000	0.000

NDB No. 12586

Nuts, cashew nuts, oil roasted, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
16:0.....g	4.265		2	A	1		5.502	5.502	1.209
17:0.....g	0.051		2	A	1		0.065	0.065	0.014
18:0.....g	3.511		2	A	1		4.529	4.529	0.995
20:0.....g	0.290		2	A	1		0.374	0.374	0.082
22:0.....g	0.188		2	A	1		0.243	0.243	0.053
24:0.....g	0.110		1	A	1		0.142	0.142	0.031
Fatty acids, total monounsaturated.....g	25.923		0	NC	4		33.441	33.441	7.349
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	0.149		2	A	1		0.192	0.192	0.042
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	25.624		2	A	1		33.056	33.056	7.265
20:1.....g	0.150		2	A	1		0.194	0.194	0.043
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.546		0	NC	4		11.024	11.024	2.423
18:2 undifferentiated.....g	8.478		2	A	1		10.936	10.936	2.403
18:3 undifferentiated.....g	0.068		2	A	1		0.088	0.088	0.019
18:4.....g	0.000		1	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		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									
Amino Acids:									
Tryptophan.....g	0.265		0	A	1		0.342	0.342	0.075
Threonine.....g	0.636		0	A	1		0.820	0.820	0.180
Isoleucine.....g	0.729		0	A	1		0.941	0.941	0.207
Leucine.....g	1.361		0	A	1		1.756	1.756	0.386
Lysine.....g	0.858		0	A	1		1.106	1.106	0.243
Methionine.....g	0.334		0	A	1		0.431	0.431	0.095
Cystine.....g	0.364		0	A	1		0.469	0.469	0.103
Phenylalanine.....g	0.879		0	A	1		1.134	1.134	0.249
Tyrosine.....g	0.469		0	A	1		0.606	0.606	0.133
Valine.....g	1.011		0	A	1		1.305	1.305	0.287
Arginine.....g	1.963		0	A	1		2.532	2.532	0.556
Histidine.....g	0.421		0	A	1		0.544	0.544	0.119
Alanine.....g	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid.....g	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid.....g	4.165		0	A	1		5.373	5.373	1.181
Glycine.....g	0.866		0	A	1		1.117	1.117	0.245
Proline.....g	0.751		0	A	1		0.968	0.968	0.213
Serine.....g	0.997		0	A	1		1.286	1.286	0.283
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	0.000	8	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	23	1.524	8	AS	1		29.128	29.128	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.

NDB No. 12586

Nuts, cashew nuts, oil roasted, with salt added

Common Measures:

Measure 1 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

Measure 3 = 28.35g: 1 oz (18 kernels)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12086

Nuts, cashew nuts, oil roasted, without salt 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	3.48	0.165	3	A	1		4.50	4.50	0.99
Energy.....kcal	580		0	NC	4		748	748	164
Energy.....kj	2426		0	NC	4		3130	3130	688
Protein (N x 5.3).....g	16.84	0.353	8	A	1		21.73	21.73	4.77
Total lipid (fat).....g	47.77	1.866	3	A	1		61.62	61.62	13.54
Ash.....g	2.03	0.429	3	A	1		2.62	2.62	0.58
Carbohydrate, by difference.....g	29.87		0	NC	4		38.54	38.54	8.47
Fiber, total dietary.....g	3.3		2	A	1		4.3	4.3	0.9
Sugars, total.....g	5.01	0.549	8	A	1		6.46	6.46	1.42
Sucrose.....g	4.84	0.608	8	A	1		6.25	6.25	1.37
Glucose (dextrose).....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Fructose.....g	0.08	0.033	8	A	1		0.11	0.11	0.02
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Galactose.....g	0.00		2	A	1		0.00	0.00	0.00
Starch.....g	10.93	1.551	7	A	1		14.10	14.10	3.10
Minerals:									
Calcium, Ca.....mg	43	0.639	8	A	1		56	56	12
Iron, Fe.....mg	6.05	0.387	9	A	1		7.80	7.80	1.71
Magnesium, Mg.....mg	273	16.425	8	A	1		352	352	77
Phosphorus, P.....mg	531	37.185	8	A	1		686	686	151
Potassium, K.....mg	632	20.071	8	A	1		815	815	179
Sodium, Na.....mg	13	2.326	3	A	1		17	17	4
Zinc, Zn.....mg	5.35	0.242	8	A	1		6.91	6.91	1.52
Copper, Cu.....mg	2.043	0.098	8	A	1		2.635	2.635	0.579
Manganese, Mn.....mg	1.668	0.097	8	A	1		2.152	2.152	0.473
Selenium, Se.....mcg	20.3	6.297	7	A	1		26.2	26.2	5.7
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3	0.288	8	A	1		0.4	0.4	0.1
Thiamin.....mg	0.363	0.043	8	A	1		0.469	0.469	0.103
Riboflavin.....mg	0.218	0.014	8	A	1		0.281	0.281	0.062
Niacin.....mg	1.736	0.429	8	A	1		2.239	2.239	0.492
Pantothenic acid.....mg	0.880		2	A	1		1.135	1.135	0.249
Vitamin B-6.....mg	0.323	0.091	8	A	1		0.417	0.417	0.092
Folate, total.....mcg	25		2	A	1		33	33	7
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	25		2	A	1		33	33	7
Folate, DFE.....mcg_DFE	25		0	NC	4		33	33	7
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0	0.000	8	A	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0	0.000	8	A	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.92	0.244	5	A	1		1.18	1.18	0.26
Tocopherol, beta.....mg	0.03	0.018	5	A	1		0.04	0.04	0.01
Tocopherol, gamma.....mg	5.40	0.369	5	A	1		6.97	6.97	1.53
Tocopherol, delta.....mg	0.37	0.040	5	A	1		0.48	0.48	0.10
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	34.7	3.448	8	A	1		44.8	44.8	9.9
Lipids:									
Fatty acids, total saturated.....g	8.478		0	NC	4		10.937	10.937	2.404
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	0.016		2	A	1		0.021	0.021	0.005
10:0.....g	0.016		2	A	1		0.021	0.021	0.005
12:0.....g	0.016		2	A	1		0.021	0.021	0.005
13:0.....g									
14:0.....g	0.016		2	A	1		0.021	0.021	0.005
15:0.....g	0.000		2	A	1		0.000	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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	4.265		2	A	1		5.502	5.502	1.209
17:0.....g	0.051		2	A	1		0.065	0.065	0.014
18:0.....g	3.511		2	A	1		4.529	4.529	0.995
20:0.....g	0.290		2	A	1		0.374	0.374	0.082
22:0.....g	0.188		2	A	1		0.243	0.243	0.053
24:0.....g	0.110		1	A	1		0.142	0.142	0.031
Fatty acids, total monounsaturated.....g	25.923		0	NC	4		33.441	33.441	7.349
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	0.149		2	A	1		0.192	0.192	0.042
17:1.....g	0.000		2	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	25.624		2	A	1		33.056	33.056	7.265
20:1.....g	0.150		2	A	1		0.194	0.194	0.043
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.546		0	NC	4		11.024	11.024	2.423
18:2 undifferentiated.....g	8.478		2	A	1		10.936	10.936	2.403
18:3 undifferentiated.....g	0.068		2	A	1		0.088	0.088	0.019
18:4.....g	0.000		1	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		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									
Amino Acids:									
Tryptophan.....g	0.265		0	A	1		0.342	0.342	0.075
Threonine.....g	0.636		0	A	1		0.820	0.820	0.180
Isoleucine.....g	0.729		0	A	1		0.941	0.941	0.207
Leucine.....g	1.361		0	A	1		1.756	1.756	0.386
Lysine.....g	0.858		0	A	1		1.106	1.106	0.243
Methionine.....g	0.334		0	A	1		0.431	0.431	0.095
Cystine.....g	0.364		0	A	1		0.469	0.469	0.103
Phenylalanine.....g	0.879		0	A	1		1.134	1.134	0.249
Tyrosine.....g	0.469		0	A	1		0.606	0.606	0.133
Valine.....g	1.011		0	A	1		1.305	1.305	0.287
Arginine.....g	1.963		0	A	1		2.532	2.532	0.556
Histidine.....g	0.421		0	A	1		0.544	0.544	0.119
Alanine.....g	0.774		0	A	1		0.999	0.999	0.219
Aspartic acid.....g	1.659		0	A	1		2.140	2.140	0.470
Glutamic acid.....g	4.165		0	A	1		5.373	5.373	1.181
Glycine.....g	0.866		0	A	1		1.117	1.117	0.245
Proline.....g	0.751		0	A	1		0.968	0.968	0.213
Serine.....g	0.997		0	A	1		1.286	1.286	0.283
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	0.000	8	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	23	1.524	8	AS	1		29.128	29.128	6.401

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NDB No. 12086

Nuts, cashew nuts, oil roasted, without salt added

Common Measures:

Measure 1 = 129g: 1 cup, whole

Measure 2 = 129g: 1 cup, halves and pieces

Measure 3 = 28.35g: 1 oz (18 kernels)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12087
Nuts, cashew nuts, raw (1)
Anacardium occidentale

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	5.20		2	A	1		1.47		
Energy.....kcal	566		0	NC	4		161		
Energy.....kj	2369		0	NC	4		672		
Protein (N x 5.3).....g	18.22		2	A	1		5.17		
Total lipid (fat).....g	46.92		0	BFSN	4		13.30		
Ash.....g	2.54		2	A	1		0.72		
Carbohydrate, by difference.....g	27.13		0	NC	4		7.69		
Fiber, total dietary.....g	3.3		0	BFSN	4		0.9		
Sugars, total.....g	5.91		2	A	1		1.68		
Sucrose.....g	5.81		2	A	1		1.65		
Glucose (dextrose).....g	0.05		2	A	1		0.01		
Fructose.....g	0.05		2	A	1		0.01		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g	0.00		0	BFSN	4		0.00		
Starch.....g	23.49		2	A	1		6.66		
Minerals:									
Calcium, Ca.....mg	37		2	A	1		11		
Iron, Fe.....mg	6.68		2	A	1		1.89		
Magnesium, Mg.....mg	292		2	A	1		83		
Phosphorus, P.....mg	593		2	A	1		168		
Potassium, K.....mg	660		2	A	1		187		
Sodium, Na.....mg	12		2	A	1		3		
Zinc, Zn.....mg	5.78		2	A	1		1.64		
Copper, Cu.....mg	2.195		2	A	1		0.622		
Manganese, Mn.....mg	1.655		2	A	1		0.469		
Selenium, Se.....mcg	19.9		0	BFSN	4		5.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		2	A	1		0.1		
Thiamin.....mg	0.423		2	A	1		0.120		
Riboflavin.....mg	0.058		2	A	1		0.016		
Niacin.....mg	1.062		2	A	1		0.301		
Pantothenic acid.....mg	0.864		0	BFSN	4		0.245		
Vitamin B-6.....mg	0.417		2	A	1		0.118		
Folate, total.....mcg	25		0	BFSN	4		7		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	25		0	BFSN	4		7		
Folate, DFE.....mcg_DFE	25		0	NC	4		7		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	BFSN	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	BFSN	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	0.90		0	BFSN	4		0.26		
Tocopherol, beta.....mg	0.03		0	BFSN	4		0.01		
Tocopherol, gamma.....mg	5.31		0	BFSN	4		1.50		
Tocopherol, delta.....mg	0.36		0	BFSN	4		0.10		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	34.1		0	BFSN	4		9.7		
Lipids:									
Fatty acids, total saturated.....g	8.328		0	NC	4		2.361		
4:0.....g	0.000		0	BFFN	4		0.000		
6:0.....g	0.000		0	BFFN	4		0.000		
8:0.....g	0.016		0	BFFN	4		0.004		
10:0.....g	0.016		0	BFFN	4		0.004		
12:0.....g	0.016		0	BFFN	4		0.004		
13:0.....g									
14:0.....g	0.016		0	BFFN	4		0.004		
15:0.....g	0.000		0	BFFN	4		0.000		

NDB No. 12087
Nuts, cashew nuts, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	4.190		0	BFFN	4		1.188		
17:0.....g	0.050		0	BFFN	4		0.014		
18:0.....g	3.448		0	BFFN	4		0.978		
20:0.....g	0.285		0	BFFN	4		0.081		
22:0.....g	0.185		0	BFFN	4		0.052		
24:0.....g	0.108		0	BFFN	4		0.031		
Fatty acids, total monounsaturated.....g	25.462		0	NC	4		7.218		
14:1.....g	0.000		0	BFFN	4		0.000		
15:1.....g	0.000		0	BFFN	4		0.000		
16:1 undifferentiated.....g	0.146		0	BFFN	4		0.041		
17:1.....g	0.000		0	BFFN	4		0.000		
18:1 undifferentiated.....g	25.168		0	BFFN	4		7.135		
20:1.....g	0.147		0	BFFN	4		0.042		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.393		0	NC	4		2.380		
18:2 undifferentiated.....g	8.327		0	BFFN	4		2.361		
18:3 undifferentiated.....g	0.067		0	BFFN	4		0.019		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g	0.000		0	BFFN	4		0.000		
20:3 undifferentiated.....g	0.000		0	BFFN	4		0.000		
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	0.287		0	A	1		0.081		
Threonine.....g	0.688		0	A	1		0.195		
Isoleucine.....g	0.789		0	A	1		0.224		
Leucine.....g	1.472		0	A	1		0.417		
Lysine.....g	0.928		0	A	1		0.263		
Methionine.....g	0.362		0	A	1		0.102		
Cystine.....g	0.393		0	A	1		0.112		
Phenylalanine.....g	0.951		0	A	1		0.270		
Tyrosine.....g	0.508		0	A	1		0.144		
Valine.....g	1.094		0	A	1		0.310		
Arginine.....g	2.123		0	A	1		0.602		
Histidine.....g	0.456		0	A	1		0.129		
Alanine.....g	0.837		0	A	1		0.237		
Aspartic acid.....g	1.795		0	A	1		0.509		
Glutamic acid.....g	4.506		0	A	1		1.277		
Glycine.....g	0.937		0	A	1		0.266		
Proline.....g	0.812		0	A	1		0.230		
Serine.....g	1.079		0	A	1		0.306		
Hydroxyproline.....g									
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	22		0	BFSN	4		6.287		

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Common Measures:
Measure 1 = 28.35g: 1 oz

NDB No. 12087

Nuts, cashew nuts, raw (1)

Footnotes

1 Raw cashews have been heat-treated to safely remove kernel from shell, but not further roasted.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12095

Nuts, chestnuts, chinese, boiled and 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	0.399		0		1		0.113		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.383		0		1		0.109		
20:1.....g	0.007		0		1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0		1		0.056		
18:2 undifferentiated.....g	0.177		0		1		0.050		
18:3 undifferentiated.....g	0.019		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	0.034		0		1		0.010		
Threonine.....g	0.115		0		1		0.033		
Isoleucine.....g	0.108		0		1		0.031		
Leucine.....g	0.178		0		1		0.050		
Lysine.....g	0.156		0		1		0.044		
Methionine.....g	0.070		0		1		0.020		
Cystine.....g	0.075		0		1		0.021		
Phenylalanine.....g	0.130		0		1		0.037		
Tyrosine.....g	0.086		0		1		0.024		
Valine.....g	0.151		0		1		0.043		
Arginine.....g	0.295		0		1		0.084		
Histidine.....g	0.083		0		1		0.024		
Alanine.....g	0.137		0		1		0.039		
Aspartic acid.....g	0.584		0		1		0.166		
Glutamic acid.....g	0.368		0		1		0.104		
Glycine.....g	0.126		0		1		0.036		
Proline.....g	0.111		0		1		0.031		
Serine.....g	0.126		0		1		0.036		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12094
Nuts, chestnuts, chinese, 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	0.945		0		1		0.268		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.909		0		1		0.258		
20:1.....g	0.017		0		1		0.005		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.468		0		1		0.133		
18:2 undifferentiated.....g	0.419		0		1		0.119		
18:3 undifferentiated.....g	0.045		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	0.080		0		1		0.023		
Threonine.....g	0.272		0		1		0.077		
Isoleucine.....g	0.255		0		1		0.072		
Leucine.....g	0.421		0		1		0.119		
Lysine.....g	0.371		0		1		0.105		
Methionine.....g	0.165		0		1		0.047		
Cystine.....g	0.179		0		1		0.051		
Phenylalanine.....g	0.309		0		1		0.088		
Tyrosine.....g	0.203		0		1		0.058		
Valine.....g	0.358		0		1		0.101		
Arginine.....g	0.699		0		1		0.198		
Histidine.....g	0.197		0		1		0.056		
Alanine.....g	0.324		0		1		0.092		
Aspartic acid.....g	1.385		0		1		0.393		
Glutamic acid.....g	0.873		0		1		0.247		
Glycine.....g	0.299		0		1		0.085		
Proline.....g	0.263		0		1		0.075		
Serine.....g	0.299		0		1		0.085		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12093
Nuts, chestnuts, chinese, 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	0.581		0		1		0.165		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		2		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.559		2		1		0.158		
20:1.....g	0.010		1		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.288		0		1		0.082		
18:2 undifferentiated.....g	0.258		2		1		0.073		
18:3 undifferentiated.....g	0.028		2		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	0.049		2		1		0.014		
Threonine.....g	0.167		2		1		0.047		
Isoleucine.....g	0.157		2		1		0.045		
Leucine.....g	0.259		2		1		0.073		
Lysine.....g	0.228		2		1		0.065		
Methionine.....g	0.101		2		1		0.029		
Cystine.....g	0.110		2		1		0.031		
Phenylalanine.....g	0.190		2		1		0.054		
Tyrosine.....g	0.125		2		1		0.035		
Valine.....g	0.220		2		1		0.062		
Arginine.....g	0.430		2		1		0.122		
Histidine.....g	0.121		2		1		0.034		
Alanine.....g	0.200		2		1		0.057		
Aspartic acid.....g	0.852		2		1		0.242		
Glutamic acid.....g	0.537		2		1		0.152		
Glycine.....g	0.184		2		1		0.052		
Proline.....g	0.162		2		1		0.046		
Serine.....g	0.184		2		1		0.052		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12096
Nuts, chestnuts, chinese, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.620		0		1		0.176		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.596		0		1		0.169		
20:1.....g	0.011		0		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.307		0		1		0.087		
18:2 undifferentiated.....g	0.275		0		1		0.078		
18:3 undifferentiated.....g	0.030		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	0.052		0		1		0.015		
Threonine.....g	0.178		0		1		0.050		
Isoleucine.....g	0.167		0		1		0.047		
Leucine.....g	0.276		0		1		0.078		
Lysine.....g	0.243		0		1		0.069		
Methionine.....g	0.108		0		1		0.031		
Cystine.....g	0.117		0		1		0.033		
Phenylalanine.....g	0.203		0		1		0.058		
Tyrosine.....g	0.134		0		1		0.038		
Valine.....g	0.235		0		1		0.067		
Arginine.....g	0.459		0		1		0.130		
Histidine.....g	0.129		0		1		0.037		
Alanine.....g	0.213		0		1		0.060		
Aspartic acid.....g	0.909		0		1		0.258		
Glutamic acid.....g	0.573		0		1		0.162		
Glycine.....g	0.196		0		1		0.056		
Proline.....g	0.172		0		1		0.049		
Serine.....g	0.196		0		1		0.056		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12101

Nuts, chestnuts, european, boiled and 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	0.476		0		1		0.135		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.457		0		1		0.130		
20:1.....g	0.006		0		1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.545		0		1		0.155		
18:2 undifferentiated.....g	0.487		0		1		0.138		
18:3 undifferentiated.....g	0.058		0		1		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		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.022		0		1		0.006		
Threonine.....g	0.071		0		1		0.020		
Isoleucine.....g	0.079		0		1		0.022		
Leucine.....g	0.118		0		1		0.033		
Lysine.....g	0.118		0		1		0.033		
Methionine.....g	0.047		0		1		0.013		
Cystine.....g	0.063		0		1		0.018		
Phenylalanine.....g	0.084		0		1		0.024		
Tyrosine.....g	0.055		0		1		0.016		
Valine.....g	0.112		0		1		0.032		
Arginine.....g	0.143		0		1		0.041		
Histidine.....g	0.055		0		1		0.016		
Alanine.....g	0.133		0		1		0.038		
Aspartic acid.....g	0.345		0		1		0.098		
Glutamic acid.....g	0.258		0		1		0.073		
Glycine.....g	0.103		0		1		0.029		
Proline.....g	0.105		0		1		0.030		
Serine.....g	0.100		0		1		0.028		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12100

Nuts, chestnuts, european, dried, peeled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.349		0		1		0.382		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	1.296		0		1		0.367		
20:1.....g	0.017		0		1		0.005		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.546		0		1		0.438		
18:2 undifferentiated.....g	1.381		0		1		0.392		
18:3 undifferentiated.....g	0.165		0		1		0.047		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.056		0		1		0.016		
Threonine.....g	0.179		0		1		0.051		
Isoleucine.....g	0.198		0		1		0.056		
Leucine.....g	0.297		0		1		0.084		
Lysine.....g	0.297		0		1		0.084		
Methionine.....g	0.118		0		1		0.033		
Cystine.....g	0.159		0		1		0.045		
Phenylalanine.....g	0.212		0		1		0.060		
Tyrosine.....g	0.139		0		1		0.039		
Valine.....g	0.280		0		1		0.079		
Arginine.....g	0.359		0		1		0.102		
Histidine.....g	0.139		0		1		0.039		
Alanine.....g	0.335		0		1		0.095		
Aspartic acid.....g	0.866		0		1		0.246		
Glutamic acid.....g	0.647		0		1		0.183		
Glycine.....g	0.258		0		1		0.073		
Proline.....g	0.264		0		1		0.075		
Serine.....g	0.251		0		1		0.071		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12099

Nuts, chestnuts, european, dried, unpeeled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.535		0		1		0.435		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.012		
17:1.....g									
18:1 undifferentiated.....g	1.473		0		1		0.418		
20:1.....g	0.019		0		1		0.005		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.758		0		1		0.498		
18:2 undifferentiated.....g	1.570		0		1		0.445		
18:3 undifferentiated.....g	0.188		0		1		0.053		
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	0.071		0		1		0.020		
Threonine.....g	0.228		0		1		0.065		
Isoleucine.....g	0.252		0		1		0.071		
Leucine.....g	0.378		0		1		0.107		
Lysine.....g	0.378		0		1		0.107		
Methionine.....g	0.151		0		1		0.043		
Cystine.....g	0.202		0		1		0.057		
Phenylalanine.....g	0.270		0		1		0.077		
Tyrosine.....g	0.177		0		1		0.050		
Valine.....g	0.357		0		1		0.101		
Arginine.....g	0.457		0		1		0.130		
Histidine.....g	0.177		0		1		0.050		
Alanine.....g	0.427		0		1		0.121		
Aspartic acid.....g	1.103		0		1		0.313		
Glutamic acid.....g	0.824		0		1		0.234		
Glycine.....g	0.329		0		1		0.093		
Proline.....g	0.336		0		1		0.095		
Serine.....g	0.319		0		1		0.090		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12098

Nuts, chestnuts, european, raw, peeled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.430		0		1		0.122		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.413		0		1		0.117		
20:1.....g	0.005		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.493		0		1		0.140		
18:2 undifferentiated.....g	0.440		0		1		0.125		
18:3 undifferentiated.....g	0.053		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	0.018		0		1		0.005		
Threonine.....g	0.058		0		1		0.016		
Isoleucine.....g	0.064		0		1		0.018		
Leucine.....g	0.096		0		1		0.027		
Lysine.....g	0.096		0		1		0.027		
Methionine.....g	0.038		0		1		0.011		
Cystine.....g	0.052		0		1		0.015		
Phenylalanine.....g	0.069		0		1		0.020		
Tyrosine.....g	0.045		0		1		0.013		
Valine.....g	0.091		0		1		0.026		
Arginine.....g	0.116		0		1		0.033		
Histidine.....g	0.045		0		1		0.013		
Alanine.....g	0.109		0		1		0.031		
Aspartic acid.....g	0.281		0		1		0.080		
Glutamic acid.....g	0.210		0		1		0.060		
Glycine.....g	0.084		0		1		0.024		
Proline.....g	0.086		0		1		0.024		
Serine.....g	0.081		0		1		0.023		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12097

Nuts, chestnuts, european, raw, unpeeled

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.780		0		1		1.131	0.221	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		22		1		0.030	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.749		22		1		1.086	0.212	
20:1.....g	0.010		1		1		0.015	0.003	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.894		0		1		1.296	0.253	
18:2 undifferentiated.....g	0.798		22		1		1.157	0.226	
18:3 undifferentiated.....g	0.095		22		1		0.138	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	22		0		1		32	6	
Amino Acids:									
Tryptophan.....g	0.027		2		1		0.039	0.008	
Threonine.....g	0.086		2		1		0.125	0.024	
Isoleucine.....g	0.095		2		1		0.138	0.027	
Leucine.....g	0.143		2		1		0.207	0.041	
Lysine.....g	0.143		2		1		0.207	0.041	
Methionine.....g	0.057		2		1		0.083	0.016	
Cystine.....g	0.077		2		1		0.112	0.022	
Phenylalanine.....g	0.102		2		1		0.148	0.029	
Tyrosine.....g	0.067		2		1		0.097	0.019	
Valine.....g	0.135		2		1		0.196	0.038	
Arginine.....g	0.173		2		1		0.251	0.049	
Histidine.....g	0.067		2		1		0.097	0.019	
Alanine.....g	0.161		2		1		0.233	0.046	
Aspartic acid.....g	0.417		2		1		0.605	0.118	
Glutamic acid.....g	0.312		2		1		0.452	0.088	
Glycine.....g	0.124		2		1		0.180	0.035	
Proline.....g	0.127		2		1		0.184	0.036	
Serine.....g	0.121		2		1		0.175	0.034	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 145g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12167

Nuts, chestnuts, european, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.759		0		1		1.085	0.215	0.638
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.030	0.006	0.018
17:1.....g									
18:1 undifferentiated.....g	0.728		0		1		1.041	0.206	0.612
20:1.....g	0.010		0		1		0.014	0.003	0.008
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.869		0		1		1.243	0.246	0.730
18:2 undifferentiated.....g	0.776		0		1		1.110	0.220	0.652
18:3 undifferentiated.....g	0.093		0		1		0.133	0.026	0.078
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	0.035		0		1		0.050	0.010	0.029
Threonine.....g	0.113		0		1		0.162	0.032	0.095
Isoleucine.....g	0.125		0		1		0.179	0.035	0.105
Leucine.....g	0.188		0		1		0.269	0.053	0.158
Lysine.....g	0.188		0		1		0.269	0.053	0.158
Methionine.....g	0.075		0		1		0.107	0.021	0.063
Cystine.....g	0.101		0		1		0.144	0.029	0.085
Phenylalanine.....g	0.134		0		1		0.192	0.038	0.113
Tyrosine.....g	0.088		0		1		0.126	0.025	0.074
Valine.....g	0.178		0		1		0.255	0.050	0.150
Arginine.....g	0.227		0		1		0.325	0.064	0.191
Histidine.....g	0.088		0		1		0.126	0.025	0.074
Alanine.....g	0.212		0		1		0.303	0.060	0.178
Aspartic acid.....g	0.549		0		1		0.785	0.156	0.461
Glutamic acid.....g	0.410		0		1		0.586	0.116	0.344
Glycine.....g	0.164		0		1		0.235	0.046	0.138
Proline.....g	0.167		0		1		0.239	0.047	0.140
Serine.....g	0.159		0		1		0.227	0.045	0.134
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	14		0	O	4		20.592	4.082	12.096
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	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	13		0	BFSN	4		18.089	3.586	10.626

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Measure 2 = 28.35g: 1 oz (3 kernels)

Measure 3 = 84g: 10 kernels

NDB No. 12167

Nuts, chestnuts, european, roasted

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12203

Nuts, chestnuts, japanese, boiled and 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	0.101		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.097		0		1		0.027		
20:1.....g	0.002		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.014		
18:2 undifferentiated.....g	0.045		0		1		0.013		
18:3 undifferentiated.....g	0.005		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	0.012		0		1		0.003		
Threonine.....g	0.033		0		1		0.009		
Isoleucine.....g	0.040		0		1		0.011		
Leucine.....g	0.051		0		1		0.014		
Lysine.....g	0.053		0		1		0.015		
Methionine.....g	0.020		0		1		0.006		
Cystine.....g	0.024		0		1		0.007		
Phenylalanine.....g	0.032		0		1		0.009		
Tyrosine.....g	0.023		0		1		0.007		
Valine.....g	0.049		0		1		0.014		
Arginine.....g	0.054		0		1		0.015		
Histidine.....g	0.020		0		1		0.006		
Alanine.....g	0.073		0		1		0.021		
Aspartic acid.....g	0.172		0		1		0.049		
Glutamic acid.....g	0.156		0		1		0.044		
Glycine.....g	0.041		0		1		0.012		
Proline.....g	0.051		0		1		0.014		
Serine.....g	0.040		0		1		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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12175
Nuts, chestnuts, japanese, 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	0.650		0		1		1.008	0.184	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.012	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.624		0		1		0.967	0.177	
20:1.....g	0.012		0		1		0.019	0.003	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.322		0		1		0.499	0.091	
18:2 undifferentiated.....g	0.288		0		1		0.446	0.082	
18:3 undifferentiated.....g	0.031		0		1		0.048	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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.075		0		1		0.116	0.021	
Threonine.....g	0.210		0		1		0.326	0.060	
Isoleucine.....g	0.258		0		1		0.400	0.073	
Leucine.....g	0.325		0		1		0.504	0.092	
Lysine.....g	0.342		0		1		0.530	0.097	
Methionine.....g	0.126		0		1		0.195	0.036	
Cystine.....g	0.153		0		1		0.237	0.043	
Phenylalanine.....g	0.205		0		1		0.318	0.058	
Tyrosine.....g	0.150		0		1		0.233	0.043	
Valine.....g	0.312		0		1		0.484	0.088	
Arginine.....g	0.345		0		1		0.535	0.098	
Histidine.....g	0.131		0		1		0.203	0.037	
Alanine.....g	0.473		0		1		0.733	0.134	
Aspartic acid.....g	1.106		0		1		1.714	0.314	
Glutamic acid.....g	1.001		0		1		1.552	0.284	
Glycine.....g	0.267		0		1		0.414	0.076	
Proline.....g	0.328		0		1		0.508	0.093	
Serine.....g	0.257		0		1		0.398	0.073	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 155g: 1 cup
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12202
Nuts, chestnuts, japanese, 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	0.278		0		1		0.079		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		2		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.268		2		1		0.076		
20:1.....g	0.005		1		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0		1		0.039		
18:2 undifferentiated.....g	0.123		2		1		0.035		
18:3 undifferentiated.....g	0.013		2		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	0.032		4		1		0.009		
Threonine.....g	0.090		4		1		0.026		
Isoleucine.....g	0.111		4		1		0.031		
Leucine.....g	0.139		4		1		0.039		
Lysine.....g	0.147		4		1		0.042		
Methionine.....g	0.054		0		1		0.015		
Cystine.....g	0.065		0		1		0.018		
Phenylalanine.....g	0.088		4		1		0.025		
Tyrosine.....g	0.064		0		1		0.018		
Valine.....g	0.134		4		1		0.038		
Arginine.....g	0.148		4		1		0.042		
Histidine.....g	0.056		4		1		0.016		
Alanine.....g	0.203		4		1		0.058		
Aspartic acid.....g	0.474		4		1		0.134		
Glutamic acid.....g	0.429		4		1		0.122		
Glycine.....g	0.114		4		1		0.032		
Proline.....g	0.141		4		1		0.040		
Serine.....g	0.110		4		1		0.031		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12204
Nuts, chestnuts, japanese, roasted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		0.119		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.402		0		1		0.114		
20:1.....g	0.007		0		1		0.002		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.207		0		1		0.059		
18:2 undifferentiated.....g	0.186		0		1		0.053		
18:3 undifferentiated.....g	0.020		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	0.043		0		1		0.012		
Threonine.....g	0.119		0		1		0.034		
Isoleucine.....g	0.146		0		1		0.041		
Leucine.....g	0.184		0		1		0.052		
Lysine.....g	0.193		0		1		0.055		
Methionine.....g	0.071		0		1		0.020		
Cystine.....g	0.086		0		1		0.024		
Phenylalanine.....g	0.116		0		1		0.033		
Tyrosine.....g	0.085		0		1		0.024		
Valine.....g	0.176		0		1		0.050		
Arginine.....g	0.195		0		1		0.055		
Histidine.....g	0.074		0		1		0.021		
Alanine.....g	0.267		0		1		0.076		
Aspartic acid.....g	0.625		0		1		0.177		
Glutamic acid.....g	0.566		0		1		0.160		
Glycine.....g	0.151		0		1		0.043		
Proline.....g	0.185		0		1		0.052		
Serine.....g	0.145		0		1		0.041		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12116

Nuts, coconut cream, canned (liquid expressed from grated meat)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.754		0		1		2.232	0.143	
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	0.754		0		1		2.232	0.143	
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	0.194		0		1		0.574	0.037	
18:2 undifferentiated.....g	0.194		0		1		0.574	0.037	
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									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.092	0.006	
Threonine.....g	0.098		0		1		0.290	0.019	
Isoleucine.....g	0.106		0		1		0.314	0.020	
Leucine.....g	0.200		0		1		0.592	0.038	
Lysine.....g	0.119		0		1		0.352	0.023	
Methionine.....g	0.050		0		1		0.148	0.010	
Cystine.....g	0.053		0		1		0.157	0.010	
Phenylalanine.....g	0.137		0		1		0.406	0.026	
Tyrosine.....g	0.083		0		1		0.246	0.016	
Valine.....g	0.163		0		1		0.482	0.031	
Arginine.....g	0.442		0		1		1.308	0.084	
Histidine.....g	0.062		0		1		0.184	0.012	
Alanine.....g	0.138		0		1		0.408	0.026	
Aspartic acid.....g	0.263		0		1		0.778	0.050	
Glutamic acid.....g	0.616		0		1		1.823	0.117	
Glycine.....g	0.128		0		1		0.379	0.024	
Proline.....g	0.111		0		1		0.329	0.021	
Serine.....g	0.139		0		1		0.411	0.026	
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	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 296g: 1 cup

Measure 2 = 19g: 1 tbsp

NDB No. 12116

Nuts, coconut cream, canned (liquid expressed from grated meat)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12115

Nuts, coconut cream, raw (liquid expressed from grated meat)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.475		0		1		3.540	0.221	
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	1.475		0		1		3.540	0.221	
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	0.379		0		1		0.910	0.057	
18:2 undifferentiated.....g	0.379		0		1		0.910	0.057	
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									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.101	0.006	
Threonine.....g	0.132		0		1		0.317	0.020	
Isoleucine.....g	0.142		0		1		0.341	0.021	
Leucine.....g	0.269		0		1		0.646	0.040	
Lysine.....g	0.160		0		1		0.384	0.024	
Methionine.....g	0.068		0		1		0.163	0.010	
Cystine.....g	0.072		0		1		0.173	0.011	
Phenylalanine.....g	0.184		0		1		0.442	0.028	
Tyrosine.....g	0.112		0		1		0.269	0.017	
Valine.....g	0.220		0		1		0.528	0.033	
Arginine.....g	0.595		0		1		1.428	0.089	
Histidine.....g	0.083		0		1		0.199	0.012	
Alanine.....g	0.185		0		1		0.444	0.028	
Aspartic acid.....g	0.354		0		1		0.850	0.053	
Glutamic acid.....g	0.829		0		1		1.990	0.124	
Glycine.....g	0.172		0		1		0.413	0.026	
Proline.....g	0.150		0		1		0.360	0.023	
Serine.....g	0.187		0		1		0.449	0.028	
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 = 240g: 1 cup
 Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12177

Nuts, coconut meat, dried (desiccated), creamed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.939		0		1		0.833		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	2.939		0		1		0.833		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.756		0		1		0.214		
18:2 undifferentiated.....g	0.756		0		1		0.214		
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	0.062		0		1		0.018		
Threonine.....g	0.193		0		1		0.055		
Isoleucine.....g	0.208		0		1		0.059		
Leucine.....g	0.393		0		1		0.111		
Lysine.....g	0.234		0		1		0.066		
Methionine.....g	0.099		0		1		0.028		
Cystine.....g	0.105		0		1		0.030		
Phenylalanine.....g	0.269		0		1		0.076		
Tyrosine.....g	0.164		0		1		0.046		
Valine.....g	0.321		0		1		0.091		
Arginine.....g	0.870		0		1		0.247		
Histidine.....g	0.122		0		1		0.035		
Alanine.....g	0.271		0		1		0.077		
Aspartic acid.....g	0.518		0		1		0.147		
Glutamic acid.....g	1.212		0		1		0.344		
Glycine.....g	0.251		0		1		0.071		
Proline.....g	0.219		0		1		0.062		
Serine.....g	0.274		0		1		0.078		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12108

Nuts, coconut meat, dried (desiccated), not sweetened

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.745		0		1		0.778		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	2.745		0		1		0.778		
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	0.706		0		1		0.200		
18:2 undifferentiated.....g	0.706		0		1		0.200		
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	0.081		0		1		0.023		
Threonine.....g	0.251		0		1		0.071		
Isoleucine.....g	0.270		0		1		0.077		
Leucine.....g	0.511		0		1		0.145		
Lysine.....g	0.304		0		1		0.086		
Methionine.....g	0.129		0		1		0.037		
Cystine.....g	0.136		0		1		0.039		
Phenylalanine.....g	0.349		0		1		0.099		
Tyrosine.....g	0.213		0		1		0.060		
Valine.....g	0.417		0		1		0.118		
Arginine.....g	1.130		0		1		0.320		
Histidine.....g	0.158		0		1		0.045		
Alanine.....g	0.352		0		1		0.100		
Aspartic acid.....g	0.673		0		1		0.191		
Glutamic acid.....g	1.574		0		1		0.446		
Glycine.....g	0.326		0		1		0.092		
Proline.....g	0.284		0		1		0.081		
Serine.....g	0.356		0		1		0.101		
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	BFSN	4		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 = 28.35g: 1 oz

NDB No. 12108

Nuts, coconut meat, dried (desiccated), not sweetened

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12110

Nuts, coconut meat, dried (desiccated), sweetened, flaked, 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	1.348		0		1		1.038	1.537	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.348		0		1		1.038	1.537	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.347		0		1		0.267	0.396	
18:2 undifferentiated.....g	0.347		0		1		0.267	0.396	
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									
Amino Acids:									
Tryptophan.....g	0.039		0		1		0.030	0.044	
Threonine.....g	0.122		0		1		0.094	0.139	
Isoleucine.....g	0.132		0		1		0.102	0.150	
Leucine.....g	0.249		0		1		0.192	0.284	
Lysine.....g	0.148		0		1		0.114	0.169	
Methionine.....g	0.063		0		1		0.049	0.072	
Cystine.....g	0.066		0		1		0.051	0.075	
Phenylalanine.....g	0.170		0		1		0.131	0.194	
Tyrosine.....g	0.104		0		1		0.080	0.119	
Valine.....g	0.203		0		1		0.156	0.231	
Arginine.....g	0.551		0		1		0.424	0.628	
Histidine.....g	0.077		0		1		0.059	0.088	
Alanine.....g	0.172		0		1		0.132	0.196	
Aspartic acid.....g	0.328		0		1		0.253	0.374	
Glutamic acid.....g	0.767		0		1		0.591	0.874	
Glycine.....g	0.159		0		1		0.122	0.181	
Proline.....g	0.139		0		1		0.107	0.158	
Serine.....g	0.173		0		1		0.133	0.197	
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 = 77g: 1 cup

Measure 2 = 114g: 4 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.368		0		1		1.012	0.388	
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	1.368		0		1		1.012	0.388	
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	0.352		0		1		0.260	0.100	
18:2 undifferentiated.....g	0.352		0		1		0.260	0.100	
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									
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.028	0.011	
Threonine.....g	0.119		0		1		0.088	0.034	
Isoleucine.....g	0.129		0		1		0.095	0.037	
Leucine.....g	0.243		0		1		0.180	0.069	
Lysine.....g	0.145		0		1		0.107	0.041	
Methionine.....g	0.061		0		1		0.045	0.017	
Cystine.....g	0.065		0		1		0.048	0.018	
Phenylalanine.....g	0.166		0		1		0.123	0.047	
Tyrosine.....g	0.101		0		1		0.075	0.029	
Valine.....g	0.198		0		1		0.147	0.056	
Arginine.....g	0.538		0		1		0.398	0.153	
Histidine.....g	0.075		0		1		0.056	0.021	
Alanine.....g	0.167		0		1		0.124	0.047	
Aspartic acid.....g	0.320		0		1		0.237	0.091	
Glutamic acid.....g	0.749		0		1		0.554	0.212	
Glycine.....g	0.155		0		1		0.115	0.044	
Proline.....g	0.135		0		1		0.100	0.038	
Serine.....g	0.169		0		1		0.125	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	0		0	BFSN	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	

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Common Measures:

Measure 1 = 74g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12109

Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12179

Nuts, coconut meat, dried (desiccated), sweetened, shredded

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.510		0		1		1.404	3.005	
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	1.510		0		1		1.404	3.005	
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	0.388		0		1		0.361	0.772	
18:2 undifferentiated.....g	0.388		0		1		0.361	0.772	
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									
Amino Acids:									
Tryptophan.....g	0.034		0		1		0.032	0.068	
Threonine.....g	0.105		0		1		0.098	0.209	
Isoleucine.....g	0.113		0		1		0.105	0.225	
Leucine.....g	0.214		0		1		0.199	0.426	
Lysine.....g	0.127		0		1		0.118	0.253	
Methionine.....g	0.054		0		1		0.050	0.107	
Cystine.....g	0.057		0		1		0.053	0.113	
Phenylalanine.....g	0.146		0		1		0.136	0.291	
Tyrosine.....g	0.089		0		1		0.083	0.177	
Valine.....g	0.175		0		1		0.163	0.348	
Arginine.....g	0.473		0		1		0.440	0.941	
Histidine.....g	0.066		0		1		0.061	0.131	
Alanine.....g	0.147		0		1		0.137	0.293	
Aspartic acid.....g	0.282		0		1		0.262	0.561	
Glutamic acid.....g	0.659		0		1		0.613	1.311	
Glycine.....g	0.137		0		1		0.127	0.273	
Proline.....g	0.119		0		1		0.111	0.237	
Serine.....g	0.149		0		1		0.139	0.297	
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	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

- Measure 1 = 93g: 1 cup, shredded
- Measure 2 = 199g: 1 package (7 oz)

NDB No. 12179

Nuts, coconut meat, dried (desiccated), sweetened, shredded

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12114

Nuts, coconut meat, dried (desiccated), toasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.999		0		1		0.567		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.999		0		1		0.567		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.514		0		1		0.146		
18:2 undifferentiated.....g	0.514		0		1		0.146		
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	0.062		0		1		0.018		
Threonine.....g	0.193		0		1		0.055		
Isoleucine.....g	0.208		0		1		0.059		
Leucine.....g	0.393		0		1		0.111		
Lysine.....g	0.234		0		1		0.066		
Methionine.....g	0.099		0		1		0.028		
Cystine.....g	0.105		0		1		0.030		
Phenylalanine.....g	0.269		0		1		0.076		
Tyrosine.....g	0.164		0		1		0.046		
Valine.....g	0.321		0		1		0.091		
Arginine.....g	0.870		0		1		0.247		
Histidine.....g	0.122		0		1		0.035		
Alanine.....g	0.271		0		1		0.077		
Aspartic acid.....g	0.518		0		1		0.147		
Glutamic acid.....g	1.212		0		1		0.344		
Glycine.....g	0.251		0		1		0.071		
Proline.....g	0.219		0		1		0.062		
Serine.....g	0.274		0		1		0.078		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12104
Nuts, coconut meat, 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	1.425		0		1		1.140	5.657	0.641
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	1.425		132		1		1.140	5.657	0.641
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	0.366		0		1		0.293	1.453	0.165
18:2 undifferentiated.....g	0.366		130		1		0.293	1.453	0.165
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	47		0		1		38	187	21
Amino Acids:									
Tryptophan.....g	0.039		7		1		0.031	0.155	0.018
Threonine.....g	0.121		26		1		0.097	0.480	0.054
Isoleucine.....g	0.131		26		1		0.105	0.520	0.059
Leucine.....g	0.247		26		1		0.198	0.981	0.111
Lysine.....g	0.147		26		1		0.118	0.584	0.066
Methionine.....g	0.062		25		1		0.050	0.246	0.028
Cystine.....g	0.066		7		1		0.053	0.262	0.030
Phenylalanine.....g	0.169		26		1		0.135	0.671	0.076
Tyrosine.....g	0.103		23		1		0.082	0.409	0.046
Valine.....g	0.202		26		1		0.162	0.802	0.091
Arginine.....g	0.546		26		1		0.437	2.168	0.246
Histidine.....g	0.077		24		1		0.062	0.306	0.035
Alanine.....g	0.170		23		1		0.136	0.675	0.077
Aspartic acid.....g	0.325		23		1		0.260	1.290	0.146
Glutamic acid.....g	0.761		23		1		0.609	3.021	0.342
Glycine.....g	0.158		23		1		0.126	0.627	0.071
Proline.....g	0.138		23		1		0.110	0.548	0.062
Serine.....g	0.172		23		1		0.138	0.683	0.077
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	BFFN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 80g: 1 cup, shredded

Measure 2 = 397g: 1 medium

Measure 3 = 45g: 1 piece (2" x 2" x 1/2")

NDB No. 12104
Nuts, coconut meat, raw

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12118

Nuts, coconut milk, canned (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.907		0		1		2.050	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.907		0		1		2.050	0.136	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.233		0		1		0.527	0.035	
18:2 undifferentiated.....g	0.233		0		1		0.527	0.035	
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	0.024		0		1		0.054	0.004	
Threonine.....g	0.074		0		1		0.167	0.011	
Isoleucine.....g	0.079		0		1		0.179	0.012	
Leucine.....g	0.150		0		1		0.339	0.023	
Lysine.....g	0.089		0		1		0.201	0.013	
Methionine.....g	0.038		0		1		0.086	0.006	
Cystine.....g	0.040		0		1		0.090	0.006	
Phenylalanine.....g	0.102		0		1		0.231	0.015	
Tyrosine.....g	0.062		0		1		0.140	0.009	
Valine.....g	0.122		0		1		0.276	0.018	
Arginine.....g	0.331		0		1		0.748	0.050	
Histidine.....g	0.046		0		1		0.104	0.007	
Alanine.....g	0.103		0		1		0.233	0.015	
Aspartic acid.....g	0.197		0		1		0.445	0.030	
Glutamic acid.....g	0.462		0		1		1.044	0.069	
Glycine.....g	0.096		0		1		0.217	0.014	
Proline.....g	0.083		0		1		0.188	0.012	
Serine.....g	0.104		0		1		0.235	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 = 226g: 1 cup
 Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12176

Nuts, coconut milk, frozen (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.885		0		1		2.124	0.133	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.885		0		1		2.124	0.133	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.228		0		1		0.547	0.034	
18:2 undifferentiated.....g	0.228		0		1		0.547	0.034	
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	0.019		0		1		0.046	0.003	
Threonine.....g	0.059		0		1		0.142	0.009	
Isoleucine.....g	0.063		0		1		0.151	0.009	
Leucine.....g	0.119		0		1		0.286	0.018	
Lysine.....g	0.071		0		1		0.170	0.011	
Methionine.....g	0.030		0		1		0.072	0.005	
Cystine.....g	0.032		0		1		0.077	0.005	
Phenylalanine.....g	0.082		0		1		0.197	0.012	
Tyrosine.....g	0.050		0		1		0.120	0.008	
Valine.....g	0.098		0		1		0.235	0.015	
Arginine.....g	0.264		0		1		0.634	0.040	
Histidine.....g	0.037		0		1		0.089	0.006	
Alanine.....g	0.082		0		1		0.197	0.012	
Aspartic acid.....g	0.157		0		1		0.377	0.024	
Glutamic acid.....g	0.368		0		1		0.883	0.055	
Glycine.....g	0.076		0		1		0.182	0.011	
Proline.....g	0.067		0		1		0.161	0.010	
Serine.....g	0.083		0		1		0.199	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 = 240g: 1 cup
 Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12117

Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.014		0		1		2.434	0.152	
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	1.014		0		1		2.434	0.152	
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	0.261		0		1		0.626	0.039	
18:2 undifferentiated.....g	0.261		0		1		0.626	0.039	
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	1		0		1		2	0	
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.065	0.004	
Threonine.....g	0.083		0		1		0.199	0.012	
Isoleucine.....g	0.090		0		1		0.216	0.014	
Leucine.....g	0.170		0		1		0.408	0.026	
Lysine.....g	0.101		0		1		0.242	0.015	
Methionine.....g	0.043		0		1		0.103	0.006	
Cystine.....g	0.045		0		1		0.108	0.007	
Phenylalanine.....g	0.116		0		1		0.278	0.017	
Tyrosine.....g	0.071		0		1		0.170	0.011	
Valine.....g	0.139		0		1		0.334	0.021	
Arginine.....g	0.376		0		1		0.902	0.056	
Histidine.....g	0.053		0		1		0.127	0.008	
Alanine.....g	0.117		0		1		0.281	0.018	
Aspartic acid.....g	0.224		0		1		0.538	0.034	
Glutamic acid.....g	0.524		0		1		1.258	0.079	
Glycine.....g	0.108		0		1		0.259	0.016	
Proline.....g	0.095		0		1		0.228	0.014	
Serine.....g	0.118		0		1		0.283	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	0		0	BFSN	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	

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Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

NDB No. 12117

Nuts, coconut milk, raw (liquid expressed from grated meat and water)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12119

Nuts, coconut water (liquid from coconuts)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		0.019	0.001	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	0.008		0		1		0.019	0.001	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	0.002		0		1		0.005	0.000	0.004
18:2 undifferentiated.....g	0.002		0		1		0.005	0.000	0.004
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									
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.019	0.001	0.016
Threonine.....g	0.026		0		1		0.062	0.004	0.054
Isoleucine.....g	0.028		0		1		0.067	0.004	0.058
Leucine.....g	0.053		0		1		0.127	0.008	0.109
Lysine.....g	0.032		0		1		0.077	0.005	0.066
Methionine.....g	0.013		0		1		0.031	0.002	0.027
Cystine.....g	0.014		0		1		0.034	0.002	0.029
Phenylalanine.....g	0.037		0		1		0.089	0.006	0.076
Tyrosine.....g	0.022		0		1		0.053	0.003	0.045
Valine.....g	0.044		0		1		0.106	0.007	0.091
Arginine.....g	0.118		0		1		0.283	0.018	0.243
Histidine.....g	0.017		0		1		0.041	0.003	0.035
Alanine.....g	0.037		0		1		0.089	0.006	0.076
Aspartic acid.....g	0.070		0		1		0.168	0.011	0.144
Glutamic acid.....g	0.165		0		1		0.396	0.025	0.340
Glycine.....g	0.034		0		1		0.082	0.005	0.070
Proline.....g	0.030		0		1		0.072	0.005	0.062
Serine.....g	0.037		0		1		0.089	0.006	0.076
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	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 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Measure 3 = 206g: 1 coconut yields

NDB No. 12119

Nuts, coconut water (liquid from coconuts)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12200

Nuts, formulated, wheat-based, all flavors except macadamia, 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	25.722		0		1		7.292		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.248		0		1		0.070		
17:1.....g									
18:1 undifferentiated.....g	25.416		0		1		7.205		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.284		0		1		6.885		
18:2 undifferentiated.....g	22.448		0		1		6.364		
18:3 undifferentiated.....g	1.777		0		1		0.504		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.172		0		1		0.049		
Threonine.....g	0.552		0		1		0.156		
Isoleucine.....g	0.552		0		1		0.156		
Leucine.....g	0.972		0		1		0.276		
Lysine.....g	0.886		0		1		0.251		
Methionine.....g	0.274		0		1		0.078		
Cystine.....g	0.226		0		1		0.064		
Phenylalanine.....g	0.586		0		1		0.166		
Tyrosine.....g	0.486		0		1		0.138		
Valine.....g	0.712		0		1		0.202		
Arginine.....g	0.981		0		1		0.278		
Histidine.....g	0.380		0		1		0.108		
Alanine.....g	0.753		0		1		0.213		
Aspartic acid.....g	1.194		0		1		0.338		
Glutamic acid.....g	2.433		0		1		0.690		
Glycine.....g	0.699		0		1		0.198		
Proline.....g	0.857		0		1		0.243		
Serine.....g	0.674		0		1		0.191		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 12 Nut and Seed Products

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

NDB No. 12199

Nuts, formulated, wheat-based, flavored, macadamia flavored, 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	23.521		0		1		6.668		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.225		0		1		0.064		
17:1.....g									
18:1 undifferentiated.....g	23.242		0		1		6.589		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.867		0		1		6.199		
18:2 undifferentiated.....g	20.230		0		1		5.735		
18:3 undifferentiated.....g	1.583		0		1		0.449		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.139		0		1		0.039		
Threonine.....g	0.475		0		1		0.135		
Isoleucine.....g	0.486		0		1		0.138		
Leucine.....g	0.853		0		1		0.242		
Lysine.....g	0.766		0		1		0.217		
Methionine.....g	0.239		0		1		0.068		
Cystine.....g	0.185		0		1		0.052		
Phenylalanine.....g	0.511		0		1		0.145		
Tyrosine.....g	0.428		0		1		0.121		
Valine.....g	0.621		0		1		0.176		
Arginine.....g	0.816		0		1		0.231		
Histidine.....g	0.324		0		1		0.092		
Alanine.....g	0.623		0		1		0.177		
Aspartic acid.....g	1.021		0		1		0.289		
Glutamic acid.....g	2.115		0		1		0.600		
Glycine.....g	0.575		0		1		0.163		
Proline.....g	0.766		0		1		0.217		
Serine.....g	0.587		0		1		0.166		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 12 Nut and Seed Products

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

NDB No. 12140

Nuts, formulated, wheat-based, unflavored, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	23.545		0		1		6.675		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		0		1		0.065		
17:1.....g									
18:1 undifferentiated.....g	23.263		0		1		6.595		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.714		0		1		6.439		
18:2 undifferentiated.....g	20.974		0		1		5.946		
18:3 undifferentiated.....g	1.687		0		1		0.478		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.164		0		1		0.046		
Threonine.....g	0.579		0		1		0.164		
Isoleucine.....g	0.555		0		1		0.157		
Leucine.....g	0.991		0		1		0.281		
Lysine.....g	0.910		0		1		0.258		
Methionine.....g	0.279		0		1		0.079		
Cystine.....g	0.252		0		1		0.071		
Phenylalanine.....g	0.603		0		1		0.171		
Tyrosine.....g	0.484		0		1		0.137		
Valine.....g	0.729		0		1		0.207		
Arginine.....g	1.065		0		1		0.302		
Histidine.....g	0.393		0		1		0.111		
Alanine.....g	0.817		0		1		0.232		
Aspartic acid.....g	1.267		0		1		0.359		
Glutamic acid.....g	2.499		0		1		0.708		
Glycine.....g	0.772		0		1		0.219		
Proline.....g	0.846		0		1		0.240		
Serine.....g	0.696		0		1		0.197		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 12 Nut and Seed Products

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

NDB No. 12129
Nuts, ginkgo nuts, 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	0.599		0		1		0.928	0.170	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.077		0		1		0.119	0.022	
17:1.....g									
18:1 undifferentiated.....g	0.495		0		1		0.767	0.140	
20:1.....g	0.009		0		1		0.014	0.003	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.597		0		1		0.925	0.169	
18:2 undifferentiated.....g	0.559		0		1		0.866	0.158	
18:3 undifferentiated.....g	0.021		0		1		0.033	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	0.038		0		1		0.059	0.011	
Threonine.....g	0.142		0		1		0.220	0.040	
Isoleucine.....g	0.111		0		1		0.172	0.031	
Leucine.....g	0.168		0		1		0.260	0.048	
Lysine.....g	0.110		0		1		0.171	0.031	
Methionine.....g	0.029		0		1		0.045	0.008	
Cystine.....g	0.012		0		1		0.019	0.003	
Phenylalanine.....g	0.090		0		1		0.140	0.026	
Tyrosine.....g	0.032		0		1		0.050	0.009	
Valine.....g	0.150		0		1		0.233	0.043	
Arginine.....g	0.223		0		1		0.346	0.063	
Histidine.....g	0.054		0		1		0.084	0.015	
Alanine.....g	0.131		0		1		0.203	0.037	
Aspartic acid.....g	0.288		0		1		0.446	0.082	
Glutamic acid.....g	0.444		0		1		0.688	0.126	
Glycine.....g	0.123		0		1		0.191	0.035	
Proline.....g	0.184		0		1		0.285	0.052	
Serine.....g	0.154		0		1		0.239	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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 (78 kernels)
 Measure 2 = 28.35g: 1 oz (14 kernels)

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12128
Nuts, ginkgo nuts, 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	0.739		0		1		0.210		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0		1		0.027		
17:1.....g									
18:1 undifferentiated.....g	0.611		0		1		0.173		
20:1.....g	0.011		0		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.737		0		1		0.209		
18:2 undifferentiated.....g	0.690		0		1		0.196		
18:3 undifferentiated.....g	0.025		0		1		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		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.170		0		1		0.048		
Threonine.....g	0.640		0		1		0.181		
Isoleucine.....g	0.500		0		1		0.142		
Leucine.....g	0.755		0		1		0.214		
Lysine.....g	0.494		0		1		0.140		
Methionine.....g	0.133		0		1		0.038		
Cystine.....g	0.055		0		1		0.016		
Phenylalanine.....g	0.408		0		1		0.116		
Tyrosine.....g	0.146		0		1		0.041		
Valine.....g	0.677		0		1		0.192		
Arginine.....g	1.005		0		1		0.285		
Histidine.....g	0.244		0		1		0.069		
Alanine.....g	0.591		0		1		0.168		
Aspartic acid.....g	1.298		0		1		0.368		
Glutamic acid.....g	2.001		0		1		0.567		
Glycine.....g	0.554		0		1		0.157		
Proline.....g	0.830		0		1		0.235		
Serine.....g	0.695		0		1		0.197		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12127
Nuts, ginkgo nuts, 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	0.619		0		1		0.175		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.079		2		1		0.022		
17:1.....g									
18:1 undifferentiated.....g	0.512		2		1		0.145		
20:1.....g	0.010		1		1		0.003		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.618		0		1		0.175		
18:2 undifferentiated.....g	0.578		2		1		0.164		
18:3 undifferentiated.....g	0.021		2		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	0.071		2		1		0.020		
Threonine.....g	0.268		2		1		0.076		
Isoleucine.....g	0.209		2		1		0.059		
Leucine.....g	0.316		2		1		0.090		
Lysine.....g	0.206		2		1		0.058		
Methionine.....g	0.055		2		1		0.016		
Cystine.....g	0.023		2		1		0.007		
Phenylalanine.....g	0.171		2		1		0.048		
Tyrosine.....g	0.061		2		1		0.017		
Valine.....g	0.283		2		1		0.080		
Arginine.....g	0.420		2		1		0.119		
Histidine.....g	0.102		2		1		0.029		
Alanine.....g	0.247		2		1		0.070		
Aspartic acid.....g	0.543		2		1		0.154		
Glutamic acid.....g	0.836		2		1		0.237		
Glycine.....g	0.232		2		1		0.066		
Proline.....g	0.347		2		1		0.098		
Serine.....g	0.290		2		1		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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12120
Nuts, hazelnuts or filberts (1)
Corylus spp.

Refuse: 54% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	5.31	0.196	4	A	1		6.11	3.98	7.17
Energy.....kcal	628		0	NC	4		723	471	848
Energy.....kj	2629		0	NC	4		3023	1972	3549
Protein (N x 5.3).....g	14.95	0.156	4	A	1		17.19	11.21	20.18
Total lipid (fat).....g	60.75	0.386	4	A	1		69.86	45.56	82.01
Ash.....g	2.29	0.017	4	A	1		2.63	1.72	3.09
Carbohydrate, by difference.....g	16.70		0	NC	4		19.21	12.53	22.55
Fiber, total dietary.....g	9.7	0.374	4	A	1		11.1	7.3	13.1
Sugars, total.....g	4.34	0.071	4	A	1		4.99	3.26	5.86
Sucrose.....g	4.20	0.071	4	A	1		4.83	3.15	5.67
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.08	0.05	0.10
Fructose.....g	0.07	0.000	4	A	1		0.08	0.05	0.10
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									
Starch.....g	0.48	0.068	4	A	1		0.55	0.36	0.64
Minerals:									
Calcium, Ca.....mg	114	1.031	4	A	1		131	86	154
Iron, Fe.....mg	4.70	0.071	4	A	1		5.41	3.53	6.35
Magnesium, Mg.....mg	163	2.496	4	A	1		188	122	220
Phosphorus, P.....mg	290	5.774	4	A	1		334	218	392
Potassium, K.....mg	680	7.920	4	A	1		782	510	918
Sodium, Na.....mg	0	0.048	4	A	1		1	0	1
Zinc, Zn.....mg	2.45	0.029	4	A	1		2.82	1.84	3.31
Copper, Cu.....mg	1.725	0.025	4	A	1		1.984	1.294	2.329
Manganese, Mn.....mg	6.175	0.165	4	A	1		7.101	4.631	8.336
Selenium, Se.....mcg	2.4	0.561	8	A	1		2.7	1.8	3.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	6.3	0.479	4	A	1		7.2	4.7	8.4
Thiamin.....mg	0.643	0.011	4	A	1		0.739	0.482	0.867
Riboflavin.....mg	0.113	0.003	4	A	1		0.129	0.084	0.152
Niacin.....mg	1.800	0.071	4	A	1		2.070	1.350	2.430
Pantothenic acid.....mg	0.918	0.006	4	A	1		1.055	0.688	1.239
Vitamin B-6.....mg	0.563	0.008	4	A	1		0.647	0.422	0.759
Folate, total.....mcg	113	1.810	4	A	1		129	84	152
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	113	1.810	4	A	1		129	84	152
Folate, DFE.....mcg_DFE	113		0	NC	4		129	84	152
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	20		0	AS	1		23	15	27
Vitamin A, RAE.....mcg_RAE	1		0	AS	1		1	1	1
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	15.03	0.395	4	A	1		17.28	11.27	20.28
Tocopherol, beta.....mg	0.33	0.025	4	A	1		0.37	0.24	0.44
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00	0.00	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	14.2	1.137	8	A	1		16.4	10.7	19.2
Lipids:									
Fatty acids, total saturated.....g	4.464		0	NC	4		5.134	3.348	6.027
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	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 12120
Nuts, hazelnuts or filberts (1)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	3.097	0.023	4	A	1		3.562	2.323	4.181
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	1.265	0.041	4	A	1		1.455	0.949	1.708
20:0.....g	0.102	0.028	4	A	1		0.117	0.077	0.138
22:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	45.652		0	NC	4		52.499	34.239	61.630
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.116	0.001	4	A	1		0.133	0.087	0.156
17:1.....g									
18:1 undifferentiated.....g	45.405	0.249	4	A	1		52.215	34.053	61.296
20:1.....g	0.131	0.014	4	A	1		0.151	0.098	0.177
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	7.920		0	NC	4		9.108	5.940	10.692
18:2 undifferentiated.....g	7.833	0.116	4	A	1		9.008	5.875	10.574
18:3 undifferentiated.....g	0.087	0.029	4	A	1		0.100	0.065	0.117
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	96		1	A	1		110	72	130
Stigmasterol.....mg	1		1	A	1		1	1	1
Campesterol.....mg	6		1	A	1		6	4	8
Beta-sitosterol.....mg	89		1	A	1		102	67	120
Amino Acids:									
Tryptophan.....g	0.193			A	1		0.222	0.145	0.260
Threonine.....g	0.497			A	1		0.571	0.373	0.671
Isoleucine.....g	0.545			A	1		0.627	0.409	0.736
Leucine.....g	1.063			A	1		1.223	0.798	1.436
Lysine.....g	0.420			A	1		0.483	0.315	0.567
Methionine.....g	0.221			A	1		0.254	0.166	0.299
Cystine.....g	0.277			A	1		0.318	0.208	0.374
Phenylalanine.....g	0.663			A	1		0.763	0.497	0.895
Tyrosine.....g	0.362			A	1		0.416	0.271	0.489
Valine.....g	0.701			A	1		0.807	0.526	0.947
Arginine.....g	2.211			A	1		2.543	1.659	2.985
Histidine.....g	0.432			A	1		0.497	0.324	0.583
Alanine.....g	0.730			A	1		0.839	0.547	0.985
Aspartic acid.....g	1.679			A	1		1.931	1.259	2.267
Glutamic acid.....g	3.710			A	1		4.266	2.782	5.008
Glycine.....g	0.724			A	1		0.832	0.543	0.977
Proline.....g	0.561			A	1		0.645	0.420	0.757
Serine.....g	0.735			A	1		0.846	0.552	0.993
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	11	10.238	5	A	1		12.157	7.929	14.272
Carotene, alpha.....mcg	3	3.015	5	A	1		3.467	2.261	4.070
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	92	9.565	4	A	1		105.513	68.813	123.863

NDB No. 12120

Nuts, hazelnuts or filberts (1)

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 = 115g: 1 cup, chopped

Measure 2 = 75g: 1 cup, ground

Measure 3 = 135g: 1 cup, whole

Footnotes

1 Unroasted

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12121

Nuts, hazelnuts or filberts, blanched (1)

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	5.79		2	A	1		1.64		
Energy.....kcal	629		0	NC	4		178		
Energy.....kj	2630		0	NC	4		746		
Protein (N x 5.3).....g	13.70		2	A	1		3.88		
Total lipid (fat).....g	61.15		2	A	1		17.34		
Ash.....g	2.36		2	A	1		0.67		
Carbohydrate, by difference.....g	17.00		0	NC	4		4.82		
Fiber, total dietary.....g	11.0		2	A	1		3.1		
Sugars, total.....g	3.49		2	A	1		0.99		
Sucrose.....g	3.35		2	A	1		0.95		
Glucose (dextrose).....g	0.07		2	A	1		0.02		
Fructose.....g	0.07		2	A	1		0.02		
Lactose.....g	0.00		2	A	1		0.00		
Maltose.....g	0.00		2	A	1		0.00		
Galactose.....g									
Starch.....g	0.93		2	A	1		0.26		
Minerals:									
Calcium, Ca.....mg	149		2	A	1		42		
Iron, Fe.....mg	3.30		2	A	1		0.94		
Magnesium, Mg.....mg	160		2	A	1		45		
Phosphorus, P.....mg	310		2	A	1		88		
Potassium, K.....mg	658		2	A	1		187		
Sodium, Na.....mg	0		2	A	1		0		
Zinc, Zn.....mg	2.20		2	A	1		0.62		
Copper, Cu.....mg	1.600		2	A	1		0.454		
Manganese, Mn.....mg	12.650		2	A	1		3.586		
Selenium, Se.....mcg	4.1		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		2	A	1		0.6		
Thiamin.....mg	0.475		2	A	1		0.135		
Riboflavin.....mg	0.110		2	A	1		0.031		
Niacin.....mg	1.550		2	A	1		0.439		
Pantothenic acid.....mg	0.815		2	A	1		0.231		
Vitamin B-6.....mg	0.585		2	A	1		0.166		
Folate, total.....mcg	78		2	A	1		22		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	78		2	A	1		22		
Folate, DFE.....mcg_DFE	78		0	NC	4		22		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	40		1	AS	1		11		
Vitamin A, RAE.....mcg_RAE	2		1	AS	1		1		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	17.50		2	A	1		4.96		
Tocopherol, beta.....mg	0.35		2	A	1		0.10		
Tocopherol, gamma.....mg	2.15		2	A	1		0.61		
Tocopherol, delta.....mg	0.14		2	A	1		0.04		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.669		0	NC	4		1.324		
4:0.....g									
6:0.....g									
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g	0.000		2	A	1		0.000		
14:0.....g	0.000		2	A	1		0.000		
15:0.....g	0.000		2	A	1		0.000		

NDB No. 12121

Nuts, hazelnuts or filberts, blanched (1)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.176		2	A	1		0.900		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	1.434		2	A	1		0.407		
20:0.....g	0.059		2	A	1		0.017		
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	48.192		0	NC	4		13.662		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.116		2	A	1		0.033		
17:1.....g									
18:1 undifferentiated.....g	47.958		2	A	1		13.596		
20:1.....g	0.118		2	A	1		0.033		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		2	A	1		0.000		
Fatty acids, total polyunsaturated.....g	5.558		0	NC	4		1.576		
18:2 undifferentiated.....g	5.499		2	A	1		1.559		
18:3 undifferentiated.....g	0.058		2	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g	0.000		2	A	1		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
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	116		2	A	1		33		
Stigmasterol.....mg	1		1	A	1		0		
Campesterol.....mg	7		1	A	1		2		
Beta-sitosterol.....mg	108		1	A	1		31		
Amino Acids:									
Tryptophan.....g	0.177		0	A	1		0.050		
Threonine.....g	0.455		0	A	1		0.129		
Isoleucine.....g	0.499		0	A	1		0.142		
Leucine.....g	0.974		0	A	1		0.276		
Lysine.....g	0.385		0	A	1		0.109		
Methionine.....g	0.203		0	A	1		0.057		
Cystine.....g	0.254		0	A	1		0.072		
Phenylalanine.....g	0.608		0	A	1		0.172		
Tyrosine.....g	0.332		0	A	1		0.094		
Valine.....g	0.643		0	A	1		0.182		
Arginine.....g	2.026		0	A	1		0.574		
Histidine.....g	0.396		0	A	1		0.112		
Alanine.....g	0.669		0	A	1		0.190		
Aspartic acid.....g	1.539		0	A	1		0.436		
Glutamic acid.....g	3.399		0	A	1		0.964		
Glycine.....g	0.663		0	A	1		0.188		
Proline.....g	0.514		0	A	1		0.146		
Serine.....g	0.674		0	A	1		0.191		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	23		1	A	1		6.484		
Carotene, alpha.....mcg	2		1	A	1		0.482		
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.

NDB No. 12121

Nuts, hazelnuts or filberts, blanched (1)

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 = 28.35g: 1 oz

Footnotes

1 Unroasted

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, without salt 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	2.52	0.335	4	A	1		0.71		
Energy.....kcal	646		0	NC	4		183		
Energy.....kj	2703		0	NC	4		766		
Protein (N x 5.3).....g	15.03	0.421	4	A	1		4.26		
Total lipid (fat).....g	62.40	0.916	4	A	1		17.69		
Ash.....g	2.45	0.019	4	A	1		0.70		
Carbohydrate, by difference.....g	17.60		0	NC	4		4.99		
Fiber, total dietary.....g	9.4	0.617	4	A	1		2.7		
Sugars, total.....g	4.89	0.307	4	A	1		1.39		
Sucrose.....g	4.75	0.307	4	A	1		1.35		
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.02		
Fructose.....g	0.07	0.000	4	A	1		0.02		
Lactose.....g	0.00	0.000	4	A	1		0.00		
Maltose.....g	0.00	0.000	4	A	1		0.00		
Galactose.....g									
Starch.....g	1.10	0.034	4	A	1		0.31		
Minerals:									
Calcium, Ca.....mg	123	3.663	4	A	1		35		
Iron, Fe.....mg	4.38	0.138	4	A	1		1.24		
Magnesium, Mg.....mg	173	6.033	4	A	1		49		
Phosphorus, P.....mg	310	8.165	4	A	1		88		
Potassium, K.....mg	755	13.934	4	A	1		214		
Sodium, Na.....mg	0	0.065	4	A	1		0		
Zinc, Zn.....mg	2.50	0.000	4	A	1		0.71		
Copper, Cu.....mg	1.750	0.087	4	A	1		0.496		
Manganese, Mn.....mg	5.550	0.417	4	A	1		1.573		
Selenium, Se.....mcg	4.1		0	BFSN	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.8	0.629	4	A	1		1.1		
Thiamin.....mg	0.338	0.036	4	A	1		0.096		
Riboflavin.....mg	0.123	0.005	4	A	1		0.035		
Niacin.....mg	2.050	0.065	4	A	1		0.581		
Pantothenic acid.....mg	0.923	0.031	4	A	1		0.262		
Vitamin B-6.....mg	0.620	0.017	4	A	1		0.176		
Folate, total.....mcg	88	5.375	4	A	1		25		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	88	5.375	4	A	1		25		
Folate, DFE.....mcg_DFE	88		0	NC	4		25		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	61		1	A	1		17		
Vitamin A, RAE.....mcg_RAE	3		1	A	1		1		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	15.28	0.704	4	A	1		4.33		
Tocopherol, beta.....mg	0.33	0.048	4	A	1		0.09		
Tocopherol, gamma.....mg	0.00	0.000	4	A	1		0.00		
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.511		0	NC	4		1.279		
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	4	A	1		0.000		
10:0.....g	0.000	0.000	4	A	1		0.000		
12:0.....g	0.000	0.000	4	A	1		0.000		
13:0.....g	0.000	0.000	4	A	1		0.000		
14:0.....g	0.000	0.000	4	A	1		0.000		
15:0.....g	0.000	0.000	4	A	1		0.000		

NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, 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	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
16:0.....g	3.181	0.038	4	A	1		0.902		
17:0.....g	0.000	0.000	4	A	1		0.000		
18:0.....g	1.271	0.072	4	A	1		0.360		
20:0.....g	0.060	0.001	4	A	1		0.017		
22:0.....g	0.000	0.000	4	A	1		0.000		
24:0.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total monounsaturated.....g	46.608		0	NC	4		13.213		
14:1.....g	0.000	0.000	4	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.119	0.002	4	A	1		0.034		
17:1.....g									
18:1 undifferentiated.....g	46.354	1.012	4	A	1		13.141		
20:1.....g	0.134	0.013	4	A	1		0.038		
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
24:1 c.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total polyunsaturated.....g	8.463		0	NC	4		2.399		
18:2 undifferentiated.....g	8.403	0.272	4	A	1		2.382		
18:3 undifferentiated.....g	0.060	0.001	4	A	1		0.017		
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000		
20:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:5 n-3.....g	0.000	0.000	4	A	1		0.000		
22:6 n-3.....g	0.000	0.000	4	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	110		1	A	1		31		
Stigmasterol.....mg	1		1	A	1		0		
Campesterol.....mg	6		1	A	1		2		
Beta-sitosterol.....mg	103		1	A	1		29		
Amino Acids:									
Tryptophan.....g	0.194		0	A	1		0.055		
Threonine.....g	0.499		0	A	1		0.142		
Isoleucine.....g	0.548		0	A	1		0.155		
Leucine.....g	1.069		0	A	1		0.303		
Lysine.....g	0.422		0	A	1		0.120		
Methionine.....g	0.222		0	A	1		0.063		
Cystine.....g	0.278		0	A	1		0.079		
Phenylalanine.....g	0.667		0	A	1		0.189		
Tyrosine.....g	0.364		0	A	1		0.103		
Valine.....g	0.705		0	A	1		0.200		
Arginine.....g	2.222		0	A	1		0.630		
Histidine.....g	0.434		0	A	1		0.123		
Alanine.....g	0.733		0	A	1		0.208		
Aspartic acid.....g	1.687		0	A	1		0.478		
Glutamic acid.....g	3.728		0	A	1		1.057		
Glycine.....g	0.727		0	A	1		0.206		
Proline.....g	0.563		0	A	1		0.160		
Serine.....g	0.739		0	A	1		0.210		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	36		1	A	1		10.197		
Carotene, alpha.....mcg	1		1	A	1		0.201		
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.

NDB No. 12122

Nuts, hazelnuts or filberts, dry roasted, without salt 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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12130
Nuts, hickorynuts, 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	32.611		0		1		39.133	9.245	0.978
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.277		2		1		0.332	0.079	0.008
17:1.....g									
18:1 undifferentiated.....g	32.011		2		1		38.413	9.075	0.960
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	21.886		0		1		26.263	6.205	0.657
18:2 undifferentiated.....g	20.623		2		1		24.748	5.847	0.619
18:3 undifferentiated.....g	1.047		2		1		1.256	0.297	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									
Amino Acids:									
Tryptophan.....g	0.139		8		1		0.167	0.039	0.004
Threonine.....g	0.422		4		1		0.506	0.120	0.013
Isoleucine.....g	0.576		4		1		0.691	0.163	0.017
Leucine.....g	1.027		4		1		1.232	0.291	0.031
Lysine.....g	0.497		4		1		0.596	0.141	0.015
Methionine.....g	0.300		12		1		0.360	0.085	0.009
Cystine.....g	0.271		12		1		0.325	0.077	0.008
Phenylalanine.....g	0.713		4		1		0.856	0.202	0.021
Tyrosine.....g	0.454		4		1		0.545	0.129	0.014
Valine.....g	0.730		4		1		0.876	0.207	0.022
Arginine.....g	2.086		4		1		2.503	0.591	0.063
Histidine.....g	0.389		4		1		0.467	0.110	0.012
Alanine.....g	0.662		4		1		0.794	0.188	0.020
Aspartic acid.....g	1.368		4		1		1.642	0.388	0.041
Glutamic acid.....g	2.885		4		1		3.462	0.818	0.087
Glycine.....g	0.708		4		1		0.850	0.201	0.021
Proline.....g	0.571		4		1		0.685	0.162	0.017
Serine.....g	0.806		4		1		0.967	0.229	0.024
Hydroxyproline.....g									
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 = 120g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 3.0g: 1 nut

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12632

Nuts, macadamia nuts, dry roasted, with salt 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	1.61	0.126	4	A	1		2.15	0.46	
Energy.....kcal	716		0	NC	4		959	203	
Energy.....kj	2996		0	NC	4		4014	849	
Protein (N x 5.3).....g	7.79	0.286	4	A	1		10.44	2.21	
Total lipid (fat).....g	76.08	1.039	4	A	1		101.95	21.57	
Ash.....g	1.70	0.120	4	A	1		2.27	0.48	
Carbohydrate, by difference.....g	12.83		0	NC	4		17.19	3.64	
Fiber, total dietary.....g	8.0	0.709	4	A	1		10.7	2.3	
Sugars, total.....g	4.14	0.187	4	A	1		5.55	1.17	
Sucrose.....g	4.00	0.187	4	A	1		5.36	1.13	
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.10	0.02	
Fructose.....g	0.07	0.000	4	A	1		0.10	0.02	
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									
Starch.....g	1.05	0.026	4	A	1		1.41	0.30	
Minerals:									
Calcium, Ca.....mg	70	14.558	4	A	1		93	20	
Iron, Fe.....mg	2.65	0.536	4	A	1		3.55	0.75	
Magnesium, Mg.....mg	118	2.182	4	A	1		158	34	
Phosphorus, P.....mg	198	6.281	4	A	1		265	56	
Potassium, K.....mg	363	14.047	4	A	1		486	103	
Sodium, Na.....mg	265	52.815	4	A	1		354	75	
Zinc, Zn.....mg	1.29	0.055	4	A	1		1.72	0.36	
Copper, Cu.....mg	0.570	0.226	4	A	1		0.764	0.162	
Manganese, Mn.....mg	3.036	1.563	4	A	1		4.068	0.861	
Selenium, Se.....mcg	11.7	0.965	8	A	1		15.7	3.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	4	A	1		1.0	0.2	
Thiamin.....mg	0.710	0.000	4	A	1		0.951	0.201	
Riboflavin.....mg	0.087	0.003	4	A	1		0.116	0.025	
Niacin.....mg	2.274	0.151	4	A	1		3.048	0.645	
Pantothenic acid.....mg	0.603	0.018	4	A	1		0.807	0.171	
Vitamin B-6.....mg	0.359	0.025	4	A	1		0.481	0.102	
Folate, total.....mcg	10	0.943	4	A	1		13	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10	0.943	4	A	1		13	3	
Folate, DFE.....mcg_DFE	10		0	NC	4		13	3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.57	0.110	4	A	1		0.76	0.16	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0	0.000	3	A	1		0.0	0.0	
Lipids:									
Fatty acids, total saturated.....g	11.947		0	NC	4		16.010	3.387	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.075	0.008	4	A	1		0.100	0.021	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.668	0.067	4	A	1		0.895	0.189	
15:0.....g	0.000	0.000	4	A	1				

NDB No. 12632

Nuts, macadamia nuts, dry roasted, 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
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	5.932	0.070	4	A	1		7.949	1.682	
17:0.....g	0.156	0.041	4	A	1		0.209	0.044	
18:0.....g	2.280	0.178	4	A	1		3.055	0.646	
20:0.....g	1.944	0.063	4	A	1		2.605	0.551	
22:0.....g	0.621	0.011	4	A	1		0.832	0.176	
24:0.....g	0.272	0.013	4	A	1		0.365	0.077	
Fatty acids, total monounsaturated.....g	59.275		0	NC	4		79.429	16.805	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	12.725	0.493	4	A	1		17.051	3.607	
17:1.....g									
18:1 undifferentiated.....g	44.377	0.935	4	A	1		59.466	12.581	
20:1.....g	1.925	0.076	4	A	1		2.579	0.546	
22:1 undifferentiated.....g	0.237	0.016	4	A	1		0.318	0.067	
24:1 c.....g	0.011	0.010	4	A	1		0.015	0.003	
Fatty acids, total polyunsaturated.....g	1.498		0	NC	4		2.008	0.425	
18:2 undifferentiated.....g	1.303	0.108	4	A	1		1.746	0.369	
18:3 undifferentiated.....g	0.196	0.021	4	A	1		0.262	0.056	
18:4.....g	0.000	0.000	0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
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	114		1	A	1		153	32	
Stigmasterol.....mg	0		1	A	1		0	0	
Campesterol.....mg	7		1	A	1		10	2	
Beta-sitosterol.....mg	107		1	A	1		143	30	
Amino Acids:									
Tryptophan.....g	0.066			A	1		0.088	0.019	
Threonine.....g	0.364			A	1		0.488	0.103	
Isoleucine.....g	0.309			A	1		0.414	0.088	
Leucine.....g	0.592			A	1		0.794	0.168	
Lysine.....g	0.018			A	1		0.024	0.005	
Methionine.....g	0.023			A	1		0.031	0.007	
Cystine.....g	0.005			A	1		0.007	0.002	
Phenylalanine.....g	0.654			A	1		0.876	0.185	
Tyrosine.....g	0.503			A	1		0.674	0.143	
Valine.....g	0.357			A	1		0.479	0.101	
Arginine.....g	1.380			A	1		1.849	0.391	
Histidine.....g	0.192			A	1		0.257	0.054	
Alanine.....g	0.382			A	1		0.511	0.108	
Aspartic acid.....g	1.082			A	1		1.450	0.307	
Glutamic acid.....g	2.231			A	1		2.990	0.633	
Glycine.....g	0.447			A	1		0.599	0.127	
Proline.....g	0.460			A	1		0.617	0.131	
Serine.....g	0.413			A	1		0.553	0.117	
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	0.000	9	A	1		0.000	0.000	
Carotene, alpha.....mcg	0	0.000	9	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0	0.000	8	A	1		0.000	0.000	

NDB No. 12632

Nuts, macadamia nuts, dry roasted, with salt 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

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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, whole or halves

Measure 2 = 28.35g: 1 oz (10-12 kernels)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12132

Nuts, macadamia nuts, dry roasted, without salt 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	1.61	0.126	4	A	1		2.15	0.46	
Energy.....kcal	718		0	NC	4		962	204	
Energy.....kj	3005		0	NC	4		4027	852	
Protein (N x 5.3).....g	7.79	0.286	4	A	1		10.44	2.21	
Total lipid (fat).....g	76.08	1.039	4	A	1		101.95	21.57	
Ash.....g	1.14	0.022	4	A	1		1.53	0.32	
Carbohydrate, by difference.....g	13.38		0	NC	4		17.93	3.79	
Fiber, total dietary.....g	8.0	0.709	4	A	1		10.7	2.3	
Sugars, total.....g	4.14	0.187	4	A	1		5.55	1.17	
Sucrose.....g	4.00	0.187	4	A	1		5.36	1.13	
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.10	0.02	
Fructose.....g	0.07	0.000	4	A	1		0.10	0.02	
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									
Starch.....g	1.05	0.026	4	A	1		1.41	0.30	
Minerals:									
Calcium, Ca.....mg	70	14.558	4	A	1		93	20	
Iron, Fe.....mg	2.65	0.536	4	A	1		3.55	0.75	
Magnesium, Mg.....mg	118	2.182	4	A	1		158	34	
Phosphorus, P.....mg	198	6.281	4	A	1		265	56	
Potassium, K.....mg	363	14.047	4	A	1		486	103	
Sodium, Na.....mg	4	0.693	4	A	1		6	1	
Zinc, Zn.....mg	1.29	0.055	4	A	1		1.72	0.36	
Copper, Cu.....mg	0.570	0.226	4	A	1		0.764	0.162	
Manganese, Mn.....mg	3.036	1.563	4	A	1		4.068	0.861	
Selenium, Se.....mcg	3.6		1	A	1		4.8	1.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	4	A	1		1.0	0.2	
Thiamin.....mg	0.710	0.000	4	A	1		0.951	0.201	
Riboflavin.....mg	0.087	0.003	4	A	1		0.116	0.025	
Niacin.....mg	2.274	0.151	4	A	1		3.048	0.645	
Pantothenic acid.....mg	0.603	0.018	4	A	1		0.807	0.171	
Vitamin B-6.....mg	0.359	0.025	4	A	1		0.481	0.102	
Folate, total.....mcg	10	0.943	4	A	1		13	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	10	0.943	4	A	1		13	3	
Folate, DFE.....mcg_DFE	10		0	NC	4		13	3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		1	A	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.57	0.110	4	A	1		0.76	0.16	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.947		0	NC	4		16.010	3.387	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	
12:0.....g	0.075	0.008	4	A	1		0.100	0.021	
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	
14:0.....g	0.668	0.067	4	A	1		0.895	0.189	
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	

NDB No. 12132

Nuts, macadamia nuts, dry roasted, 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	5.932	0.070	4	A	1		7.949	1.682	
17:0.....g	0.156	0.041	4	A	1		0.209	0.044	
18:0.....g	2.280	0.178	4	A	1		3.055	0.646	
20:0.....g	1.944	0.063	4	A	1		2.605	0.551	
22:0.....g	0.621	0.011	4	A	1		0.832	0.176	
24:0.....g	0.272	0.013	4	A	1		0.365	0.077	
Fatty acids, total monounsaturated.....g	59.275		0	NC	4		79.429	16.805	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	12.725	0.493	4	A	1		17.051	3.607	
17:1.....g									
18:1 undifferentiated.....g	44.377	0.935	4	A	1		59.466	12.581	
20:1.....g	1.925	0.076	4	A	1		2.579	0.546	
22:1 undifferentiated.....g	0.237	0.016	4	A	1		0.318	0.067	
24:1 c.....g	0.011	0.010	4	A	1		0.015	0.003	
Fatty acids, total polyunsaturated.....g	1.498		0	NC	4		2.008	0.425	
18:2 undifferentiated.....g	1.303	0.108	4	A	1		1.746	0.369	
18:3 undifferentiated.....g	0.196	0.021	4	A	1		0.262	0.056	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c.c.....g	0.000	0.000	4	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
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	114		1	A	1		153	32	
Stigmasterol.....mg	0		1	A	1		0	0	
Campesterol.....mg	7		1	A	1		10	2	
Beta-sitosterol.....mg	107		1	A	1		143	30	
Amino Acids:									
Tryptophan.....g	0.066		0	A	1		0.088	0.019	
Threonine.....g	0.364		0	A	1		0.488	0.103	
Isoleucine.....g	0.309		0	A	1		0.414	0.088	
Leucine.....g	0.592		0	A	1		0.794	0.168	
Lysine.....g	0.018		0	A	1		0.024	0.005	
Methionine.....g	0.023		0	A	1		0.031	0.007	
Cystine.....g	0.005		0	A	1		0.007	0.002	
Phenylalanine.....g	0.654		0	A	1		0.876	0.185	
Tyrosine.....g	0.503		0	A	1		0.674	0.143	
Valine.....g	0.357		0	A	1		0.479	0.101	
Arginine.....g	1.380		0	A	1		1.849	0.391	
Histidine.....g	0.192		0	A	1		0.257	0.054	
Alanine.....g	0.382		0	A	1		0.511	0.108	
Aspartic acid.....g	1.082		0	A	1		1.450	0.307	
Glutamic acid.....g	2.231		0	A	1		2.990	0.633	
Glycine.....g	0.447		0	A	1		0.599	0.127	
Proline.....g	0.460		0	A	1		0.617	0.131	
Serine.....g	0.413		0	A	1		0.553	0.117	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
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. 12132

Nuts, macadamia nuts, dry roasted, without salt added

Common Measures:

Measure 1 = 134g: 1 cup, whole or halves

Measure 2 = 28.35g: 1 oz (10-12 kernels)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12131

Nuts, macadamia nuts, raw (1)

Macadamia integrifolia, M. tetraphylla

Refuse: 69% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.36	0.068	3	A	1		1.83	0.39	
Energy.....kcal	718		0	NC	4		962	204	
Energy.....kj	3004		0	NC	4		4025	852	
Protein (N x 5.3).....g	7.91	0.351	3	A	1		10.60	2.24	
Total lipid (fat).....g	75.77	1.147	3	A	1		101.53	21.48	
Ash.....g	1.14	0.034	3	A	1		1.52	0.32	
Carbohydrate, by difference.....g	13.82		0	NC	4		18.52	3.92	
Fiber, total dietary.....g	8.6	0.911	3	A	1		11.5	2.4	
Sugars, total.....g	4.57	0.180	3	A	1		6.12	1.30	
Sucrose.....g	4.43	0.180	3	A	1		5.93	1.25	
Glucose (dextrose).....g	0.07	0.000	3	A	1		0.10	0.02	
Fructose.....g	0.07	0.000	3	A	1		0.10	0.02	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	1.05	0.024	3	A	1		1.40	0.30	
Minerals:									
Calcium, Ca.....mg	85	11.267	3	A	1		113	24	
Iron, Fe.....mg	3.69	0.728	3	A	1		4.94	1.04	
Magnesium, Mg.....mg	130	50.738	3	A	1		174	37	
Phosphorus, P.....mg	188	11.570	3	A	1		252	53	
Potassium, K.....mg	368	10.067	3	A	1		493	104	
Sodium, Na.....mg	5	1.066	3	A	1		6	1	
Zinc, Zn.....mg	1.30	0.093	3	A	1		1.74	0.37	
Copper, Cu.....mg	0.756	0.228	3	A	1		1.013	0.214	
Manganese, Mn.....mg	4.131	4.216	3	A	1		5.536	1.171	
Selenium, Se.....mcg	3.6		1	A	1		4.8	1.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2	0.255	3	A	1		1.6	0.3	
Thiamin.....mg	1.195	0.255	3	A	1		1.601	0.339	
Riboflavin.....mg	0.162	0.322	3	A	1		0.217	0.046	
Niacin.....mg	2.473	0.337	3	A	1		3.313	0.701	
Pantothenic acid.....mg	0.758	0.078	3	A	1		1.016	0.215	
Vitamin B-6.....mg	0.275	0.032	3	A	1		0.368	0.078	
Folate, total.....mcg	11	1.433	3	A	1		15	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	11	1.433	3	A	1		15	3	
Folate, DFE.....mcg_DFE	11		0	NC	4		15	3	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0			BFZN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.54	0.090	3	A	1		0.72	0.15	
Tocopherol, beta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, gamma.....mg	0.00	0.000	3	A	1		0.00	0.00	
Tocopherol, delta.....mg	0.00	0.000	3	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	12.061		0	NC	4		16.162	3.419	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.076	0.013	3	A	1		0.101	0.021	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.659	0.100	3	A	1		0.883	0.187	
15:0.....g	0.000	0.000	3	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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
16:0.....g	6.036	0.035	3	A	1		8.088	1.711	
17:0.....g	0.124	0.056	3	A	1		0.166	0.035	
18:0.....g	2.329	0.238	3	A	1		3.121	0.660	
20:0.....g	1.940	0.094	3	A	1		2.600	0.550	
22:0.....g	0.616	0.002	3	A	1		0.826	0.175	
24:0.....g	0.281	0.013	3	A	1		0.377	0.080	
Fatty acids, total monounsaturated.....g	58.877		0	NC	4		78.895	16.691	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	12.981	0.682	3	A	1		17.395	3.680	
17:1.....g									
18:1 undifferentiated.....g	43.755	1.251	3	A	1		58.631	12.404	
20:1.....g	1.890	0.047	3	A	1		2.533	0.536	
22:1 undifferentiated.....g	0.233	0.020	3	A	1		0.312	0.066	
24:1 c.....g	0.018	0.012	3	A	1		0.024	0.005	
Fatty acids, total polyunsaturated.....g	1.502		0	NC	4		2.013	0.426	
18:2 undifferentiated.....g	1.296	0.090	3	A	1		1.737	0.368	
18:3 undifferentiated.....g	0.206	0.018	3	A	1		0.276	0.058	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c.c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
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	116		1	A	1		155	33	
Stigmasterol.....mg	0		1	A	1		0	0	
Campesterol.....mg	8		1	A	1		10	2	
Beta-sitosterol.....mg	108		1	A	1		145	31	
Amino Acids:									
Tryptophan.....g	0.067		0	A	1		0.089	0.019	
Threonine.....g	0.370		0	A	1		0.495	0.105	
Isoleucine.....g	0.314		0	A	1		0.420	0.089	
Leucine.....g	0.602		0	A	1		0.807	0.171	
Lysine.....g	0.018		0	A	1		0.024	0.005	
Methionine.....g	0.023		0	A	1		0.031	0.007	
Cystine.....g	0.006		0	A	1		0.007	0.002	
Phenylalanine.....g	0.665		0	A	1		0.891	0.188	
Tyrosine.....g	0.511		0	A	1		0.685	0.145	
Valine.....g	0.363		0	A	1		0.486	0.103	
Arginine.....g	1.402		0	A	1		1.879	0.398	
Histidine.....g	0.195		0	A	1		0.261	0.055	
Alanine.....g	0.388		0	A	1		0.520	0.110	
Aspartic acid.....g	1.099		0	A	1		1.473	0.312	
Glutamic acid.....g	2.267		0	A	1		3.038	0.643	
Glycine.....g	0.454		0	A	1		0.608	0.129	
Proline.....g	0.468		0	A	1		0.627	0.133	
Serine.....g	0.419		0	A	1		0.562	0.119	
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	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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, whole or halves

NDB No. 12131

Nuts, macadamia nuts, raw (1)

Measure 2 = 28.35g: 1 oz (10-12 kernels)

Footnotes

1 Unroasted

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12635

Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.395		0		1		43.011	8.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.223		0		1		0.306	0.063	
17:1.....g									
18:1 undifferentiated.....g	30.802		0		1		42.199	8.732	
20:1.....g	0.259		0		1		0.355	0.073	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.768		0		1		14.752	3.053	
18:2 undifferentiated.....g	10.535		0		1		14.433	2.987	
18:3 undifferentiated.....g	0.190		0		1		0.260	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									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.362	0.075	
Threonine.....g	0.597		0		1		0.818	0.169	
Isoleucine.....g	0.744		0		1		1.019	0.211	
Leucine.....g	1.371		0		1		1.878	0.389	
Lysine.....g	0.712		0		1		0.975	0.202	
Methionine.....g	0.228		0		1		0.312	0.065	
Cystine.....g	0.287		0		1		0.393	0.081	
Phenylalanine.....g	0.953		0		1		1.306	0.270	
Tyrosine.....g	0.676		0		1		0.926	0.192	
Valine.....g	0.934		0		1		1.280	0.265	
Arginine.....g	2.242		0		1		3.072	0.636	
Histidine.....g	0.480		0		1		0.658	0.136	
Alanine.....g	0.806		0		1		1.104	0.229	
Aspartic acid.....g	2.056		0		1		2.817	0.583	
Glutamic acid.....g	4.423		0		1		6.060	1.254	
Glycine.....g	1.064		0		1		1.458	0.302	
Proline.....g	0.875		0		1		1.199	0.248	
Serine.....g	0.917		0		1		1.256	0.260	
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	3		0	RA	4		3.884	0.804	
Carotene, alpha.....mcg	0		0	RA	4		0.578	0.120	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.484	0.100	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	21		0	RA	4		28.607	5.920	

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Common Measures:

Measure 1 = 137g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12635

Nuts, mixed nuts, dry roasted, with peanuts, with salt added

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12135

Nuts, mixed nuts, dry roasted, with peanuts, 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
Fatty acids, total monounsaturated.....g	31.395		0		1		43.011	8.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.223		0		1		0.306	0.063	
17:1.....g									
18:1 undifferentiated.....g	30.802		0		1		42.199	8.732	
20:1.....g	0.259		0		1		0.355	0.073	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.768		0		1		14.752	3.053	
18:2 undifferentiated.....g	10.535		0		1		14.433	2.987	
18:3 undifferentiated.....g	0.190		0		1		0.260	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									
Amino Acids:									
Tryptophan.....g	0.264		0		1		0.362	0.075	
Threonine.....g	0.597		0		1		0.818	0.169	
Isoleucine.....g	0.744		0		1		1.019	0.211	
Leucine.....g	1.371		0		1		1.878	0.389	
Lysine.....g	0.712		0		1		0.975	0.202	
Methionine.....g	0.228		0		1		0.312	0.065	
Cystine.....g	0.287		0		1		0.393	0.081	
Phenylalanine.....g	0.953		0		1		1.306	0.270	
Tyrosine.....g	0.676		0		1		0.926	0.192	
Valine.....g	0.934		0		1		1.280	0.265	
Arginine.....g	2.242		0		1		3.072	0.636	
Histidine.....g	0.480		0		1		0.658	0.136	
Alanine.....g	0.806		0		1		1.104	0.229	
Aspartic acid.....g	2.056		0		1		2.817	0.583	
Glutamic acid.....g	4.423		0		1		6.060	1.254	
Glycine.....g	1.064		0		1		1.458	0.302	
Proline.....g	0.875		0		1		1.199	0.248	
Serine.....g	0.917		0		1		1.256	0.260	
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 = 137g: 1 cup
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12637

Nuts, mixed nuts, oil roasted, with peanuts, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	31.695		0		1		45.007	8.986	4.437
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.238		0		1		0.338	0.067	0.033
17:1.....g									
18:1 undifferentiated.....g	31.048		0		1		44.088	8.802	4.347
20:1.....g	0.299		0		1		0.425	0.085	0.042
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.299		0		1		18.885	3.770	1.862
18:2 undifferentiated.....g	13.067		0		1		18.555	3.704	1.829
18:3 undifferentiated.....g	0.176		0		1		0.250	0.050	0.025
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	0.247		0		1		0.351	0.070	0.035
Threonine.....g	0.569		0		1		0.808	0.161	0.080
Isoleucine.....g	0.724		0		1		1.028	0.205	0.101
Leucine.....g	1.344		0		1		1.908	0.381	0.188
Lysine.....g	0.658		0		1		0.934	0.187	0.092
Methionine.....g	0.338		0		1		0.480	0.096	0.047
Cystine.....g	0.294		0		1		0.417	0.083	0.041
Phenylalanine.....g	0.920		0		1		1.306	0.261	0.129
Tyrosine.....g	0.655		0		1		0.930	0.186	0.092
Valine.....g	0.936		0		1		1.329	0.265	0.131
Arginine.....g	2.024		0		1		2.874	0.574	0.283
Histidine.....g	0.471		0		1		0.669	0.134	0.066
Alanine.....g	0.772		0		1		1.096	0.219	0.108
Aspartic acid.....g	1.958		0		1		2.780	0.555	0.274
Glutamic acid.....g	4.128		0		1		5.862	1.170	0.578
Glycine.....g	1.006		0		1		1.429	0.285	0.141
Proline.....g	0.822		0		1		1.167	0.233	0.115
Serine.....g	0.911		0		1		1.294	0.258	0.128
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		0	RA	4		5.491	1.096	0.541
Carotene, alpha.....mcg	0		0	RA	4		0.471	0.094	0.046
Cryptoxanthin, beta.....mcg	1		0	RA	4		1.128	0.225	0.111
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	19		0	RA	4		26.663	5.323	2.629

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Common Measures:

Measure 1 = 142g: 1 cup

Measure 2 = 28.35g: 1 oz

Measure 3 = 14.0g: 10 nuts, assorted

NDB No. 12637

Nuts, mixed nuts, oil roasted, with peanuts, with salt added

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12137

Nuts, mixed nuts, oil roasted, with peanuts, 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
Fatty acids, total monounsaturated.....g	31.695		0		1		45.007	2.821	8.986
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.238		0		1		0.338	0.021	0.067
17:1.....g									
18:1 undifferentiated.....g	31.048		0		1		44.088	2.763	8.802
20:1.....g	0.299		0		1		0.425	0.027	0.085
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.299		0		1		18.885	1.184	3.770
18:2 undifferentiated.....g	13.067		0		1		18.555	1.163	3.704
18:3 undifferentiated.....g	0.176		0		1		0.250	0.016	0.050
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	0.247		0		1		0.351	0.022	0.070
Threonine.....g	0.569		0		1		0.808	0.051	0.161
Isoleucine.....g	0.724		0		1		1.028	0.064	0.205
Leucine.....g	1.344		0		1		1.908	0.120	0.381
Lysine.....g	0.658		0		1		0.934	0.059	0.187
Methionine.....g	0.338		0		1		0.480	0.030	0.096
Cystine.....g	0.294		0		1		0.417	0.026	0.083
Phenylalanine.....g	0.920		0		1		1.306	0.082	0.261
Tyrosine.....g	0.655		0		1		0.930	0.058	0.186
Valine.....g	0.936		0		1		1.329	0.083	0.265
Arginine.....g	2.024		0		1		2.874	0.180	0.574
Histidine.....g	0.471		0		1		0.669	0.042	0.134
Alanine.....g	0.772		0		1		1.096	0.069	0.219
Aspartic acid.....g	1.958		0		1		2.780	0.174	0.555
Glutamic acid.....g	4.128		0		1		5.862	0.367	1.170
Glycine.....g	1.006		0		1		1.429	0.090	0.285
Proline.....g	0.822		0		1		1.167	0.073	0.233
Serine.....g	0.911		0		1		1.294	0.081	0.258
Hydroxyproline.....g									
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 = 142g: 1 cup
- Measure 2 = 8.9g: 1 tbsp
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12138

Nuts, mixed nuts, oil roasted, without peanuts, 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
Fatty acids, total monounsaturated.....g	33.137		0		1		47.717	9.394	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.329		0		1		0.474	0.093	
17:1.....g									
18:1 undifferentiated.....g	32.517		0		1		46.824	9.219	
20:1.....g	0.149		0		1		0.215	0.042	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.449		0		1		16.487	3.246	
18:2 undifferentiated.....g	11.137		0		1		16.037	3.157	
18:3 undifferentiated.....g	0.249		0		1		0.359	0.071	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.252		0		1		0.363	0.071	
Threonine.....g	0.568		0		1		0.818	0.161	
Isoleucine.....g	0.703		0		1		1.012	0.199	
Leucine.....g	1.265		0		1		1.822	0.359	
Lysine.....g	0.682		0		1		0.982	0.193	
Methionine.....g	0.346		0		1		0.498	0.098	
Cystine.....g	0.302		0		1		0.435	0.086	
Phenylalanine.....g	0.820		0		1		1.181	0.232	
Tyrosine.....g	0.510		0		1		0.734	0.145	
Valine.....g	0.952		0		1		1.371	0.270	
Arginine.....g	1.989		0		1		2.864	0.564	
Histidine.....g	0.416		0		1		0.599	0.118	
Alanine.....g	0.715		0		1		1.030	0.203	
Aspartic acid.....g	1.617		0		1		2.328	0.458	
Glutamic acid.....g	3.872		0		1		5.576	1.098	
Glycine.....g	0.844		0		1		1.215	0.239	
Proline.....g	0.773		0		1		1.113	0.219	
Serine.....g	1.620		0		1		2.333	0.459	
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 = 144g: 1 cup
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12638

Nuts, mixed nuts, without peanuts, oil roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	33.137		0		1		47.717	9.394	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.329		0		1		0.474	0.093	
17:1.....g									
18:1 undifferentiated.....g	32.517		0		1		46.824	9.219	
20:1.....g	0.149		0		1		0.215	0.042	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.449		0		1		16.487	3.246	
18:2 undifferentiated.....g	11.137		0		1		16.037	3.157	
18:3 undifferentiated.....g	0.249		0		1		0.359	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	0.252		0		1		0.363	0.071	
Threonine.....g	0.568		0		1		0.818	0.161	
Isoleucine.....g	0.703		0		1		1.012	0.199	
Leucine.....g	1.265		0		1		1.822	0.359	
Lysine.....g	0.682		0		1		0.982	0.193	
Methionine.....g	0.346		0		1		0.498	0.098	
Cystine.....g	0.302		0		1		0.435	0.086	
Phenylalanine.....g	0.820		0		1		1.181	0.232	
Tyrosine.....g	0.510		0		1		0.734	0.145	
Valine.....g	0.952		0		1		1.371	0.270	
Arginine.....g	1.989		0		1		2.864	0.564	
Histidine.....g	0.416		0		1		0.599	0.118	
Alanine.....g	0.715		0		1		1.030	0.203	
Aspartic acid.....g	1.617		0		1		2.328	0.458	
Glutamic acid.....g	3.872		0		1		5.576	1.098	
Glycine.....g	0.844		0		1		1.215	0.239	
Proline.....g	0.773		0		1		1.113	0.219	
Serine.....g	1.620		0		1		2.333	0.459	
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	4		0	RA	4		5.671	1.116	
Carotene, alpha.....mcg	0		0	RA	4		0.478	0.094	
Cryptoxanthin, beta.....mcg	1		0	RA	4		1.144	0.225	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	22		0	RA	4		32.108	6.321	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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

Measure 2 = 28.35g: 1 oz

NDB No. 12638

Nuts, mixed nuts, without peanuts, oil roasted, with salt added

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12142

Nuts, pecans (1)

Carya illinoensis

Refuse: 47% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	3.52	0.114	3	A	1		3.84	3.49	1.00
Energy.....kcal	691		0	NC	4		753	684	196
Energy.....kj	2889		0	NC	4		3149	2860	819
Protein (N x 5.3).....g	9.17	0.088	3	A	1		9.99	9.08	2.60
Total lipid (fat).....g	71.97	0.120	3	A	1		78.44	71.25	20.40
Ash.....g	1.49	0.055	3	A	1		1.62	1.47	0.42
Carbohydrate, by difference.....g	13.86		0	NC	4		15.10	13.72	3.93
Fiber, total dietary.....g	9.6	0.406	3	A	1		10.5	9.5	2.7
Sugars, total.....g	3.97	0.153	3	A	1		4.33	3.93	1.13
Sucrose.....g	3.90	0.153	3	A	1		4.25	3.86	1.11
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.04	0.04	0.01
Fructose.....g	0.04	0.000	3	A	1		0.04	0.04	0.01
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g	0.46	0.049	3	A	1		0.50	0.46	0.13
Minerals:									
Calcium, Ca.....mg	70	4.767	3	A	1		76	69	20
Iron, Fe.....mg	2.53	0.260	3	A	1		2.76	2.51	0.72
Magnesium, Mg.....mg	121	4.096	3	A	1		132	119	34
Phosphorus, P.....mg	277	17.638	3	A	1		302	274	78
Potassium, K.....mg	410	17.247	3	A	1		447	406	116
Sodium, Na.....mg	0	0.000	3	A	1		0	0	0
Zinc, Zn.....mg	4.53	0.133	3	A	1		4.94	4.49	1.29
Copper, Cu.....mg	1.200	0.058	3	A	1		1.308	1.188	0.340
Manganese, Mn.....mg	4.500	1.050	3	A	1		4.905	4.455	1.276
Selenium, Se.....mcg	3.8	0.114	9	A	1		4.1	3.7	1.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1	0.430	3	A	1		1.2	1.1	0.3
Thiamin.....mg	0.660	0.021	3	A	1		0.719	0.653	0.187
Riboflavin.....mg	0.130	0.030	3	A	1		0.142	0.129	0.037
Niacin.....mg	1.167	0.033	3	A	1		1.272	1.155	0.331
Pantothenic acid.....mg	0.863	0.078	3	A	1		0.941	0.855	0.245
Vitamin B-6.....mg	0.210	0.021	3	A	1		0.229	0.208	0.060
Folate, total.....mcg	22	3.808	3	A	1		24	21	6
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	22	3.808	3	A	1		24	21	6
Folate, DFE.....mcg_DFE	22		0	NC	4		24	21	6
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	56			AS	1		61	56	16
Vitamin A, RAE.....mcg_RAE	3			AS	1		3	3	1
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.40	0.076	9	A	1		1.52	1.38	0.40
Tocopherol, beta.....mg	0.39	0.113	9	A	1		0.43	0.39	0.11
Tocopherol, gamma.....mg	24.44	1.498	9	A	1		26.64	24.19	6.93
Tocopherol, delta.....mg	0.47	0.085	9	A	1		0.51	0.46	0.13
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5	0.413	8	A	1		3.8	3.5	1.0
Lipids:									
Fatty acids, total saturated.....g	6.180		0	NC	4		6.736	6.118	1.752
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	0.000	3	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000

NDB No. 12142
Nuts, pecans (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	4.366	0.213	3	A	1		4.758	4.322	1.238
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	1.745	0.022	3	A	1		1.902	1.728	0.495
20:0.....g	0.069	0.000	3	A	1		0.075	0.068	0.020
22:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	40.801		0	NC	4		44.473	40.393	11.567
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	40.594	2.143	3	A	1		44.247	40.188	11.508
20:1.....g	0.207	0.000	3	A	1		0.226	0.205	0.059
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	21.614		0	NC	4		23.559	21.398	6.128
18:2 undifferentiated.....g	20.628	1.806	3	A	1		22.484	20.421	5.848
18:3 undifferentiated.....g	0.986	0.044	3	A	1		1.075	0.977	0.280
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	102		1	A	1		111	101	29
Stigmasterol.....mg	3	0.827	3	A	1		4	3	1
Campesterol.....mg	5	0.845	3	A	1		6	5	2
Beta-sitosterol.....mg	89	5.494	3	A	1		97	88	25
Amino Acids:									
Tryptophan.....g	0.093			A	1		0.101	0.092	0.026
Threonine.....g	0.306			A	1		0.333	0.303	0.087
Isoleucine.....g	0.336			A	1		0.366	0.333	0.095
Leucine.....g	0.598			A	1		0.651	0.592	0.169
Lysine.....g	0.287			A	1		0.313	0.284	0.081
Methionine.....g	0.183			A	1		0.199	0.181	0.052
Cystine.....g	0.152			A	1		0.166	0.151	0.043
Phenylalanine.....g	0.426			A	1		0.464	0.422	0.121
Tyrosine.....g	0.215			A	1		0.234	0.213	0.061
Valine.....g	0.411			A	1		0.448	0.407	0.117
Arginine.....g	1.177			A	1		1.283	1.165	0.334
Histidine.....g	0.262			A	1		0.285	0.259	0.074
Alanine.....g	0.397			A	1		0.432	0.393	0.112
Aspartic acid.....g	0.929			A	1		1.013	0.920	0.263
Glutamic acid.....g	1.829			A	1		1.993	1.810	0.518
Glycine.....g	0.453			A	1		0.493	0.448	0.128
Proline.....g	0.363			A	1		0.395	0.359	0.103
Serine.....g	0.474			A	1		0.517	0.469	0.134
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	29	1.105	9	A	1		31.890	28.965	8.294
Carotene, alpha.....mcg	0	0.000	9	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	9	1.711	8	A	1		9.623	8.740	2.503
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	17	1.653	8	A	1		18.789	17.065	4.887

NDB No. 12142
Nuts, pecans (1)

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 = 109g: 1 cup, chopped

Measure 2 = 99g: 1 cup, halves

Measure 3 = 28.35g: 1 oz (20 halves)

Footnotes

1 Unroasted

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12643

Nuts, pecans, dry roasted, with salt 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	1.12	0.090	3	A	1		0.32		
Energy.....kcal	710		0	NC	4		201		
Energy.....kj	2969		0	NC	4		842		
Protein (N x 5.3).....g	9.50	0.100	3	A	1		2.69		
Total lipid (fat).....g	74.27	0.376	3	A	1		21.05		
Ash.....g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference.....g	13.55		0	NC	4		3.84		
Fiber, total dietary.....g	9.4	0.697	3	A	1		2.7		
Sugars, total.....g	4.06	0.247	3	A	1		1.15		
Sucrose.....g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.01		
Fructose.....g	0.04	0.000	3	A	1		0.01		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g									
Starch.....g	0.24	0.078	3	A	1		0.07		
Minerals:									
Calcium, Ca.....mg	72	10.367	3	A	1		21		
Iron, Fe.....mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg.....mg	132	6.119	3	A	1		38		
Phosphorus, P.....mg	293	20.276	3	A	1		83		
Potassium, K.....mg	424	32.512	3	A	1		120		
Sodium, Na.....mg	383		0	S	4		109		
Zinc, Zn.....mg	5.07	0.437	3	A	1		1.44		
Copper, Cu.....mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn.....mg	3.933	0.935	3	A	1		1.115		
Selenium, Se.....mcg	4.0		1	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.2		
Thiamin.....mg	0.450	0.025	3	A	1		0.128		
Riboflavin.....mg	0.107	0.007	3	A	1		0.030		
Niacin.....mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid.....mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6.....mg	0.187	0.023	3	A	1		0.053		
Folate, total.....mcg	16	4.661	3	A	1		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	16	4.661	3	A	1		4		
Folate, DFE.....mcg_DFE	16		0	NC	4		4		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	140		1	AS	1		40		
Vitamin A, RAE.....mcg_RAE	7		1	AS	1		2		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta.....mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma.....mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta.....mg	0.77	0.120	3	A	1		0.22		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.283		0	NC	4		1.781		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g	0.000	0.000	3	A	1		0.000		
14:0.....g	0.000	0.000	3	A	1		0.000		
15:0.....g	0.000	0.000	3	A	1		0.000		

NDB No. 12643

Nuts, pecans, dry roasted, 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	4.387	0.222	3	A	1		1.244		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	1.825	0.025	3	A	1		0.517		
20:0.....g	0.071	0.000	3	A	1		0.020		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	43.957		0	NC	4		12.462		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	43.743	2.616	3	A	1		12.401		
20:1.....g	0.214	0.001	3	A	1		0.061		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	20.572		0	NC	4		5.832		
18:2 undifferentiated.....g	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated.....g	0.994	0.039	3	A	1		0.282		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:6 n-3.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	85		3		1		24		
Stigmasterol.....mg	2		1	A	1		1		
Campesterol.....mg	4		1	A	1		1		
Beta-sitosterol.....mg	78		1	A	1		22		
Amino Acids:									
Tryptophan.....g	0.096		0	A	1		0.027		
Threonine.....g	0.317		0	A	1		0.090		
Isoleucine.....g	0.348		0	A	1		0.099		
Leucine.....g	0.619		0	A	1		0.176		
Lysine.....g	0.297		0	A	1		0.084		
Methionine.....g	0.189		0	A	1		0.054		
Cystine.....g	0.158		0	A	1		0.045		
Phenylalanine.....g	0.441		0	A	1		0.125		
Tyrosine.....g	0.223		0	A	1		0.063		
Valine.....g	0.426		0	A	1		0.121		
Arginine.....g	1.220		0	A	1		0.346		
Histidine.....g	0.271		0	A	1		0.077		
Alanine.....g	0.411		0	A	1		0.117		
Aspartic acid.....g	0.963		0	A	1		0.273		
Glutamic acid.....g	1.895		0	A	1		0.537		
Glycine.....g	0.469		0	A	1		0.133		
Proline.....g	0.376		0	A	1		0.107		
Serine.....g	0.491		0	A	1		0.139		
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	84		1	A	1		23.808		
Carotene, alpha.....mcg	0		1	A	1		0.000		
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. 12643

Nuts, pecans, dry roasted, with salt added

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12143

Nuts, pecans, dry roasted, without salt 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	1.12	0.090	3	A	1		0.32		
Energy.....kcal	710		0	NC	4		201		
Energy.....kj	2969		0	NC	4		842		
Protein (N x 5.3).....g	9.50	0.100	3	A	1		2.69		
Total lipid (fat).....g	74.27	0.376	3	A	1		21.05		
Ash.....g	1.56	0.077	3	A	1		0.44		
Carbohydrate, by difference.....g	13.55		0	NC	4		3.84		
Fiber, total dietary.....g	9.4	0.697	3	A	1		2.7		
Sugars, total.....g	4.06	0.247	3	A	1		1.15		
Sucrose.....g	4.00	0.252	3	A	1		1.13		
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.01		
Fructose.....g	0.04	0.000	3	A	1		0.01		
Lactose.....g	0.00	0.000	3	A	1		0.00		
Maltose.....g	0.00	0.000	3	A	1		0.00		
Galactose.....g									
Starch.....g	0.24	0.078	3	A	1		0.07		
Minerals:									
Calcium, Ca.....mg	72	10.367	3	A	1		21		
Iron, Fe.....mg	2.80	0.153	3	A	1		0.79		
Magnesium, Mg.....mg	132	6.119	3	A	1		38		
Phosphorus, P.....mg	293	20.276	3	A	1		83		
Potassium, K.....mg	424	32.512	3	A	1		120		
Sodium, Na.....mg	1	0.088	3	A	1		0		
Zinc, Zn.....mg	5.07	0.437	3	A	1		1.44		
Copper, Cu.....mg	1.167	0.176	3	A	1		0.331		
Manganese, Mn.....mg	3.933	0.935	3	A	1		1.115		
Selenium, Se.....mcg	4.0		1	A	1		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.2		
Thiamin.....mg	0.450	0.025	3	A	1		0.128		
Riboflavin.....mg	0.107	0.007	3	A	1		0.030		
Niacin.....mg	1.167	0.067	3	A	1		0.331		
Pantothenic acid.....mg	0.703	0.108	3	A	1		0.199		
Vitamin B-6.....mg	0.187	0.023	3	A	1		0.053		
Folate, total.....mcg	16	4.661	3	A	1		4		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	16	4.661	3	A	1		4		
Folate, DFE.....mcg_DFE	16		0	NC	4		4		
Vitamin B-12.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	140		1	AS	1		40		
Vitamin A, RAE.....mcg_RAE	7		1	AS	1		2		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg	1.30	0.058	3	A	1		0.37		
Tocopherol, beta.....mg	0.14	0.000	3	A	1		0.04		
Tocopherol, gamma.....mg	23.57	2.022	3	A	1		6.68		
Tocopherol, delta.....mg	0.77	0.120	3	A	1		0.22		
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.283		0	NC	4		1.781		
4:0.....g	0.000		0	Z	7		0.000		
6:0.....g	0.000		0	Z	7		0.000		
8:0.....g	0.000	0.000	3	A	1		0.000		
10:0.....g	0.000	0.000	3	A	1		0.000		
12:0.....g	0.000	0.000	3	A	1		0.000		
13:0.....g	0.000	0.000	3	A	1		0.000		
14:0.....g	0.000	0.000	3	A	1		0.000		
15:0.....g	0.000	0.000	3	A	1		0.000		

NDB No. 12143

Nuts, pecans, dry roasted, 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	4.387	0.222	3	A	1		1.244		
17:0.....g	0.000	0.000	3	A	1		0.000		
18:0.....g	1.825	0.025	3	A	1		0.517		
20:0.....g	0.071	0.000	3	A	1		0.020		
22:0.....g	0.000	0.000	3	A	1		0.000		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	43.957		0	NC	4		12.462		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	43.743	2.616	3	A	1		12.401		
20:1.....g	0.214	0.001	3	A	1		0.061		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	20.572		0	NC	4		5.832		
18:2 undifferentiated.....g	19.578	2.218	3	A	1		5.550		
18:3 undifferentiated.....g	0.994	0.039	3	A	1		0.282		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:6 n-3.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg	85		1	A	1		24		
Stigmasterol.....mg	2		1	A	1		1		
Campesterol.....mg	4		1	A	1		1		
Beta-sitosterol.....mg	78		1	A	1		22		
Amino Acids:									
Tryptophan.....g	0.096		0	A	1		0.027		
Threonine.....g	0.317		0	A	1		0.090		
Isoleucine.....g	0.348		0	A	1		0.099		
Leucine.....g	0.619		0	A	1		0.176		
Lysine.....g	0.297		0	A	1		0.084		
Methionine.....g	0.189		0	A	1		0.054		
Cystine.....g	0.158		0	A	1		0.045		
Phenylalanine.....g	0.441		0	A	1		0.125		
Tyrosine.....g	0.223		0	A	1		0.063		
Valine.....g	0.426		0	A	1		0.121		
Arginine.....g	1.220		0	A	1		0.346		
Histidine.....g	0.271		0	A	1		0.077		
Alanine.....g	0.411		0	A	1		0.117		
Aspartic acid.....g	0.963		0	A	1		0.273		
Glutamic acid.....g	1.895		0	A	1		0.537		
Glycine.....g	0.469		0	A	1		0.133		
Proline.....g	0.376		0	A	1		0.107		
Serine.....g	0.491		0	A	1		0.139		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	84		1	A	1		23.808		
Carotene, alpha.....mcg	0		1	A	1		0.000		
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.

NDB No. 12143

Nuts, pecans, dry roasted, without salt 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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12644

Nuts, pecans, oil roasted, with salt added (1)

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	1.13	0.035	3	A	1		1.24	0.32	
Energy.....kcal	715		0	NC	4		786	203	
Energy.....kj	2990		0	NC	4		3289	848	
Protein (N x 5.3).....g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat).....g	75.23	0.521	3	A	1		82.76	21.33	
Ash.....g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference.....g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary.....g	9.5	0.394	3	A	1		10.4	2.7	
Sugars, total.....g	3.97	0.265	3	A	1		4.37	1.13	
Sucrose.....g	3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.04	0.01	
Fructose.....g	0.04	0.000	3	A	1		0.04	0.01	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	0.28	0.023	3	A	1		0.31	0.08	
Minerals:									
Calcium, Ca.....mg	67	6.278	3	A	1		74	19	
Iron, Fe.....mg	2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg.....mg	121	4.333	3	A	1		133	34	
Phosphorus, P.....mg	263	18.559	3	A	1		290	75	
Potassium, K.....mg	392	6.489	3	A	1		432	111	
Sodium, Na.....mg	393		0	S	4		432	111	
Zinc, Zn.....mg	4.47	0.033	3	A	1		4.91	1.27	
Copper, Cu.....mg	1.200	0.058	3	A	1		1.320	0.340	
Manganese, Mn.....mg	3.700	1.114	3	A	1		4.070	1.049	
Selenium, Se.....mcg	6.0		1	A	1		6.6	1.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.8	0.2	
Thiamin.....mg	0.473	0.018	3	A	1		0.521	0.134	
Riboflavin.....mg	0.110	0.006	3	A	1		0.121	0.031	
Niacin.....mg	1.200	0.000	3	A	1		1.320	0.340	
Pantothenic acid.....mg	0.737	0.081	3	A	1		0.810	0.209	
Vitamin B-6.....mg	0.187	0.015	3	A	1		0.205	0.053	
Folate, total.....mcg	15	1.444	3	A	1		16	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	15	1.444	3	A	1		16	4	
Folate, DFE.....mcg_DFE	15		0	NC	4		16	4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	104		1	AS	1		114	29	
Vitamin A, RAE.....mcg_RAE	5		1	AS	1		6	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta.....mg	0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma.....mg	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta.....mg	1.07	0.260	3	A	1		1.17	0.30	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.238		0	NC	4		7.962	2.052	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	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	4.969	0.055	3	A	1		5.466	1.409	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.849	0.036	3	A	1		2.034	0.524	
20:0.....g	0.145	0.001	3	A	1		0.159	0.041	
22:0.....g	0.162	0.055	3	A	1		0.178	0.046	
24:0.....g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated.....g	40.970		0	NC	4		45.067	11.615	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.024	0.024	3	A	1		0.027	0.007	
17:1.....g									
18:1 undifferentiated.....g	40.681	2.216	3	A	1		44.749	11.533	
20:1.....g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated.....g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated.....g	1.031	0.025	3	A	1		1.134	0.292	
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
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	108		1		1		119	31	
Stigmasterol.....mg	5		1	A	1		5	1	
Campesterol.....mg	7		1	A	1		8	2	
Beta-sitosterol.....mg	96		1	A	1		106	27	
Amino Acids:									
Tryptophan.....g	0.093		0	A	1		0.102	0.026	
Threonine.....g	0.307		0	A	1		0.337	0.087	
Isoleucine.....g	0.337		0	A	1		0.371	0.096	
Leucine.....g	0.600		0	A	1		0.660	0.170	
Lysine.....g	0.288		0	A	1		0.317	0.082	
Methionine.....g	0.183		0	A	1		0.202	0.052	
Cystine.....g	0.153		0	A	1		0.168	0.043	
Phenylalanine.....g	0.428		0	A	1		0.470	0.121	
Tyrosine.....g	0.216		0	A	1		0.237	0.061	
Valine.....g	0.413		0	A	1		0.454	0.117	
Arginine.....g	1.181		0	A	1		1.300	0.335	
Histidine.....g	0.262		0	A	1		0.289	0.074	
Alanine.....g	0.398		0	A	1		0.438	0.113	
Aspartic acid.....g	0.933		0	A	1		1.026	0.264	
Glutamic acid.....g	1.835		0	A	1		2.019	0.520	
Glycine.....g	0.454		0	A	1		0.500	0.129	
Proline.....g	0.364		0	A	1		0.400	0.103	
Serine.....g	0.476		0	A	1		0.523	0.135	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	62		1	A	1		68.420	17.634	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
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. 12644

Nuts, pecans, oil roasted, with salt added (1)

Common Measures:

Measure 1 = 110g: 1 cup

Measure 2 = 28.35g: 1 oz (15 halves)

Footnotes

1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12144

Nuts, pecans, oil roasted, without salt added (1)

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	1.13	0.035	3	A	1		1.24	0.32	
Energy.....kcal	715		0	NC	4		786	203	
Energy.....kj	2990		0	NC	4		3289	848	
Protein (N x 5.3).....g	9.20	0.058	3	A	1		10.12	2.61	
Total lipid (fat).....g	75.23	0.521	3	A	1		82.76	21.33	
Ash.....g	1.42	0.064	3	A	1		1.57	0.40	
Carbohydrate, by difference.....g	13.01		0	NC	4		14.31	3.69	
Fiber, total dietary.....g	9.5	0.394	3	A	1		10.4	2.7	
Sugars, total.....g	3.97	0.265	3	A	1		4.37	1.13	
Sucrose.....g	3.90	0.265	3	A	1		4.29	1.11	
Glucose (dextrose).....g	0.04	0.000	3	A	1		0.04	0.01	
Fructose.....g	0.04	0.000	3	A	1		0.04	0.01	
Lactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Maltose.....g	0.00	0.000	3	A	1		0.00	0.00	
Galactose.....g									
Starch.....g	0.28	0.023	3	A	1		0.31	0.08	
Minerals:									
Calcium, Ca.....mg	67	6.278	3	A	1		74	19	
Iron, Fe.....mg	2.47	0.203	3	A	1		2.71	0.70	
Magnesium, Mg.....mg	121	4.333	3	A	1		133	34	
Phosphorus, P.....mg	263	18.559	3	A	1		290	75	
Potassium, K.....mg	392	6.489	3	A	1		432	111	
Sodium, Na.....mg	1	0.684	3	A	1		1	0	
Zinc, Zn.....mg	4.47	0.033	3	A	1		4.91	1.27	
Copper, Cu.....mg	1.200	0.058	3	A	1		1.320	0.340	
Manganese, Mn.....mg	3.700	1.114	3	A	1		4.070	1.049	
Selenium, Se.....mcg	6.0		1	A	1		6.6	1.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7	0.000	3	A	1		0.8	0.2	
Thiamin.....mg	0.473	0.018	3	A	1		0.521	0.134	
Riboflavin.....mg	0.110	0.006	3	A	1		0.121	0.031	
Niacin.....mg	1.200	0.000	3	A	1		1.320	0.340	
Pantothenic acid.....mg	0.737	0.081	3	A	1		0.810	0.209	
Vitamin B-6.....mg	0.187	0.015	3	A	1		0.205	0.053	
Folate, total.....mcg	15	1.444	3	A	1		16	4	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	15	1.444	3	A	1		16	4	
Folate, DFE.....mcg_DFE	15		0	NC	4		16	4	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	104		1	AS	1		114	29	
Vitamin A, RAE.....mcg_RAE	5		1	AS	1		6	1	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	2.53	0.145	3	A	1		2.79	0.72	
Tocopherol, beta.....mg	0.35	0.107	3	A	1		0.38	0.10	
Tocopherol, gamma.....mg	24.20	2.470	3	A	1		26.62	6.86	
Tocopherol, delta.....mg	1.07	0.260	3	A	1		1.17	0.30	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.238		0	NC	4		7.962	2.052	
4:0.....g									
6:0.....g									
8:0.....g	0.000	0.000	3	A	1		0.000	0.000	
10:0.....g	0.000	0.000	3	A	1		0.000	0.000	
12:0.....g	0.000	0.000	3	A	1		0.000	0.000	
13:0.....g	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g	0.000	0.000	3	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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
16:0.....g	4.969	0.055	3	A	1		5.466	1.409	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.849	0.036	3	A	1		2.034	0.524	
20:0.....g	0.145	0.001	3	A	1		0.159	0.041	
22:0.....g	0.162	0.055	3	A	1		0.178	0.046	
24:0.....g	0.114	0.031	3	A	1		0.125	0.032	
Fatty acids, total monounsaturated.....g	40.970		0	NC	4		45.067	11.615	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.024	0.024	3	A	1		0.027	0.007	
17:1.....g									
18:1 undifferentiated.....g	40.681	2.216	3	A	1		44.749	11.533	
20:1.....g	0.265	0.023	3	A	1		0.291	0.075	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	23.584		0	NC	4		25.942	6.686	
18:2 undifferentiated.....g	22.552	1.604	3	A	1		24.808	6.394	
18:3 undifferentiated.....g	1.031	0.025	3	A	1		1.134	0.292	
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
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	108		1	A	1		119	31	
Stigmasterol.....mg	5		1	A	1		5	1	
Campesterol.....mg	7		1	A	1		8	2	
Beta-sitosterol.....mg	96		1	A	1		106	27	
Amino Acids:									
Tryptophan.....g	0.093		0	A	1		0.102	0.026	
Threonine.....g	0.307		0	A	1		0.337	0.087	
Isoleucine.....g	0.337		0	A	1		0.371	0.096	
Leucine.....g	0.600		0	A	1		0.660	0.170	
Lysine.....g	0.288		0	A	1		0.317	0.082	
Methionine.....g	0.183		0	A	1		0.202	0.052	
Cystine.....g	0.153		0	A	1		0.168	0.043	
Phenylalanine.....g	0.428		0	A	1		0.470	0.121	
Tyrosine.....g	0.216		0	A	1		0.237	0.061	
Valine.....g	0.413		0	A	1		0.454	0.117	
Arginine.....g	1.181		0	A	1		1.300	0.335	
Histidine.....g	0.262		0	A	1		0.289	0.074	
Alanine.....g	0.398		0	A	1		0.438	0.113	
Aspartic acid.....g	0.933		0	A	1		1.026	0.264	
Glutamic acid.....g	1.835		0	A	1		2.019	0.520	
Glycine.....g	0.454		0	A	1		0.500	0.129	
Proline.....g	0.364		0	A	1		0.400	0.103	
Serine.....g	0.476		0	A	1		0.523	0.135	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	62		1	A	1		68.420	17.634	
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	
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. 12144

Nuts, pecans, oil roasted, without salt added (1)

Common Measures:

Measure 1 = 110g: 1 cup

Measure 2 = 28.35g: 1 oz (15 halves)

Footnotes

1 Roasted in cottonseed, peanut, soybean, or sunflower oil.

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12145
Nuts, pilinuts-canarytree, 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	37.229		0		1		44.675	10.554	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	37.229		1		1		44.675	10.554	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.605		0		1		9.126	2.156	
18:2 undifferentiated.....g	7.605		1		1		9.126	2.156	
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	0.189		0		1		0.227	0.054	
Threonine.....g	0.407		1		1		0.488	0.115	
Isoleucine.....g	0.483		1		1		0.580	0.137	
Leucine.....g	0.890		1		1		1.068	0.252	
Lysine.....g	0.369		1		1		0.443	0.105	
Methionine.....g	0.395		1		1		0.474	0.112	
Cystine.....g	0.189		0		1		0.227	0.054	
Phenylalanine.....g	0.497		1		1		0.596	0.141	
Tyrosine.....g	0.381		1		1		0.457	0.108	
Valine.....g	0.701		1		1		0.841	0.199	
Arginine.....g	1.516		1		1		1.819	0.430	
Histidine.....g	0.255		1		1		0.306	0.072	
Alanine.....g	0.509		1		1		0.611	0.144	
Aspartic acid.....g	1.222		1		1		1.466	0.346	
Glutamic acid.....g	2.393		1		1		2.872	0.678	
Glycine.....g	0.650		1		1		0.780	0.184	
Proline.....g	0.471		1		1		0.565	0.134	
Serine.....g	0.599		1		1		0.719	0.170	
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

Measure 2 = 28.35g: 1 oz (15 kernels)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12147
Nuts, pine nuts, pignolia, dried
Pinus pinea

Refuse: 23% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.28	0.094	8	A	1		3.07	0.65	0.04
Energy.....kcal	673		0	NC	4		908	191	11
Energy.....kj	2816		0	NC	4		3801	798	48
Protein (N x 5.3).....g	13.69	0.156	8	A	1		18.49	3.88	0.23
Total lipid (fat).....g	68.37	0.249	8	A	1		92.29	19.38	1.16
Ash.....g	2.59	0.032	8	A	1		3.50	0.73	0.04
Carbohydrate, by difference.....g	13.08		0	NC	4		17.65	3.71	0.22
Fiber, total dietary.....g	3.7	0.052	5	A	1		5.1	1.1	0.1
Sugars, total.....g	3.59	0.085	4	A	1		4.85	1.02	0.06
Sucrose.....g	3.45	0.085	4	A	1		4.65	0.98	0.06
Glucose (dextrose).....g	0.07	0.000	4	A	1		0.10	0.02	0.00
Fructose.....g	0.07	0.000	4	A	1		0.10	0.02	0.00
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	1.43		1	A	1		1.93	0.41	0.02
Minerals:									
Calcium, Ca.....mg	16	0.955	8	A	1		22	5	0
Iron, Fe.....mg	5.53	0.133	8	A	1		7.46	1.57	0.09
Magnesium, Mg.....mg	251	2.969	8	A	1		339	71	4
Phosphorus, P.....mg	575	9.507	8	A	1		777	163	10
Potassium, K.....mg	597	11.408	8	A	1		806	169	10
Sodium, Na.....mg	2	0.000	4	A	1		2	0	0
Zinc, Zn.....mg	6.45	0.075	8	A	1		8.71	1.83	0.11
Copper, Cu.....mg	1.324	0.015	8	A	1		1.787	0.375	0.023
Manganese, Mn.....mg	8.802	0.309	8	A	1		11.883	2.496	0.150
Selenium, Se.....mcg	0.7	0.069	4	A	1		0.9	0.2	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8	0.198	7	A	1		1.0	0.2	0.0
Thiamin.....mg	0.364	0.026	8	A	1		0.491	0.103	0.006
Riboflavin.....mg	0.227	0.010	4	A	1		0.306	0.064	0.004
Niacin.....mg	4.387	0.210	8	A	1		5.923	1.244	0.075
Pantothenic acid.....mg	0.313	0.008	7	A	1		0.422	0.089	0.005
Vitamin B-6.....mg	0.094	0.004	8	A	1		0.126	0.027	0.002
Folate, total.....mcg	67	1.275	8	A	1		91	19	1
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	67	1.275	8	A	1		91	19	1
Folate, DFE.....mcg_DFE	67		0	NC	4		91	19	1
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	29		0		4		39	8	0
Vitamin A, RAE.....mcg_RAE	1		0	NC	4		2	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	9.33	0.288	4	A	1		12.59	2.64	0.16
Tocopherol, beta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	11.15	0.202	4	A	1		15.05	3.16	0.19
Tocopherol, delta.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	53.9	1.736	7	A	1		72.8	15.3	0.9
Lipids:									
Fatty acids, total saturated.....g	4.899		0	NC	4		6.614	1.389	0.083
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000

Nuts, pine nuts, pignolia, 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
16:0.....g	3.212	0.058	7	A	1		4.337	0.911	0.055
17:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:0.....g	1.390	0.019	7	A	1		1.876	0.394	0.024
20:0.....g	0.229	0.006	7	A	1		0.309	0.065	0.004
22:0.....g	0.068	0.002	7	A	1		0.092	0.019	0.001
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	18.764		0	NC	4		25.331	5.320	0.319
14:1.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:1.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.017	0.007	7	A	1		0.023	0.005	0.000
17:1.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	17.947	0.313	7	A	1		24.228	5.088	0.305
20:1.....g	0.801	0.021	7	A	1		1.081	0.227	0.014
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	34.123		0	NC	4		46.066	9.674	0.580
18:2 undifferentiated.....g	33.150	0.429	7	A	1		44.752	9.398	0.564
18:3 undifferentiated.....g	0.164		0	AS	1		0.222	0.047	0.003
18:3 n-6 c,c,c.....g	0.052	0.000	4	A	1		0.070	0.015	0.001
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.404	0.006	7	A	1		0.545	0.115	0.007
20:3 undifferentiated.....g	0.353	0.003	7	A	1		0.476	0.100	0.006
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	7	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	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	141		0		1		190	40	2
Amino Acids:									
Tryptophan.....g	0.107		0	A	1		0.144	0.030	0.002
Threonine.....g	0.370		0	A	1		0.499	0.105	0.006
Isoleucine.....g	0.542		0	A	1		0.732	0.154	0.009
Leucine.....g	0.991		0	A	1		1.337	0.281	0.017
Lysine.....g	0.540		0	A	1		0.729	0.153	0.009
Methionine.....g	0.259		0	A	1		0.349	0.073	0.004
Cystine.....g	0.289		0	A	1		0.390	0.082	0.005
Phenylalanine.....g	0.524		0	A	1		0.708	0.149	0.009
Tyrosine.....g	0.509		0	A	1		0.687	0.144	0.009
Valine.....g	0.687		0	A	1		0.927	0.195	0.012
Arginine.....g	2.413		0	A	1		3.257	0.684	0.041
Histidine.....g	0.341		0	A	1		0.460	0.097	0.006
Alanine.....g	0.684		0	A	1		0.924	0.194	0.012
Aspartic acid.....g	1.303		0	A	1		1.759	0.369	0.022
Glutamic acid.....g	2.926		0	A	1		3.951	0.830	0.050
Glycine.....g	0.691		0	A	1		0.932	0.196	0.012
Proline.....g	0.673		0	A	1		0.909	0.191	0.011
Serine.....g	0.835		0	A	1		1.127	0.237	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	17		0	BNA	4		23.490	4.933	0.296
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	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	BFZN	4		12.207	2.563	0.154

NDB No. 12147

Nuts, pine nuts, pignolia, dried

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 = 135g: 1 cup

Measure 2 = 28.35g: 1 oz (167 kernels)

Measure 3 = 1.7g: 10 nuts

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12149
Nuts, pine nuts, pinyon, 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	22.942		0		1		6.504	0.229	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.250		0		1		0.071	0.003	
17:1.....g									
18:1 undifferentiated.....g	21.528		0		1		6.103	0.215	
20:1.....g	1.164		0		1		0.330	0.012	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.668		0		1		7.277	0.257	
18:2 undifferentiated.....g	24.882		0		1		7.054	0.249	
18:3 undifferentiated.....g	0.787		0		1		0.223	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	0.146		0		1		0.041	0.001	
Threonine.....g	0.367		0		1		0.104	0.004	
Isoleucine.....g	0.450		0		1		0.128	0.005	
Leucine.....g	0.834		0		1		0.236	0.008	
Lysine.....g	0.434		0		1		0.123	0.004	
Methionine.....g	0.207		0		1		0.059	0.002	
Cystine.....g	0.210		0		1		0.060	0.002	
Phenylalanine.....g	0.443		0		1		0.126	0.004	
Tyrosine.....g	0.424		0		1		0.120	0.004	
Valine.....g	0.598		0		1		0.170	0.006	
Arginine.....g	2.251		0		1		0.638	0.023	
Histidine.....g	0.277		0		1		0.079	0.003	
Alanine.....g	0.605		0		1		0.172	0.006	
Aspartic acid.....g	1.054		0		1		0.299	0.011	
Glutamic acid.....g	1.969		0		1		0.558	0.020	
Glycine.....g	0.589		0		1		0.167	0.006	
Proline.....g	0.622		0		1		0.176	0.006	
Serine.....g	0.491		0		1		0.139	0.005	
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 = 28.35g: 1 oz
 Measure 2 = 1.0g: 10 nuts

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12652

Nuts, pistachio nuts, dry roasted, with salt added

Refuse: 47% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	2.03	0.244	4	A	1		2.50	0.58	0.01
Energy.....kcal	568		0	NC	4		698	161	4
Energy.....kj	2376		0	NC	4		2922	674	17
Protein (N x 5.3).....g	21.35	0.423	11	A	1		26.26	6.05	0.15
Total lipid (fat).....g	45.97	0.882	11	A	1		56.54	13.03	0.32
Ash.....g	3.87	0.097	4	A	1		4.76	1.10	0.03
Carbohydrate, by difference.....g	26.78		0	NC	4		32.93	7.59	0.19
Fiber, total dietary.....g	10.3	0.023	11	A	1		12.7	2.9	0.1
Sugars, total.....g	7.81	0.611	11	A	1		9.61	2.22	0.05
Sucrose.....g	7.26	0.430	11	A	1		8.92	2.06	0.05
Glucose (dextrose).....g	0.23	0.123	11	A	1		0.29	0.07	0.00
Fructose.....g	0.13	0.009	11	A	1		0.16	0.04	0.00
Lactose.....g	0.00	0.000	11	A	1		0.00	0.00	0.00
Maltose.....g	0.19	0.048	11	A	1		0.23	0.05	0.00
Galactose.....g									
Starch.....g	1.38	0.113	4	A	1		1.69	0.39	0.01
Minerals:									
Calcium, Ca.....mg	110	8.282	11	A	1		135	31	1
Iron, Fe.....mg	4.20	0.074	11	A	1		5.17	1.19	0.03
Magnesium, Mg.....mg	120	1.250	4	A	1		148	34	1
Phosphorus, P.....mg	485	6.455	4	A	1		597	137	3
Potassium, K.....mg	1042	32.857	11	A	1		1282	295	7
Sodium, Na.....mg	405	42.708	16	A	1		498	115	3
Zinc, Zn.....mg	2.30	0.041	4	A	1		2.83	0.65	0.02
Copper, Cu.....mg	1.325	0.025	4	A	1		1.630	0.376	0.009
Manganese, Mn.....mg	1.275	0.075	4	A	1		1.568	0.361	0.009
Selenium, Se.....mcg	9.3	0.693	9	A	1		11.4	2.6	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3	0.250	4	A	1		2.8	0.6	0.0
Thiamin.....mg	0.840	0.013	4	A	1		1.033	0.238	0.006
Riboflavin.....mg	0.158	0.017	4	A	1		0.194	0.045	0.001
Niacin.....mg	1.425	0.048	4	A	1		1.753	0.404	0.010
Pantothenic acid.....mg	0.513	0.012	4	A	1		0.630	0.145	0.004
Vitamin B-6.....mg	1.274	0.384	12	A	1		1.567	0.361	0.009
Folate, total.....mcg	50	1.402	4	A	1		62	14	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	50	1.402	4	A	1		62	14	0
Folate, DFE.....mcg_DFE	50		0	NC	4		62	14	0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	262	135.598	12	A	1		322	74	2
Vitamin A, RAE.....mcg_RAE	13	6.780	12	A	1		16	4	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.93	0.103	4	A	1		2.37	0.55	0.01
Tocopherol, beta.....mg	0.14	0.000	4	A	1		0.17	0.04	0.00
Tocopherol, gamma.....mg	22.45	0.278	4	A	1		27.61	6.36	0.16
Tocopherol, delta.....mg	0.73	0.025	4	A	1		0.89	0.21	0.01
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.2	0.584	8	A	1		16.3	3.7	0.1
Lipids:									
Fatty acids, total saturated.....g	5.555		0	NC	4		6.832	1.575	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	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 12652

Nuts, pistachio nuts, dry roasted, 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
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	4.945	0.043	4	A	1		6.082	1.402	0.035
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	0.514	0.021	4	A	1		0.633	0.146	0.004
20:0.....g	0.055	0.011	4	A	1		0.068	0.016	0.000
22:0.....g	0.041	0.003	4	A	1		0.050	0.012	0.000
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	24.216		0	NC	4		29.786	6.865	0.170
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.457	0.013	4	A	1		0.562	0.130	0.003
17:1.....g									
18:1 undifferentiated.....g	23.583	0.104	4	A	1		29.007	6.686	0.165
20:1.....g	0.176	0.000	4	A	1		0.216	0.050	0.001
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	13.899		0	NC	4		17.095	3.940	0.097
18:2 undifferentiated.....g	13.636	0.110	4	A	1		16.773	3.866	0.095
18:3 undifferentiated.....g	0.262	0.000	4	A	1		0.323	0.074	0.002
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	214		1	A	1		263	61	1
Stigmasterol.....mg	4		1	A	1		5	1	0
Campesterol.....mg	10		1	A	1		13	3	0
Beta-sitosterol.....mg	199		1	A	1		244	56	1
Amino Acids:									
Tryptophan.....g	0.284			A	1		0.349	0.080	0.002
Threonine.....g	0.699			A	1		0.860	0.198	0.005
Isoleucine.....g	0.935			A	1		1.150	0.265	0.007
Leucine.....g	1.616			A	1		1.987	0.458	0.011
Lysine.....g	1.196			A	1		1.471	0.339	0.008
Methionine.....g	0.351			A	1		0.432	0.100	0.002
Cystine.....g	0.371			A	1		0.457	0.105	0.003
Phenylalanine.....g	1.104			A	1		1.358	0.313	0.008
Tyrosine.....g	0.432			A	1		0.531	0.122	0.003
Valine.....g	1.288			A	1		1.585	0.365	0.009
Arginine.....g	2.108			A	1		2.593	0.598	0.015
Histidine.....g	0.527			A	1		0.648	0.149	0.004
Alanine.....g	0.957			A	1		1.177	0.271	0.007
Aspartic acid.....g	1.888			A	1		2.323	0.535	0.013
Glutamic acid.....g	3.970			A	1		4.883	1.126	0.028
Glycine.....g	0.991			A	1		1.218	0.281	0.007
Proline.....g	0.844			A	1		1.038	0.239	0.006
Serine.....g	1.274			A	1		1.566	0.361	0.009
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	157	81.359	12	A	1		193.110	44.509	1.099
Carotene, alpha.....mcg	0	0.000	12	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1205	15.656	8	A	1		1482.150	341.618	8.435

NDB No. 12652

Nuts, pistachio nuts, dry roasted, with salt 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

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

Common Measures:

Measure 1 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12152

Nuts, pistachio nuts, dry roasted, without salt added

Refuse: 47% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	1.99	0.115	11	A	1		2.44	0.56	0.01
Energy.....kcal	571		0	NC	4		703	162	4
Energy.....kj	2391		0	NC	4		2940	678	17
Protein (N x 5.3).....g	21.35	0.423	11	A	1		26.26	6.05	0.15
Total lipid (fat).....g	45.97	0.882	11	A	1		56.54	13.03	0.32
Ash.....g	3.05	0.078	11	A	1		3.75	0.86	0.02
Carbohydrate, by difference.....g	27.65		0	NC	4		34.00	7.84	0.19
Fiber, total dietary.....g	10.3	0.023	11	A	1		12.7	2.9	0.1
Sugars, total.....g	7.81	0.611	11	A	1		9.61	2.22	0.05
Sucrose.....g	7.26	0.430	11	A	1		8.92	2.06	0.05
Glucose (dextrose).....g	0.23	0.123	11	A	1		0.29	0.07	0.00
Fructose.....g	0.13	0.009	11	A	1		0.16	0.04	0.00
Lactose.....g	0.00	0.000	11	A	1		0.00	0.00	0.00
Maltose.....g	0.19	0.048	11	A	1		0.23	0.05	0.00
Galactose.....g									
Starch.....g	1.38	0.113	4	A	1		1.69	0.39	0.01
Minerals:									
Calcium, Ca.....mg	110	8.282	11	A	1		135	31	1
Iron, Fe.....mg	4.20	0.074	11	A	1		5.17	1.19	0.03
Magnesium, Mg.....mg	120	1.250	4	A	1		148	34	1
Phosphorus, P.....mg	485	6.455	4	A	1		597	137	3
Potassium, K.....mg	1042	32.857	11	A	1		1282	295	7
Sodium, Na.....mg	10	3.860	4	A	1		13	3	0
Zinc, Zn.....mg	2.30	0.041	4	A	1		2.83	0.65	0.02
Copper, Cu.....mg	1.325	0.025	4	A	1		1.630	0.376	0.009
Manganese, Mn.....mg	1.275	0.075	4	A	1		1.568	0.361	0.009
Selenium, Se.....mcg	9.3	0.693	9	A	1		11.4	2.6	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.3	0.250	4	A	1		2.8	0.6	0.0
Thiamin.....mg	0.840	0.013	4	A	1		1.033	0.238	0.006
Riboflavin.....mg	0.158	0.017	4	A	1		0.194	0.045	0.001
Niacin.....mg	1.425	0.048	4	A	1		1.753	0.404	0.010
Pantothenic acid.....mg	0.513	0.012	4	A	1		0.630	0.145	0.004
Vitamin B-6.....mg	1.274	0.384	12	A	1		1.567	0.361	0.009
Folate, total.....mcg	50	1.402	4	A	1		62	14	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	50	1.402	4	A	1		62	14	0
Folate, DFE.....mcg_DFE	50		0	NC	4		62	14	0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	262	135.598	12	A	1		322	74	2
Vitamin A, RAE.....mcg_RAE	13	6.780	12	A	1		16	4	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.93	0.103	4	A	1		2.37	0.55	0.01
Tocopherol, beta.....mg	0.14	0.000	4	A	1		0.17	0.04	0.00
Tocopherol, gamma.....mg	22.45	0.278	4	A	1		27.61	6.36	0.16
Tocopherol, delta.....mg	0.73	0.025	4	A	1		0.89	0.21	0.01
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	13.2	0.584	8	A	1		16.3	3.7	0.1
Lipids:									
Fatty acids, total saturated.....g	5.555		0	NC	4		6.832	1.575	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	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 12152

Nuts, pistachio nuts, dry roasted, 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
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	4.945	0.043	4	A	1		6.082	1.402	0.035
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	0.514	0.021	4	A	1		0.633	0.146	0.004
20:0.....g	0.055	0.011	4	A	1		0.068	0.016	0.000
22:0.....g	0.041	0.003	4	A	1		0.050	0.012	0.000
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	24.216		0	NC	4		29.786	6.865	0.170
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.457	0.013	4	A	1		0.562	0.130	0.003
17:1.....g									
18:1 undifferentiated.....g	23.583	0.104	4	A	1		29.007	6.686	0.165
20:1.....g	0.176	0.000	4	A	1		0.216	0.050	0.001
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	13.899		0	NC	4		17.095	3.940	0.097
18:2 undifferentiated.....g	13.636	0.110	4	A	1		16.773	3.866	0.095
18:3 undifferentiated.....g	0.262	0.000	4	A	1		0.323	0.074	0.002
18:4.....g	0.000	0.000	0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	214		0	A	1		263	61	1
Stigmasterol.....mg	4		1	A	1		5	1	0
Campesterol.....mg	10		1	A	1		13	3	0
Beta-sitosterol.....mg	199		1	A	1		244	56	1
Amino Acids:									
Tryptophan.....g	0.284			A	1		0.349	0.080	0.002
Threonine.....g	0.699			A	1		0.860	0.198	0.005
Isoleucine.....g	0.935			A	1		1.150	0.265	0.007
Leucine.....g	1.616			A	1		1.987	0.458	0.011
Lysine.....g	1.196			A	1		1.471	0.339	0.008
Methionine.....g	0.351			A	1		0.432	0.100	0.002
Cystine.....g	0.371			A	1		0.457	0.105	0.003
Phenylalanine.....g	1.104			A	1		1.358	0.313	0.008
Tyrosine.....g	0.432			A	1		0.531	0.122	0.003
Valine.....g	1.288			A	1		1.585	0.365	0.009
Arginine.....g	2.108			A	1		2.593	0.598	0.015
Histidine.....g	0.527			A	1		0.648	0.149	0.004
Alanine.....g	0.957			A	1		1.177	0.271	0.007
Aspartic acid.....g	1.888			A	1		2.323	0.535	0.013
Glutamic acid.....g	3.970			A	1		4.883	1.126	0.028
Glycine.....g	0.991			A	1		1.218	0.281	0.007
Proline.....g	0.844			A	1		1.038	0.239	0.006
Serine.....g	1.274			A	1		1.566	0.361	0.009
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	157	81.359	12	A	1		193.110	44.509	1.099
Carotene, alpha.....mcg	0	0.000	12	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	8	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1205	15.656	8	A	1		1482.150	341.618	8.435

NDB No. 12152

Nuts, pistachio nuts, dry roasted, without salt 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

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

Common Measures:

Measure 1 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12151
Nuts, pistachio nuts, raw (1)
Pistacia vera

Refuse: 47% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.97	0.276	8	A	1		4.88	1.12	0.03
Energy.....kcal	557		0	NC	4		685	158	4
Energy.....kj	2332		0	NC	4		2868	661	16
Protein (N x 5.3).....g	20.61	0.186	8	A	1		25.36	5.84	0.14
Total lipid (fat).....g	44.44	1.664	8	A	1		54.66	12.60	0.31
Ash.....g	3.02	0.061	8	A	1		3.71	0.86	0.02
Carbohydrate, by difference.....g	27.97		0	NC	4		34.40	7.93	0.20
Fiber, total dietary.....g	10.3	0.353	8	A	1		12.6	2.9	0.1
Sugars, total.....g	7.64	0.305	8	A	1		9.39	2.17	0.05
Sucrose.....g	7.00	0.100	8	A	1		8.61	1.98	0.05
Glucose (dextrose).....g	0.27	0.113	8	A	1		0.34	0.08	0.00
Fructose.....g	0.17	0.035	8	A	1		0.20	0.05	0.00
Lactose.....g	0.00	0.000	8	A	1		0.00	0.00	0.00
Maltose.....g	0.20	0.058	8	A	1		0.25	0.06	0.00
Galactose.....g									
Starch.....g	1.67		1	A	1		2.05	0.47	0.01
Minerals:									
Calcium, Ca.....mg	107	0.214	8	A	1		132	30	1
Iron, Fe.....mg	4.15	0.151	8	A	1		5.11	1.18	0.03
Magnesium, Mg.....mg	121		1	A	1		149	34	1
Phosphorus, P.....mg	490		1	A	1		603	139	3
Potassium, K.....mg	1025	64.643	8	A	1		1261	291	7
Sodium, Na.....mg	1		1	A	1		2	0	0
Zinc, Zn.....mg	2.20		1	A	1		2.71	0.62	0.02
Copper, Cu.....mg	1.300		1	A	1		1.599	0.369	0.009
Manganese, Mn.....mg	1.200		1	A	1		1.476	0.340	0.008
Selenium, Se.....mcg	7.0		1	A	1		8.6	2.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	5.0		1	A	1		6.2	1.4	0.0
Thiamin.....mg	0.870		1	A	1		1.070	0.247	0.006
Riboflavin.....mg	0.160		1	A	1		0.197	0.045	0.001
Niacin.....mg	1.300		1	A	1		1.599	0.369	0.009
Pantothenic acid.....mg	0.520		1	A	1		0.640	0.147	0.004
Vitamin B-6.....mg	1.700		1	A	1		2.091	0.482	0.012
Folate, total.....mcg	51		1	A	1		62	14	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	51		1	A	1		62	14	0
Folate, DFE.....mcg_DFE	51		0	NC	4		62	14	0
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	553		1	AS	1		680	157	4
Vitamin A, RAE.....mcg_RAE	28		1	AS	1		34	8	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.30		1	A	1		2.83	0.65	0.02
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	22.60		1	A	1		27.80	6.41	0.16
Tocopherol, delta.....mg	0.80		1	A	1		0.98	0.23	0.01
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.440		0	NC	4		6.691	1.542	0.038
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		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	0.000		1	A	1		0.000	0.000	0.000
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. 12151
Nuts, pistachio nuts, raw (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	4.889		1	A	1		6.013	1.386	0.034
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	0.466		1	A	1		0.573	0.132	0.003
20:0.....g	0.043		1	A	1		0.052	0.012	0.000
22:0.....g	0.043		1	A	1		0.052	0.012	0.000
24:0.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	23.319		0	NC	4		28.683	6.611	0.163
14:1.....g	0.000		1	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.463		1	A	1		0.570	0.131	0.003
17:1.....g									
18:1 undifferentiated.....g	22.686		1	A	1		27.904	6.432	0.159
20:1.....g	0.170		1	A	1		0.209	0.048	0.001
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	13.455		0	NC	4		16.550	3.814	0.094
18:2 undifferentiated.....g	13.201		1	A	1		16.237	3.743	0.092
18:3 undifferentiated.....g	0.254		1	A	1		0.312	0.072	0.002
18:4.....g	0.000		0	Z	7		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	214		1		1		263	61	1
Stigmasterol.....mg	5		1	A	1		7	2	0
Campesterol.....mg	10		1	A	1		13	3	0
Beta-sitosterol.....mg	198		1	A	1		243	56	1
Amino Acids:									
Tryptophan.....g	0.273		0	A	1		0.336	0.077	0.002
Threonine.....g	0.673		0	A	1		0.827	0.191	0.005
Isoleucine.....g	0.900		0	A	1		1.107	0.255	0.006
Leucine.....g	1.554		0	A	1		1.912	0.441	0.011
Lysine.....g	1.151		0	A	1		1.415	0.326	0.008
Methionine.....g	0.338		0	A	1		0.416	0.096	0.002
Cystine.....g	0.357		0	A	1		0.440	0.101	0.003
Phenylalanine.....g	1.062		0	A	1		1.306	0.301	0.007
Tyrosine.....g	0.415		0	A	1		0.511	0.118	0.003
Valine.....g	1.239		0	A	1		1.524	0.351	0.009
Arginine.....g	2.028		0	A	1		2.494	0.575	0.014
Histidine.....g	0.507		0	A	1		0.623	0.144	0.004
Alanine.....g	0.921		0	A	1		1.133	0.261	0.006
Aspartic acid.....g	1.817		0	A	1		2.234	0.515	0.013
Glutamic acid.....g	3.819		0	A	1		4.697	1.083	0.027
Glycine.....g	0.953		0	A	1		1.172	0.270	0.007
Proline.....g	0.812		0	A	1		0.998	0.230	0.006
Serine.....g	1.225		0	A	1		1.507	0.347	0.009
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	332		1	A	1		407.745	93.980	2.321
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000
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.

NDB No. 12151
Nuts, pistachio nuts, raw (1)

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 = 123g: 1 cup

Measure 2 = 28.35g: 1 oz (49 kernels)

Measure 3 = 0.7g: 1 kernel

Footnotes

1 Unroasted

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12154
Nuts, walnuts, black, dried
Juglans nigra

Refuse: 76% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	4.56	0.199	11	A	1		5.70	0.36	1.29
Energy.....kcal	618		0	NC	4		772	48	175
Energy.....kj	2584		0	NC	4		3230	202	733
Protein (N x 5.3).....g	24.06	0.287	11	A	1		30.08	1.88	6.82
Total lipid (fat).....g	59.00	2.419	31	A	1		73.75	4.60	16.73
Ash.....g	2.47	0.142	11	A	1		3.09	0.19	0.70
Carbohydrate, by difference.....g	9.91		0	NC	4		12.39	0.77	2.81
Fiber, total dietary.....g	6.8		2	A	1		8.5	0.5	1.9
Sugars, total.....g	1.10		1	A	1		1.38	0.09	0.31
Sucrose.....g	1.00		1	A	1		1.25	0.08	0.28
Glucose (dextrose).....g	0.05		1	A	1		0.06	0.00	0.01
Fructose.....g	0.05		1	A	1		0.06	0.00	0.01
Lactose.....g	0.00		1	A	1		0.00	0.00	0.00
Maltose.....g	0.00		1	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g	0.24		1	A	1		0.30	0.02	0.07
Minerals:									
Calcium, Ca.....mg	61	2.800	16	A	1		76	5	17
Iron, Fe.....mg	3.12	0.045	16	A	1		3.89	0.24	0.88
Magnesium, Mg.....mg	201	1.000	16	A	1		251	16	57
Phosphorus, P.....mg	513	49.000	16	A	1		641	40	145
Potassium, K.....mg	523	1.000	16	A	1		654	41	148
Sodium, Na.....mg	2	1.040	13	A	1		3	0	1
Zinc, Zn.....mg	3.37	0.050	16	A	1		4.21	0.26	0.96
Copper, Cu.....mg	1.360	0.340	16	A	1		1.700	0.106	0.386
Manganese, Mn.....mg	3.896	0.376	16	A	1		4.869	0.304	1.104
Selenium, Se.....mcg	17.0		1	A	1		21.3	1.3	4.8
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		1	A	1		2.1	0.1	0.5
Thiamin.....mg	0.057		1	A	1		0.071	0.004	0.016
Riboflavin.....mg	0.130		1	A	1		0.163	0.010	0.037
Niacin.....mg	0.470		1	A	1		0.588	0.037	0.133
Pantothenic acid.....mg	1.660		1	A	1		2.075	0.129	0.471
Vitamin B-6.....mg	0.583		1	A	1		0.729	0.045	0.165
Folate, total.....mcg	31		1	A	1		39	2	9
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	31		1	A	1		39	2	9
Folate, DFE.....mcg_DFE	31		0	NC	4		39	2	9
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	40		1	A	1		50	3	11
Vitamin A, RAE.....mcg_RAE	2		1	A	1		3	0	1
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	1.80		1	A	1		2.25	0.14	0.51
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	0.00
Tocopherol, gamma.....mg	28.48		1	A	1		35.60	2.22	8.07
Tocopherol, delta.....mg	1.44		1	A	1		1.80	0.11	0.41
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7		0	BF2N	4		3.3	0.2	0.8
Lipids:									
Fatty acids, total saturated.....g	3.368		0	NC	4		4.210	0.263	0.955
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. 12154
Nuts, walnuts, black, 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
16:0.....g	1.923	0.203	6	A	1		2.404	0.150	0.545
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	1.445	0.051	6	A	1		1.806	0.113	0.410
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									
Fatty acids, total monounsaturated.....g	15.004		0	NC	4		18.755	1.170	4.254
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	0.063	0.014	3	A	1		0.079	0.005	0.018
17:1.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	14.533	2.677	7	A	1		18.166	1.134	4.120
20:1.....g	0.408	0.140	3	A	1		0.510	0.032	0.116
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.077		0	NC	4		43.847	2.736	9.944
18:2 undifferentiated.....g	33.072	0.387	7	A	1		41.340	2.580	9.376
18:3 undifferentiated.....g	2.006		0	AS	1		2.507	0.156	0.569
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		1	A	1		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	0		1	A	1		0	0	0
Campesterol.....mg	5		1	A	1		6	0	1
Beta-sitosterol.....mg	103		1	A	1		129	8	29
Amino Acids:									
Tryptophan.....g	0.318		0	A	1		0.398	0.025	0.090
Threonine.....g	0.721		0	A	1		0.902	0.056	0.205
Isoleucine.....g	0.966		0	A	1		1.208	0.075	0.274
Leucine.....g	1.684		0	A	1		2.105	0.131	0.477
Lysine.....g	0.713		0	A	1		0.891	0.056	0.202
Methionine.....g	0.467		0	A	1		0.584	0.036	0.133
Cystine.....g	0.462		0	A	1		0.578	0.036	0.131
Phenylalanine.....g	1.094		0	A	1		1.367	0.085	0.310
Tyrosine.....g	0.740		0	A	1		0.925	0.058	0.210
Valine.....g	1.271		0	A	1		1.589	0.099	0.360
Arginine.....g	3.618		0	A	1		4.522	0.282	1.026
Histidine.....g	0.672		0	A	1		0.840	0.052	0.191
Alanine.....g	1.048		0	A	1		1.311	0.082	0.297
Aspartic acid.....g	2.433		0	A	1		3.041	0.190	0.690
Glutamic acid.....g	5.152		0	A	1		6.439	0.402	1.460
Glycine.....g	1.189		0	A	1		1.486	0.093	0.337
Proline.....g	0.926		0	A	1		1.157	0.072	0.263
Serine.....g	1.225		0	A	1		1.532	0.096	0.347
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	24		1	A	1		30.000	1.872	6.804
Carotene, alpha.....mcg	0		1	A	1		0.000	0.000	0.000

NDB No. 12154
Nuts, walnuts, black, dried

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
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	BFZN	4		11.303	0.705	2.563

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 = 125g: 1 cup, chopped

Measure 2 = 7.8g: 1 tbsp

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12155
Nuts, walnuts, english (1)
Juglans regia

Refuse: 55% Shells

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	4.07	0.155	7	A	1		4.76	3.26	1.14
Energy.....kcal	654		0	NC	4		766	524	183
Energy.....kj	2738		0	NC	4		3204	2191	767
Protein (N x 5.3).....g	15.23	0.238	7	A	1		17.82	12.18	4.26
Total lipid (fat).....g	65.21	0.494	7	A	1		76.30	52.17	18.26
Ash.....g	1.78	0.019	7	A	1		2.08	1.43	0.50
Carbohydrate, by difference.....g	13.71		0	NC	4		16.04	10.96	3.84
Fiber, total dietary.....g	6.7	0.549	7	A	1		7.8	5.4	1.9
Sugars, total.....g	2.61	0.094	7	A	1		3.06	2.09	0.73
Sucrose.....g	2.43	0.087	7	A	1		2.84	1.94	0.68
Glucose (dextrose).....g	0.08	0.014	7	A	1		0.09	0.06	0.02
Fructose.....g	0.09	0.011	7	A	1		0.10	0.07	0.02
Lactose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Maltose.....g	0.00	0.000	7	A	1		0.00	0.00	0.00
Galactose.....g									
Starch.....g	0.06	0.011	7	A	1		0.06	0.04	0.02
Minerals:									
Calcium, Ca.....mg	98	3.009	7	A	1		114	78	27
Iron, Fe.....mg	2.91	0.086	7	A	1		3.41	2.33	0.82
Magnesium, Mg.....mg	158	1.204	7	A	1		185	126	44
Phosphorus, P.....mg	346	3.689	7	A	1		404	277	97
Potassium, K.....mg	441	6.471	7	A	1		516	353	124
Sodium, Na.....mg	2	0.837	7	A	1		2	2	1
Zinc, Zn.....mg	3.09	0.083	7	A	1		3.61	2.47	0.86
Copper, Cu.....mg	1.586	0.026	7	A	1		1.855	1.269	0.444
Manganese, Mn.....mg	3.414	0.122	7	A	1		3.995	2.731	0.956
Selenium, Se.....mcg	4.9	0.417	6	A	1		5.7	3.9	1.4
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3	0.184	7	A	1		1.5	1.0	0.4
Thiamin.....mg	0.341	0.010	7	A	1		0.399	0.273	0.096
Riboflavin.....mg	0.150	0.003	7	A	1		0.176	0.120	0.042
Niacin.....mg	1.125	0.055	8	A	1		1.317	0.900	0.315
Pantothenic acid.....mg	0.570	0.011	7	A	1		0.667	0.456	0.160
Vitamin B-6.....mg	0.537	0.026	7	A	1		0.628	0.430	0.150
Folate, total.....mcg	98	3.889	7	A	1		115	78	27
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	98	3.889	7	A	1		115	78	27
Folate, DFE.....mcg_DFE	98		0	NC	4		115	78	27
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	20	12.264	6	A	1		24	16	6
Vitamin A, RAE.....mcg_RAE	1	0.613	6	A	1		1	1	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.70	0.321	13	A	1		0.82	0.56	0.20
Tocopherol, beta.....mg	0.15	0.146	13	A	1		0.18	0.12	0.04
Tocopherol, gamma.....mg	20.83	2.609	13	A	1		24.38	16.67	5.83
Tocopherol, delta.....mg	1.89	0.466	13	A	1		2.21	1.51	0.53
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7	0.253	8	A	1		3.1	2.1	0.7
Lipids:									
Fatty acids, total saturated.....g	6.126		0	NC	4		7.167	4.901	1.715
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	0.000	7	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
13:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
14:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000

NDB No. 12155
Nuts, walnuts, english (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
15:0.....g	0.000	0.000		A	1		0.000	0.000	
16:0.....g	4.404	0.095	7	A	1		5.152	3.523	1.233
17:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
18:0.....g	1.659	0.035	7	A	1		1.941	1.327	0.465
20:0.....g	0.063	0.000	7	A	1		0.073	0.050	0.018
22:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
24:0.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.933		0	NC	4		10.451	7.146	2.501
14:1.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	8.799	0.138	7	A	1		10.294	7.039	2.464
20:1.....g	0.134	0.008	7	A	1		0.157	0.107	0.038
22:1 undifferentiated.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	47.174		0	NC	4		55.193	37.739	13.209
18:2 undifferentiated.....g	38.093	0.304	7	A	1		44.569	30.475	10.666
18:3 undifferentiated.....g	9.080	0.179	7	A	1		10.624	7.264	2.543
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	7	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg	72	0.647	3	A	1		84	58	20
Stigmasterol.....mg	1	0.187	3	A	1		1	1	0
Campesterol.....mg	7	0.369	3	A	1		8	6	2
Beta-sitosterol.....mg	64	1.374	3	A	1		75	51	18
Amino Acids:									
Tryptophan.....g	0.170			A	1		0.199	0.136	0.048
Threonine.....g	0.596			A	1		0.697	0.477	0.167
Isoleucine.....g	0.625			A	1		0.731	0.500	0.175
Leucine.....g	1.170			A	1		1.369	0.936	0.328
Lysine.....g	0.424			A	1		0.497	0.339	0.119
Methionine.....g	0.236			A	1		0.276	0.189	0.066
Cystine.....g	0.208			A	1		0.244	0.167	0.058
Phenylalanine.....g	0.711			A	1		0.832	0.569	0.199
Tyrosine.....g	0.406			A	1		0.475	0.325	0.114
Valine.....g	0.753			A	1		0.881	0.602	0.211
Arginine.....g	2.278			A	1		2.665	1.822	0.638
Histidine.....g	0.391			A	1		0.457	0.313	0.109
Alanine.....g	0.696			A	1		0.814	0.557	0.195
Aspartic acid.....g	1.829			A	1		2.140	1.464	0.512
Glutamic acid.....g	2.816			A	1		3.294	2.252	0.788
Glycine.....g	0.816			A	1		0.954	0.653	0.228
Proline.....g	0.706			A	1		0.826	0.565	0.198
Serine.....g	0.934			A	1		1.093	0.747	0.261
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	12	7.358	6	A	1		14.385	9.836	3.443
Carotene, alpha.....mcg	0	0.000	6	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9	0.180	3	A	1		10.579	7.234	2.532

NDB No. 12155
Nuts, walnuts, english (1)

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 = 117g: 1 cup, chopped

Measure 2 = 80g: 1 cup, ground

Measure 3 = 28g: 1 cup, in shell, edible yield (7 nuts)

Footnotes

1 Unroasted

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12003
Seeds, breadfruit seeds, boiled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.293		0		1		0.083		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.281		0		1		0.080		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.225		0		1		0.347		
18:2 undifferentiated.....g	0.942		0		1		0.267		
18:3 undifferentiated.....g	0.283		0		1		0.080		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.088		0		1		0.025		
Threonine.....g	0.276		0		1		0.078		
Isoleucine.....g	0.317		0		1		0.090		
Leucine.....g	0.403		0		1		0.114		
Lysine.....g	0.408		0		1		0.116		
Methionine.....g	0.069		0		1		0.020		
Cystine.....g	0.083		0		1		0.024		
Phenylalanine.....g	0.571		0		1		0.162		
Tyrosine.....g	0.390		0		1		0.111		
Valine.....g	0.383		0		1		0.109		
Arginine.....g	0.354		0		1		0.100		
Histidine.....g	0.148		0		1		0.042		
Alanine.....g	0.241		0		1		0.068		
Aspartic acid.....g	0.585		0		1		0.166		
Glutamic acid.....g	0.742		0		1		0.210		
Glycine.....g	0.333		0		1		0.094		
Proline.....g	0.264		0		1		0.075		
Serine.....g	0.355		0		1		0.101		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12001
Seeds, breadfruit 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	0.712		0		1		0.202		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.682		1		1		0.193		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.977		0		1		0.844		
18:2 undifferentiated.....g	2.290		1		1		0.649		
18:3 undifferentiated.....g	0.687		1		1		0.195		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.123		2		1		0.035		
Threonine.....g	0.385		1		1		0.109		
Isoleucine.....g	0.443		1		1		0.126		
Leucine.....g	0.563		1		1		0.160		
Lysine.....g	0.570		1		1		0.162		
Methionine.....g	0.096		1		1		0.027		
Cystine.....g	0.116		1		1		0.033		
Phenylalanine.....g	0.797		1		1		0.226		
Tyrosine.....g	0.544		1		1		0.154		
Valine.....g	0.535		1		1		0.152		
Arginine.....g	0.494		1		1		0.140		
Histidine.....g	0.207		1		1		0.059		
Alanine.....g	0.336		1		1		0.095		
Aspartic acid.....g	0.817		1		1		0.232		
Glutamic acid.....g	1.036		1		1		0.294		
Glycine.....g	0.465		1		1		0.132		
Proline.....g	0.369		1		1		0.105		
Serine.....g	0.496		1		1		0.141		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12158
Seeds, breadfruit seeds, roasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.344		0		1		0.098		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.329		0		1		0.093		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.438		0		1		0.408		
18:2 undifferentiated.....g	1.106		0		1		0.314		
18:3 undifferentiated.....g	0.332		0		1		0.094		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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		0.029		
Threonine.....g	0.323		0		1		0.092		
Isoleucine.....g	0.371		0		1		0.105		
Leucine.....g	0.472		0		1		0.134		
Lysine.....g	0.477		0		1		0.135		
Methionine.....g	0.081		0		1		0.023		
Cystine.....g	0.097		0		1		0.027		
Phenylalanine.....g	0.668		0		1		0.189		
Tyrosine.....g	0.456		0		1		0.129		
Valine.....g	0.448		0		1		0.127		
Arginine.....g	0.414		0		1		0.117		
Histidine.....g	0.173		0		1		0.049		
Alanine.....g	0.282		0		1		0.080		
Aspartic acid.....g	0.684		0		1		0.194		
Glutamic acid.....g	0.868		0		1		0.246		
Glycine.....g	0.390		0		1		0.111		
Proline.....g	0.309		0		1		0.088		
Serine.....g	0.415		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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12005

Seeds, breadnuttree seeds, 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	0.214		0		1		0.342	0.061	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.014	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.205		0		1		0.328	0.058	
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	0.896		0		1		1.434	0.254	
18:2 undifferentiated.....g	0.690		0		1		1.104	0.196	
18:3 undifferentiated.....g	0.207		0		1		0.331	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		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	0.234		0		1		0.374	0.066	
Threonine.....g	0.335		0		1		0.536	0.095	
Isoleucine.....g	0.488		0		1		0.781	0.138	
Leucine.....g	0.935		0		1		1.496	0.265	
Lysine.....g	0.376		0		1		0.602	0.107	
Methionine.....g	0.050		0		1		0.080	0.014	
Cystine.....g	0.135		0		1		0.216	0.038	
Phenylalanine.....g	0.407		0		1		0.651	0.115	
Tyrosine.....g	0.634		0		1		1.014	0.180	
Valine.....g	0.834		0		1		1.334	0.236	
Arginine.....g	0.793		0		1		1.269	0.225	
Histidine.....g	0.132		0		1		0.211	0.037	
Alanine.....g	0.392		0		1		0.627	0.111	
Aspartic acid.....g	0.951		0		1		1.522	0.270	
Glutamic acid.....g	5.206		0		1		8.330	1.476	
Glycine.....g	0.541		0		1		0.866	0.153	
Proline.....g	0.429		0		1		0.686	0.122	
Serine.....g	0.577		0		1		0.923	0.164	
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 = 160g: 1 cup
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12004
Seeds, breadnuttree 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	0.126		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.121		0		1		0.034		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.527		0		1		0.149		
18:2 undifferentiated.....g	0.406		0		1		0.115		
18:3 undifferentiated.....g	0.122		0		1		0.035		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.162		1		1		0.046		
Threonine.....g	0.232		1		1		0.066		
Isoleucine.....g	0.338		1		1		0.096		
Leucine.....g	0.647		1		1		0.183		
Lysine.....g	0.260		1		1		0.074		
Methionine.....g	0.035		1		1		0.010		
Cystine.....g	0.093		0		1		0.026		
Phenylalanine.....g	0.282		1		1		0.080		
Tyrosine.....g	0.439		0		1		0.124		
Valine.....g	0.578		1		1		0.164		
Arginine.....g	0.549		1		1		0.156		
Histidine.....g	0.091		1		1		0.026		
Alanine.....g	0.271		0		1		0.077		
Aspartic acid.....g	0.659		0		1		0.187		
Glutamic acid.....g	0.835		0		1		0.237		
Glycine.....g	0.375		0		1		0.106		
Proline.....g	0.297		0		1		0.084		
Serine.....g	0.400		0		1		0.113		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz (8-14 seeds)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12006
Seeds, chia seeds, 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
<u>Amino Acids:</u>									
Tryptophan.....g	0.721		0	A	1		0.204		
Threonine.....g	0.665		0	A	1		0.188		
Isoleucine.....g	0.696		0	A	1		0.197		
Leucine.....g	1.258		0	A	1		0.357		
Lysine.....g	0.917		0	A	1		0.260		
Methionine.....g	0.090		0	A	1		0.026		
Cystine.....g	0.361		0	A	1		0.102		
Phenylalanine.....g	1.028		0	A	1		0.292		
Tyrosine.....g	0.503		0	A	1		0.142		
Valine.....g	1.051		0	A	1		0.298		
Arginine.....g	1.983		0	A	1		0.562		
Histidine.....g	0.526		0	A	1		0.149		
Alanine.....g	0.927		0	A	1		0.263		
Aspartic acid.....g	1.633		0	A	1		0.463		
Glutamic acid.....g	2.468		0	A	1		0.700		
Glycine.....g	0.907		0	A	1		0.257		
Proline.....g	0.897		0	A	1		0.254		
Serine.....g	1.011		0	A	1		0.287		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12008

Seeds, cottonseed flour, low fat (glandless)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.221		0		1		0.063		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.211		0		1		0.060		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.577		0		1		0.164		
18:2 undifferentiated.....g	0.570		0		1		0.162		
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									
Amino Acids:									
Tryptophan.....g	0.752		0		1		0.213		
Threonine.....g	1.843		0		1		0.522		
Isoleucine.....g	1.796		0		1		0.509		
Leucine.....g	3.404		0		1		0.965		
Lysine.....g	2.529		0		1		0.717		
Methionine.....g	0.809		0		1		0.229		
Cystine.....g	1.307		0		1		0.371		
Phenylalanine.....g	3.103		0		1		0.880		
Tyrosine.....g	1.796		0		1		0.509		
Valine.....g	2.557		0		1		0.725		
Arginine.....g	6.732		0		1		1.909		
Histidine.....g	1.570		0		1		0.445		
Alanine.....g	2.313		0		1		0.656		
Aspartic acid.....g	5.425		0		1		1.538		
Glutamic acid.....g	12.476		0		1		3.537		
Glycine.....g	2.416		0		1		0.685		
Proline.....g	2.125		0		1		0.602		
Serine.....g	2.492		0		1		0.706		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12007

Seeds, cottonseed flour, partially defatted (glandless)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.133		0		1		1.065	0.057	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.039	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.082		0		1		1.017	0.054	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.958		0		1		2.781	0.148	
18:2 undifferentiated.....g	2.925		0		1		2.750	0.146	
18:3 undifferentiated.....g	0.011		0		1		0.010	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	0.618		0		1		0.581	0.031	
Threonine.....g	1.515		0		1		1.424	0.076	
Isoleucine.....g	1.476		0		1		1.387	0.074	
Leucine.....g	2.798		0		1		2.630	0.140	
Lysine.....g	2.079		0		1		1.954	0.104	
Methionine.....g	0.665		0		1		0.625	0.033	
Cystine.....g	1.074		0		1		1.010	0.054	
Phenylalanine.....g	2.550		0		1		2.397	0.128	
Tyrosine.....g	1.476		0		1		1.387	0.074	
Valine.....g	2.102		0		1		1.976	0.105	
Arginine.....g	5.533		0		1		5.201	0.277	
Histidine.....g	1.291		0		1		1.214	0.065	
Alanine.....g	1.901		0		1		1.787	0.095	
Aspartic acid.....g	4.459		0		1		4.191	0.223	
Glutamic acid.....g	10.255		0		1		9.640	0.513	
Glycine.....g	1.986		0		1		1.867	0.099	
Proline.....g	1.747		0		1		1.642	0.087	
Serine.....g	2.048		0		1		1.925	0.102	
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 = 94g: 1 cup
 Measure 2 = 5.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12160

Seeds, cottonseed kernels, roasted (glandless)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.919		0		1		10.309	0.692	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.256		0		1		0.381	0.026	
17:1.....g									
18:1 undifferentiated.....g	6.612		0		1		9.852	0.661	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.068		0		1		26.921	1.807	
18:2 undifferentiated.....g	17.865		0		1		26.619	1.787	
18:3 undifferentiated.....g	0.069		0		1		0.103	0.007	
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	0.492		27		1		0.733	0.049	
Threonine.....g	1.205		41		1		1.795	0.121	
Isoleucine.....g	1.174		37		1		1.749	0.117	
Leucine.....g	2.226		41		1		3.317	0.223	
Lysine.....g	1.654		43		1		2.464	0.165	
Methionine.....g	0.529		37		1		0.788	0.053	
Cystine.....g	0.855		28		1		1.274	0.086	
Phenylalanine.....g	2.029		37		1		3.023	0.203	
Tyrosine.....g	1.174		31		1		1.749	0.117	
Valine.....g	1.672		37		1		2.491	0.167	
Arginine.....g	4.402		37		1		6.559	0.440	
Histidine.....g	1.027		35		1		1.530	0.103	
Alanine.....g	1.512		35		1		2.253	0.151	
Aspartic acid.....g	3.547		35		1		5.285	0.355	
Glutamic acid.....g	8.158		35		1		12.155	0.816	
Glycine.....g	1.580		35		1		2.354	0.158	
Proline.....g	1.389		31		1		2.070	0.139	
Serine.....g	1.629		31		1		2.427	0.163	
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 = 149g: 1 cup
 Measure 2 = 10.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12011

Seeds, cottonseed meal, partially defatted (glandless)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.861		0		1		0.244		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0		1		0.009		
17:1.....g									
18:1 undifferentiated.....g	0.823		0		1		0.233		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.248		0		1		0.637		
18:2 undifferentiated.....g	2.223		0		1		0.630		
18:3 undifferentiated.....g	0.009		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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.741		0		1		0.210		
Threonine.....g	1.816		0		1		0.515		
Isoleucine.....g	1.769		0		1		0.502		
Leucine.....g	3.354		0		1		0.951		
Lysine.....g	2.492		0		1		0.706		
Methionine.....g	0.797		0		1		0.226		
Cystine.....g	1.288		0		1		0.365		
Phenylalanine.....g	3.057		0		1		0.867		
Tyrosine.....g	1.769		0		1		0.502		
Valine.....g	2.520		0		1		0.714		
Arginine.....g	6.633		0		1		1.880		
Histidine.....g	1.547		0		1		0.439		
Alanine.....g	2.279		0		1		0.646		
Aspartic acid.....g	5.345		0		1		1.515		
Glutamic acid.....g	12.293		0		1		3.485		
Glycine.....g	2.381		0		1		0.675		
Proline.....g	2.094		0		1		0.594		
Serine.....g	2.455		0		1		0.696		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12220
Seeds, flaxseed (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.802		0	BFFN	4		2.793	0.216	
17:0.....g									
18:0.....g	1.394		0	BFFN	4		2.161	0.167	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	6.868		0	BFFN	4		10.645	0.824	
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	6.868		0	BFFN	4		10.645	0.824	
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	22.440		0	BFFN	4		34.782	2.693	
18:2 undifferentiated.....g	4.318		0	BFFN	4		6.693	0.518	
18:3 undifferentiated.....g	18.122		0	BFFN	4		28.089	2.175	
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									
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		1	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		1	A	1		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	651	52.611	9	A	1		1009.222	78.133	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 12.0g: 1 tbsp

Footnotes

1 Up to 12 percent flax seed can safely be used as an ingredient in food.

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12013
Seeds, lotus seeds, 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	0.388		0		1		0.124	0.110	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.230		0		1		0.074	0.065	
20:1.....g	0.043		0		1		0.014	0.012	
22:1 undifferentiated.....g	0.115		0		1		0.037	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.166		0		1		0.373	0.331	
18:2 undifferentiated.....g	1.064		0		1		0.340	0.302	
18:3 undifferentiated.....g	0.102		0		1		0.033	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	0.221		0		1		0.071	0.063	
Threonine.....g	0.747		0		1		0.239	0.212	
Isoleucine.....g	0.765		0		1		0.245	0.217	
Leucine.....g	1.215		0		1		0.389	0.344	
Lysine.....g	0.985		0		1		0.315	0.279	
Methionine.....g	0.267		0		1		0.085	0.076	
Cystine.....g	0.201		0		1		0.064	0.057	
Phenylalanine.....g	0.767		0		1		0.245	0.217	
Tyrosine.....g	0.375		0		1		0.120	0.106	
Valine.....g	0.991		0		1		0.317	0.281	
Arginine.....g	1.262		0		1		0.404	0.358	
Histidine.....g	0.430		0		1		0.138	0.122	
Alanine.....g	0.892		0		1		0.285	0.253	
Aspartic acid.....g	1.884		0		1		0.603	0.534	
Glutamic acid.....g	3.570		0		1		1.142	1.012	
Glycine.....g	0.826		0		1		0.264	0.234	
Proline.....g	1.285		0		1		0.411	0.364	
Serine.....g	0.939		0		1		0.300	0.266	
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 = 32g: 1 cup

Measure 2 = 28.35g: 1 oz (42 medium seeds)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12205
Seeds, lotus 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	0.104		0		1		0.029		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.062		1		1		0.018		
20:1.....g	0.012		1		1		0.003		
22:1 undifferentiated.....g	0.031		1		1		0.009		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.312		0		1		0.088		
18:2 undifferentiated.....g	0.285		1		1		0.081		
18:3 undifferentiated.....g	0.027		1		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	0.059		6		1		0.017		
Threonine.....g	0.200		6		1		0.057		
Isoleucine.....g	0.205		6		1		0.058		
Leucine.....g	0.326		6		1		0.092		
Lysine.....g	0.264		6		1		0.075		
Methionine.....g	0.072		6		1		0.020		
Cystine.....g	0.054		6		1		0.015		
Phenylalanine.....g	0.206		6		1		0.058		
Tyrosine.....g	0.100		6		1		0.028		
Valine.....g	0.266		6		1		0.075		
Arginine.....g	0.338		6		1		0.096		
Histidine.....g	0.115		6		1		0.033		
Alanine.....g	0.239		6		1		0.068		
Aspartic acid.....g	0.505		6		1		0.143		
Glutamic acid.....g	0.957		6		1		0.271		
Glycine.....g	0.221		6		1		0.063		
Proline.....g	0.344		6		1		0.098		
Serine.....g	0.252		6		1		0.071		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12014

Seeds, pumpkin and squash seed kernels, 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	14.258		0		1		19.676	4.042	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		4		1		0.137	0.028	
17:1.....g									
18:1 undifferentiated.....g	14.146		12		1		19.521	4.010	
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	20.904		0		1		28.848	5.926	
18:2 undifferentiated.....g	20.702		12		1		28.569	5.869	
18:3 undifferentiated.....g	0.181		6		1		0.250	0.051	
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	0.431		0		1		0.595	0.122	
Threonine.....g	0.903		0		1		1.246	0.256	
Isoleucine.....g	1.264		0		1		1.744	0.358	
Leucine.....g	2.079		0		1		2.869	0.589	
Lysine.....g	1.833		0		1		2.530	0.520	
Methionine.....g	0.551		0		1		0.760	0.156	
Cystine.....g	0.301		0		1		0.415	0.085	
Phenylalanine.....g	1.222		0		1		1.686	0.346	
Tyrosine.....g	1.019		0		1		1.406	0.289	
Valine.....g	1.972		0		1		2.721	0.559	
Arginine.....g	4.033		0		1		5.566	1.143	
Histidine.....g	0.681		0		1		0.940	0.193	
Alanine.....g	1.158		0		1		1.598	0.328	
Aspartic acid.....g	2.477		0		1		3.418	0.702	
Glutamic acid.....g	4.315		0		1		5.955	1.223	
Glycine.....g	1.796		0		1		2.478	0.509	
Proline.....g	1.000		0		1		1.380	0.284	
Serine.....g	1.148		0		1		1.584	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	228		0	NR	4		314.640	64.638	
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 = 138g: 1 cup

Measure 2 = 28.35g: 1 oz hulled (142 seeds)

NDB No. 12014

Seeds, pumpkin and squash seed kernels, dried

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.100		0		1		29.737	3.714	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.091		0		1		0.207	0.026	
17:1.....g									
18:1 undifferentiated.....g	12.997		0		1		29.503	3.685	
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	19.206		0		1		43.598	5.445	
18:2 undifferentiated.....g	19.020		0		1		43.175	5.392	
18:3 undifferentiated.....g	0.166		0		1		0.377	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	0.578		0		1		1.312	0.164	
Threonine.....g	1.213		0		1		2.754	0.344	
Isoleucine.....g	1.698		0		1		3.854	0.481	
Leucine.....g	2.793		0		1		6.340	0.792	
Lysine.....g	2.463		0		1		5.591	0.698	
Methionine.....g	0.740		0		1		1.680	0.210	
Cystine.....g	0.404		0		1		0.917	0.115	
Phenylalanine.....g	1.642		0		1		3.727	0.466	
Tyrosine.....g	1.368		0		1		3.105	0.388	
Valine.....g	2.650		0		1		6.016	0.751	
Arginine.....g	5.418		0		1		12.299	1.536	
Histidine.....g	0.914		0		1		2.075	0.259	
Alanine.....g	1.555		0		1		3.530	0.441	
Aspartic acid.....g	3.328		0		1		7.555	0.943	
Glutamic acid.....g	5.797		0		1		13.159	1.643	
Glycine.....g	2.413		0		1		5.478	0.684	
Proline.....g	1.344		0		1		3.051	0.381	
Serine.....g	1.543		0		1		3.503	0.437	
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	228		0	O	4		517.560	64.638	
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 = 227g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12516

Seeds, pumpkin and squash seed kernels, roasted, with salt added

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12016

Seeds, pumpkin and squash seed kernels, roasted, 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	13.100		0		1		29.737	3.714	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.091		0		1		0.207	0.026	
17:1.....g									
18:1 undifferentiated.....g	12.997		0		1		29.503	3.685	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.206		0		1		43.598	5.445	
18:2 undifferentiated.....g	19.020		0		1		43.175	5.392	
18:3 undifferentiated.....g	0.166		0		1		0.377	0.047	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.578		0		1		1.312	0.164	
Threonine.....g	1.213		0		1		2.754	0.344	
Isoleucine.....g	1.698		0		1		3.854	0.481	
Leucine.....g	2.793		0		1		6.340	0.792	
Lysine.....g	2.463		0		1		5.591	0.698	
Methionine.....g	0.740		0		1		1.680	0.210	
Cystine.....g	0.404		0		1		0.917	0.115	
Phenylalanine.....g	1.642		0		1		3.727	0.466	
Tyrosine.....g	1.368		0		1		3.105	0.388	
Valine.....g	2.650		0		1		6.016	0.751	
Arginine.....g	5.418		0		1		12.299	1.536	
Histidine.....g	0.914		0		1		2.075	0.259	
Alanine.....g	1.555		0		1		3.530	0.441	
Aspartic acid.....g	3.328		0		1		7.555	0.943	
Glutamic acid.....g	5.797		0		1		13.159	1.643	
Glycine.....g	2.413		0		1		5.478	0.684	
Proline.....g	1.344		0		1		3.051	0.381	
Serine.....g	1.543		0		1		3.503	0.437	
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	228		0	O	4		517.560	64.638	
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 = 227g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12016

Seeds, pumpkin and squash seed kernels, roasted, without salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12663

Seeds, pumpkin and squash seeds, whole, roasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.032		0		1		3.860	1.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.027	0.012	
17:1.....g									
18:1 undifferentiated.....g	5.985		0		1		3.830	1.697	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.844		0		1		5.660	2.507	
18:2 undifferentiated.....g	8.759		0		1		5.606	2.483	
18:3 undifferentiated.....g	0.077		0		1		0.049	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	0.326		12		1		0.209	0.092	
Threonine.....g	0.683		15		1		0.437	0.194	
Isoleucine.....g	0.956		15		1		0.612	0.271	
Leucine.....g	1.572		15		1		1.006	0.446	
Lysine.....g	1.386		15		1		0.887	0.393	
Methionine.....g	0.417		14		1		0.267	0.118	
Cystine.....g	0.228		3		1		0.146	0.065	
Phenylalanine.....g	0.924		14		1		0.591	0.262	
Tyrosine.....g	0.770		15		1		0.493	0.218	
Valine.....g	1.491		14		1		0.954	0.423	
Arginine.....g	3.049		14		1		1.951	0.864	
Histidine.....g	0.515		14		1		0.330	0.146	
Alanine.....g	0.875		5		1		0.560	0.248	
Aspartic acid.....g	1.873		5		1		1.199	0.531	
Glutamic acid.....g	3.262		5		1		2.088	0.925	
Glycine.....g	1.358		6		1		0.869	0.385	
Proline.....g	0.756		5		1		0.484	0.214	
Serine.....g	0.868		5		1		0.556	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 = 64g: 1 cup

Measure 2 = 28.35g: 1 oz (85 seeds)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12163

Seeds, pumpkin and squash seeds, whole, roasted, 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	6.032		0		1		3.860	1.710	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.042		0		1		0.027	0.012	
17:1.....g									
18:1 undifferentiated.....g	5.985		0		1		3.830	1.697	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.844		0		1		5.660	2.507	
18:2 undifferentiated.....g	8.759		0		1		5.606	2.483	
18:3 undifferentiated.....g	0.077		0		1		0.049	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	0.326		12		1		0.209	0.092	
Threonine.....g	0.683		15		1		0.437	0.194	
Isoleucine.....g	0.956		15		1		0.612	0.271	
Leucine.....g	1.572		15		1		1.006	0.446	
Lysine.....g	1.386		15		1		0.887	0.393	
Methionine.....g	0.417		14		1		0.267	0.118	
Cystine.....g	0.228		3		1		0.146	0.065	
Phenylalanine.....g	0.924		14		1		0.591	0.262	
Tyrosine.....g	0.770		15		1		0.493	0.218	
Valine.....g	1.491		14		1		0.954	0.423	
Arginine.....g	3.049		14		1		1.951	0.864	
Histidine.....g	0.515		14		1		0.330	0.146	
Alanine.....g	0.875		5		1		0.560	0.248	
Aspartic acid.....g	1.873		5		1		1.199	0.531	
Glutamic acid.....g	3.262		5		1		2.088	0.925	
Glycine.....g	1.358		6		1		0.869	0.385	
Proline.....g	0.756		5		1		0.484	0.214	
Serine.....g	0.868		5		1		0.556	0.246	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 64g: 1 cup

Measure 2 = 28.35g: 1 oz (85 seeds)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12021

Seeds, safflower seed kernels, 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	4.848		0		1		1.374		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		32		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	4.806		44		1		1.363		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.223		0		1		8.001		
18:2 undifferentiated.....g	28.084		44		1		7.962		
18:3 undifferentiated.....g	0.111		32		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									
<u>Amino Acids:</u>									
Tryptophan.....g	0.183		4		1		0.052		
Threonine.....g	0.586		9		1		0.166		
Isoleucine.....g	0.717		9		1		0.203		
Leucine.....g	1.154		9		1		0.327		
Lysine.....g	0.534		55		1		0.151		
Methionine.....g	0.284		7		1		0.081		
Cystine.....g	0.311		7		1		0.088		
Phenylalanine.....g	0.806		8		1		0.229		
Tyrosine.....g	0.531		8		1		0.151		
Valine.....g	1.025		9		1		0.291		
Arginine.....g	1.749		8		1		0.496		
Histidine.....g	0.452		8		1		0.128		
Alanine.....g	0.772		8		1		0.219		
Aspartic acid.....g	1.807		8		1		0.512		
Glutamic acid.....g	3.699		8		1		1.049		
Glycine.....g	1.010		8		1		0.286		
Proline.....g	0.726		8		1		0.206		
Serine.....g	0.812		8		1		0.230		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12022

Seeds, safflower seed meal, partially defatted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.272		0		1		0.077		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.270		0		1		0.077		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.584		0		1		0.449		
18:2 undifferentiated.....g	1.576		0		1		0.447		
18:3 undifferentiated.....g	0.006		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	0.403		0		1		0.114		
Threonine.....g	1.290		0		1		0.366		
Isoleucine.....g	1.579		0		1		0.448		
Leucine.....g	2.540		0		1		0.720		
Lysine.....g	1.176		0		1		0.333		
Methionine.....g	0.625		0		1		0.177		
Cystine.....g	0.685		0		1		0.194		
Phenylalanine.....g	1.774		0		1		0.503		
Tyrosine.....g	1.169		0		1		0.331		
Valine.....g	2.258		0		1		0.640		
Arginine.....g	3.851		0		1		1.092		
Histidine.....g	0.995		0		1		0.282		
Alanine.....g	1.700		0		1		0.482		
Aspartic acid.....g	3.978		0		1		1.128		
Glutamic acid.....g	8.145		0		1		2.309		
Glycine.....g	2.224		0		1		0.631		
Proline.....g	1.599		0		1		0.453		
Serine.....g	1.788		0		1		0.507		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12169
Seeds, sesame butter, paste

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	19.209		0		1		3.073		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.153		0		1		0.024		
17:1.....g									
18:1 undifferentiated.....g	18.966		0		1		3.035		
20:1.....g	0.071		0		1		0.011		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.296		0		1		3.567		
18:2 undifferentiated.....g	21.888		0		1		3.502		
18:3 undifferentiated.....g	0.385		0		1		0.062		
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	0.396		0		1		0.063		
Threonine.....g	0.751		0		1		0.120		
Isoleucine.....g	0.778		0		1		0.124		
Leucine.....g	1.385		0		1		0.222		
Lysine.....g	0.580		0		1		0.093		
Methionine.....g	0.597		0		1		0.096		
Cystine.....g	0.365		0		1		0.058		
Phenylalanine.....g	0.959		0		1		0.153		
Tyrosine.....g	0.757		0		1		0.121		
Valine.....g	1.010		0		1		0.162		
Arginine.....g	2.682		0		1		0.429		
Histidine.....g	0.532		0		1		0.085		
Alanine.....g	0.945		0		1		0.151		
Aspartic acid.....g	1.679		0		1		0.269		
Glutamic acid.....g	4.033		0		1		0.645		
Glycine.....g	1.239		0		1		0.198		
Proline.....g	0.826		0		1		0.132		
Serine.....g	0.986		0		1		0.158		
Hydroxyproline.....g									
<u>Others:</u>									
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 = 16g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12198

Seeds, sesame butter, tahini, from raw and stone ground kernels

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.127		0		1		2.719	5.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.022	0.041	
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		2.685	5.074	
20:1.....g	0.067		0		1		0.010	0.019	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		3.156	5.965	
18:2 undifferentiated.....g	20.654		0		1		3.098	5.855	
18:3 undifferentiated.....g	0.363		0		1		0.054	0.103	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.390		0		1		0.059	0.111	
Threonine.....g	0.739		0		1		0.111	0.210	
Isoleucine.....g	0.766		0		1		0.115	0.217	
Leucine.....g	1.364		0		1		0.205	0.387	
Lysine.....g	0.571		0		1		0.086	0.162	
Methionine.....g	0.588		0		1		0.088	0.167	
Cystine.....g	0.360		0		1		0.054	0.102	
Phenylalanine.....g	0.944		0		1		0.142	0.268	
Tyrosine.....g	0.746		0		1		0.112	0.211	
Valine.....g	0.995		0		1		0.149	0.282	
Arginine.....g	2.641		0		1		0.396	0.749	
Histidine.....g	0.524		0		1		0.079	0.149	
Alanine.....g	0.931		0		1		0.140	0.264	
Aspartic acid.....g	1.653		0		1		0.248	0.469	
Glutamic acid.....g	3.972		0		1		0.596	1.126	
Glycine.....g	1.220		0		1		0.183	0.346	
Proline.....g	0.813		0		1		0.122	0.230	
Serine.....g	0.971		0		1		0.146	0.275	
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12166

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.302		0		1		3.045	5.756	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.161		0		1		0.024	0.046	
17:1.....g									
18:1 undifferentiated.....g	20.045		0		1		3.007	5.683	
20:1.....g	0.075		0		1		0.011	0.021	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.564		0		1		3.535	6.680	
18:2 undifferentiated.....g	23.133		0		1		3.470	6.558	
18:3 undifferentiated.....g	0.407		0		1		0.061	0.115	
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	0.372		0		1		0.056	0.105	
Threonine.....g	0.706		0		1		0.106	0.200	
Isoleucine.....g	0.731		0		1		0.110	0.207	
Leucine.....g	1.302		0		1		0.195	0.369	
Lysine.....g	0.545		0		1		0.082	0.155	
Methionine.....g	0.561		0		1		0.084	0.159	
Cystine.....g	0.343		0		1		0.051	0.097	
Phenylalanine.....g	0.901		0		1		0.135	0.255	
Tyrosine.....g	0.712		0		1		0.107	0.202	
Valine.....g	0.950		0		1		0.143	0.269	
Arginine.....g	2.521		0		1		0.378	0.715	
Histidine.....g	0.500		0		1		0.075	0.142	
Alanine.....g	0.889		0		1		0.133	0.252	
Aspartic acid.....g	1.578		0		1		0.237	0.447	
Glutamic acid.....g	3.792		0		1		0.569	1.075	
Glycine.....g	1.165		0		1		0.175	0.330	
Proline.....g	0.776		0		1		0.116	0.220	
Serine.....g	0.927		0		1		0.139	0.263	
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	40		0	BFSN	4		6.050	11.434	
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 = 15.0g: 1 tbsp

Measure 2 = 28.35g: 1 oz

NDB No. 12166

Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12171

Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	21.313		0		1		2.984	6.042	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.169		0		1		0.024	0.048	
17:1.....g									
18:1 undifferentiated.....g	21.043		0		1		2.946	5.966	
20:1.....g	0.079		0		1		0.011	0.022	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.737		0		1		3.463	7.013	
18:2 undifferentiated.....g	24.285		0		1		3.400	6.885	
18:3 undifferentiated.....g	0.427		0		1		0.060	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	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.393		0		1		0.055	0.111	
Threonine.....g	0.745		0		1		0.104	0.211	
Isoleucine.....g	0.772		0		1		0.108	0.219	
Leucine.....g	1.375		0		1		0.193	0.390	
Lysine.....g	0.576		0		1		0.081	0.163	
Methionine.....g	0.593		0		1		0.083	0.168	
Cystine.....g	0.362		0		1		0.051	0.103	
Phenylalanine.....g	0.951		0		1		0.133	0.270	
Tyrosine.....g	0.752		0		1		0.105	0.213	
Valine.....g	1.002		0		1		0.140	0.284	
Arginine.....g	2.661		0		1		0.373	0.754	
Histidine.....g	0.528		0		1		0.074	0.150	
Alanine.....g	0.938		0		1		0.131	0.266	
Aspartic acid.....g	1.666		0		1		0.233	0.472	
Glutamic acid.....g	4.002		0		1		0.560	1.135	
Glycine.....g	1.229		0		1		0.172	0.348	
Proline.....g	0.819		0		1		0.115	0.232	
Serine.....g	0.979		0		1		0.137	0.278	
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 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12698

Seeds, sesame butter, tahini, type of kernels unspecified

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.016		0		4		3.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159		0		4		0.024		
17:1.....g									
18:1 undifferentiated.....g	19.763		0		4		2.964		
20:1.....g	0.074		0		4		0.011		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.232		0		4		3.485		
18:2 undifferentiated.....g	22.807		0		4		3.421		
18:3 undifferentiated.....g	0.401		0		4		0.060		
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		

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12170
Seeds, sesame flour, high-fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.010		0		1		3.972		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.111		0		1		0.031		
17:1.....g									
18:1 undifferentiated.....g	13.833		0		1		3.922		
20:1.....g	0.052		0		1		0.015		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.261		0		1		4.610		
18:2 undifferentiated.....g	15.964		0		1		4.526		
18:3 undifferentiated.....g	0.281		0		1		0.080		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.674		0		1		0.191		
Threonine.....g	1.278		0		1		0.362		
Isoleucine.....g	1.324		0		1		0.375		
Leucine.....g	2.358		0		1		0.668		
Lysine.....g	0.987		0		1		0.280		
Methionine.....g	1.016		0		1		0.288		
Cystine.....g	0.621		0		1		0.176		
Phenylalanine.....g	1.632		0		1		0.463		
Tyrosine.....g	1.289		0		1		0.365		
Valine.....g	1.719		0		1		0.487		
Arginine.....g	4.565		0		1		1.294		
Histidine.....g	0.906		0		1		0.257		
Alanine.....g	1.609		0		1		0.456		
Aspartic acid.....g	2.858		0		1		0.810		
Glutamic acid.....g	6.865		0		1		1.946		
Glycine.....g	2.108		0		1		0.598		
Proline.....g	1.406		0		1		0.399		
Serine.....g	1.679		0		1		0.476		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12033
Seeds, sesame flour, low-fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.543		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.536		0		1		0.152		
20:1.....g	0.002		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0		1		0.179		
18:2 undifferentiated.....g	0.618		0		1		0.175		
18:3 undifferentiated.....g	0.011		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									
<u>Amino Acids:</u>									
Tryptophan.....g	1.097		0		1		0.311		
Threonine.....g	2.081		0		1		0.590		
Isoleucine.....g	2.157		0		1		0.612		
Leucine.....g	3.841		0		1		1.089		
Lysine.....g	1.608		0		1		0.456		
Methionine.....g	1.656		0		1		0.469		
Cystine.....g	1.012		0		1		0.287		
Phenylalanine.....g	2.658		0		1		0.754		
Tyrosine.....g	2.100		0		1		0.595		
Valine.....g	2.800		0		1		0.794		
Arginine.....g	7.436		0		1		2.108		
Histidine.....g	1.476		0		1		0.418		
Alanine.....g	2.620		0		1		0.743		
Aspartic acid.....g	4.654		0		1		1.319		
Glutamic acid.....g	11.182		0		1		3.170		
Glycine.....g	3.434		0		1		0.974		
Proline.....g	2.289		0		1		0.649		
Serine.....g	2.734		0		1		0.775		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12032

Seeds, sesame flour, partially defatted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.405		0		1		1.249		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	4.349		0		1		1.233		
20:1.....g	0.016		0		1		0.005		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.113		0		1		1.450		
18:2 undifferentiated.....g	5.019		0		1		1.423		
18:3 undifferentiated.....g	0.088		0		1		0.025		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.882		0		1		0.250		
Threonine.....g	1.674		0		1		0.475		
Isoleucine.....g	1.734		0		1		0.492		
Leucine.....g	3.088		0		1		0.875		
Lysine.....g	1.293		0		1		0.367		
Methionine.....g	1.331		0		1		0.377		
Cystine.....g	0.814		0		1		0.231		
Phenylalanine.....g	2.138		0		1		0.606		
Tyrosine.....g	1.689		0		1		0.479		
Valine.....g	2.252		0		1		0.638		
Arginine.....g	5.979		0		1		1.695		
Histidine.....g	1.187		0		1		0.337		
Alanine.....g	2.107		0		1		0.597		
Aspartic acid.....g	3.743		0		1		1.061		
Glutamic acid.....g	8.991		0		1		2.549		
Glycine.....g	2.761		0		1		0.783		
Proline.....g	1.841		0		1		0.522		
Serine.....g	2.198		0		1		0.623		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12034

Seeds, sesame meal, partially defatted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.127		0		1		5.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.041		
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		5.074		
20:1.....g	0.067		0		1		0.019		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		5.965		
18:2 undifferentiated.....g	20.654		0		1		5.855		
18:3 undifferentiated.....g	0.363		0		1		0.103		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.371		0		1		0.105		
Threonine.....g	0.704		0		1		0.200		
Isoleucine.....g	0.730		0		1		0.207		
Leucine.....g	1.299		0		1		0.368		
Lysine.....g	0.544		0		1		0.154		
Methionine.....g	0.560		0		1		0.159		
Cystine.....g	0.342		0		1		0.097		
Phenylalanine.....g	0.899		0		1		0.255		
Tyrosine.....g	0.710		0		1		0.201		
Valine.....g	0.947		0		1		0.268		
Arginine.....g	2.515		0		1		0.713		
Histidine.....g	0.499		0		1		0.141		
Alanine.....g	0.886		0		1		0.251		
Aspartic acid.....g	1.574		0		1		0.446		
Glutamic acid.....g	3.782		0		1		1.072		
Glycine.....g	1.162		0		1		0.329		
Proline.....g	0.774		0		1		0.219		
Serine.....g	0.925		0		1		0.262		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12201

Seeds, sesame seed kernels, dried (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	20.687		0		1		31.031	1.655	0.559
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.164		0		1		0.246	0.013	0.004
17:1.....g									
18:1 undifferentiated.....g	20.425		0		1		30.638	1.634	0.551
20:1.....g	0.077		0		1		0.116	0.006	0.002
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.011		0		1		36.017	1.921	0.648
18:2 undifferentiated.....g	23.572		0		1		35.358	1.886	0.636
18:3 undifferentiated.....g	0.415		0		1		0.623	0.033	0.011
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	0.365		0	BFPN	4		0.547	0.029	0.010
Threonine.....g	0.909		0	BFPN	4		1.364	0.073	0.025
Isoleucine.....g	0.993		0	BFPN	4		1.490	0.079	0.027
Leucine.....g	1.657		0	BFPN	4		2.485	0.133	0.045
Lysine.....g	0.640		0	BFPN	4		0.961	0.051	0.017
Methionine.....g	0.691		0	BFPN	4		1.036	0.055	0.019
Cystine.....g	0.403		0	BFPN	4		0.605	0.032	0.011
Phenylalanine.....g	1.178		0	BFPN	4		1.766	0.094	0.032
Tyrosine.....g	0.867		0	BFPN	4		1.300	0.069	0.023
Valine.....g	1.139		0	BFPN	4		1.709	0.091	0.031
Arginine.....g	2.562		0	BFPN	4		3.844	0.205	0.069
Histidine.....g	0.522		0	BFPN	4		0.783	0.042	0.014
Alanine.....g	1.086		0	BFPN	4		1.629	0.087	0.029
Aspartic acid.....g	1.746		0	BFPN	4		2.618	0.140	0.047
Glutamic acid.....g	3.809		0	BFPN	4		5.714	0.305	0.103
Glycine.....g	1.461		0	BFPN	4		2.192	0.117	0.039
Proline.....g	1.047		0	BFPN	4		1.571	0.084	0.028
Serine.....g	1.009		0	BFPN	4		1.513	0.081	0.027
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	40		0	O	4		59.400	3.168	1.069
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 = 150g: 1 cup
- Measure 2 = 8.0g: 1 tbsp
- Measure 3 = 2.7g: 1 tsp

NDB No. 12201

Seeds, sesame seed kernels, dried (decorticated)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12529

Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.127		0		1		23.203	5.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.184	0.041	
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		22.908	5.074	
20:1.....g	0.067		0		1		0.086	0.019	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		26.930	5.965	
18:2 undifferentiated.....g	20.654		0		1		26.437	5.855	
18:3 undifferentiated.....g	0.363		0		1		0.465	0.103	
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	0.371		0		1		0.475	0.105	
Threonine.....g	0.704		0		1		0.901	0.200	
Isoleucine.....g	0.730		0		1		0.934	0.207	
Leucine.....g	1.299		0		1		1.663	0.368	
Lysine.....g	0.544		0		1		0.696	0.154	
Methionine.....g	0.560		0		1		0.717	0.159	
Cystine.....g	0.342		0		1		0.438	0.097	
Phenylalanine.....g	0.899		0		1		1.151	0.255	
Tyrosine.....g	0.710		0		1		0.909	0.201	
Valine.....g	0.947		0		1		1.212	0.268	
Arginine.....g	2.515		0		1		3.219	0.713	
Histidine.....g	0.499		0		1		0.639	0.141	
Alanine.....g	0.886		0		1		1.134	0.251	
Aspartic acid.....g	1.574		0		1		2.015	0.446	
Glutamic acid.....g	3.782		0		1		4.841	1.072	
Glycine.....g	1.162		0		1		1.487	0.329	
Proline.....g	0.774		0		1		0.991	0.219	
Serine.....g	0.925		0		1		1.184	0.262	
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	40		0	BFZN	4		50.688	11.227	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12529

Seeds, sesame seed kernels, toasted, with salt added (decorticated)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12029

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.127		0		1		23.203	5.139	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.184	0.041	
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		22.908	5.074	
20:1.....g	0.067		0		1		0.086	0.019	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		26.930	5.965	
18:2 undifferentiated.....g	20.654		0		1		26.437	5.855	
18:3 undifferentiated.....g	0.363		0		1		0.465	0.103	
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	0.371		0		1		0.475	0.105	
Threonine.....g	0.704		0		1		0.901	0.200	
Isoleucine.....g	0.730		0		1		0.934	0.207	
Leucine.....g	1.299		0		1		1.663	0.368	
Lysine.....g	0.544		0		1		0.696	0.154	
Methionine.....g	0.560		0		1		0.717	0.159	
Cystine.....g	0.342		0		1		0.438	0.097	
Phenylalanine.....g	0.899		0		1		1.151	0.255	
Tyrosine.....g	0.710		0		1		0.909	0.201	
Valine.....g	0.947		0		1		1.212	0.268	
Arginine.....g	2.515		0		1		3.219	0.713	
Histidine.....g	0.499		0		1		0.639	0.141	
Alanine.....g	0.886		0		1		1.134	0.251	
Aspartic acid.....g	1.574		0		1		2.015	0.446	
Glutamic acid.....g	3.782		0		1		4.841	1.072	
Glycine.....g	1.162		0		1		1.487	0.329	
Proline.....g	0.774		0		1		0.991	0.219	
Serine.....g	0.925		0		1		1.184	0.262	
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	40		0	BFZN	4		50.688	11.227	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 12029

Seeds, sesame seed kernels, toasted, without salt added (decorticated)

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12023

Seeds, sesame seeds, whole, 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	18.759		0		1		27.013	1.688	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.149		17		1		0.215	0.013	
17:1.....g									
18:1 undifferentiated.....g	18.521		761		1		26.670	1.667	
20:1.....g	0.070		9		1		0.101	0.006	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.773		0		1		31.353	1.960	
18:2 undifferentiated.....g	21.375		761		1		30.780	1.924	
18:3 undifferentiated.....g	0.376		25		1		0.541	0.034	
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	714		0		1		1028	64	
Amino Acids:									
Tryptophan.....g	0.388		13		1		0.559	0.035	
Threonine.....g	0.736		19		1		1.060	0.066	
Isoleucine.....g	0.763		19		1		1.099	0.069	
Leucine.....g	1.358		19		1		1.956	0.122	
Lysine.....g	0.569		19		1		0.819	0.051	
Methionine.....g	0.586		19		1		0.844	0.053	
Cystine.....g	0.358		10		1		0.516	0.032	
Phenylalanine.....g	0.940		19		1		1.354	0.085	
Tyrosine.....g	0.743		14		1		1.070	0.067	
Valine.....g	0.990		19		1		1.426	0.089	
Arginine.....g	2.630		18		1		3.787	0.237	
Histidine.....g	0.522		18		1		0.752	0.047	
Alanine.....g	0.927		13		1		1.335	0.083	
Aspartic acid.....g	1.646		13		1		2.370	0.148	
Glutamic acid.....g	3.955		13		1		5.695	0.356	
Glycine.....g	1.215		13		1		1.750	0.109	
Proline.....g	0.810		13		1		1.166	0.073	
Serine.....g	0.967		13		1		1.392	0.087	
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	5		0	O	4		7.776	0.486	
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 = 144g: 1 cup

Measure 2 = 9.0g: 1 tbsp

NDB No. 12023

Seeds, sesame seeds, whole, dried

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12024

Seeds, sesame seeds, whole, roasted and toasted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.127		0		1		5.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.144		0		1		0.041		
17:1.....g									
18:1 undifferentiated.....g	17.897		0		1		5.074		
20:1.....g	0.067		0		1		0.019		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.039		0		1		5.965		
18:2 undifferentiated.....g	20.654		0		1		5.855		
18:3 undifferentiated.....g	0.363		0		1		0.103		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.371		0		1		0.105		
Threonine.....g	0.704		0		1		0.200		
Isoleucine.....g	0.730		0		1		0.207		
Leucine.....g	1.299		0		1		0.368		
Lysine.....g	0.544		0		1		0.154		
Methionine.....g	0.560		0		1		0.159		
Cystine.....g	0.342		0		1		0.097		
Phenylalanine.....g	0.899		0		1		0.255		
Tyrosine.....g	0.710		0		1		0.201		
Valine.....g	0.947		0		1		0.268		
Arginine.....g	2.515		0		1		0.713		
Histidine.....g	0.499		0		1		0.141		
Alanine.....g	0.886		0		1		0.251		
Aspartic acid.....g	1.574		0		1		0.446		
Glutamic acid.....g	3.782		0		1		1.072		
Glycine.....g	1.162		0		1		0.329		
Proline.....g	0.774		0		1		0.219		
Serine.....g	0.925		0		1		0.262		
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 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12193

Seeds, sisymbrium sp. seeds, whole, 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	1.486		0		1		1.100	0.421	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		1		1		0.026	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.836		1		1		0.619	0.237	
20:1.....g	0.352		1		1		0.260	0.100	
22:1 undifferentiated.....g	0.264		1		1		0.195	0.075	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.023		0		1		1.497	0.574	
18:2 undifferentiated.....g	0.572		1		1		0.423	0.162	
18:3 undifferentiated.....g	1.451		1		1		1.074	0.411	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-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	0.266		0		1		0.197	0.075	
Threonine.....g	0.689		1		1		0.510	0.195	
Isoleucine.....g	0.650		1		1		0.481	0.184	
Leucine.....g	1.234		1		1		0.913	0.350	
Lysine.....g	0.806		1		1		0.596	0.229	
Methionine.....g	0.311		1		1		0.230	0.088	
Cystine.....g	0.245		0		1		0.181	0.069	
Phenylalanine.....g	0.584		1		1		0.432	0.166	
Tyrosine.....g	0.419		1		1		0.310	0.119	
Valine.....g	0.705		1		1		0.522	0.200	
Arginine.....g	0.799		1		1		0.591	0.227	
Histidine.....g	0.325		1		1		0.241	0.092	
Alanine.....g	0.685		1		1		0.507	0.194	
Aspartic acid.....g	1.484		1		1		1.098	0.421	
Glutamic acid.....g	1.770		1		1		1.310	0.502	
Glycine.....g	0.698		1		1		0.517	0.198	
Proline.....g	0.673		1		1		0.498	0.191	
Serine.....g	0.483		1		1		0.357	0.137	
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 = 74g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12540

Seeds, sunflower seed butter, with salt added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.111		0		1		1.458	2.583	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0		1		0.008	0.013	
17:1.....g									
18:1 undifferentiated.....g	9.009		0		1		1.441	2.554	
20:1.....g	0.046		0		1		0.007	0.013	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	31.520		0		1		5.043	8.936	
18:2 undifferentiated.....g	31.421		0		1		5.027	8.908	
18:3 undifferentiated.....g	0.066		0		1		0.011	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	0.301		0		1		0.048	0.085	
Threonine.....g	0.801		0		1		0.128	0.227	
Isoleucine.....g	0.983		0		1		0.157	0.279	
Leucine.....g	1.432		0		1		0.229	0.406	
Lysine.....g	0.809		0		1		0.129	0.229	
Methionine.....g	0.427		0		1		0.068	0.121	
Cystine.....g	0.390		0		1		0.062	0.111	
Phenylalanine.....g	1.009		0		1		0.161	0.286	
Tyrosine.....g	0.575		0		1		0.092	0.163	
Valine.....g	1.135		0		1		0.182	0.322	
Arginine.....g	2.074		0		1		0.332	0.588	
Histidine.....g	0.545		0		1		0.087	0.155	
Alanine.....g	0.965		0		1		0.154	0.274	
Aspartic acid.....g	2.111		0		1		0.338	0.598	
Glutamic acid.....g	4.816		0		1		0.771	1.365	
Glycine.....g	1.261		0		1		0.202	0.357	
Proline.....g	1.020		0		1		0.163	0.289	
Serine.....g	0.928		0		1		0.148	0.263	
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 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12040

Seeds, sunflower seed butter, 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	9.111		0		1		1.458	2.583	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0		1		0.008	0.013	
17:1.....g									
18:1 undifferentiated.....g	9.009		0		1		1.441	2.554	
20:1.....g	0.046		0		1		0.007	0.013	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	31.520		0		1		5.043	8.936	
18:2 undifferentiated.....g	31.421		0		1		5.027	8.908	
18:3 undifferentiated.....g	0.066		0		1		0.011	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	0.301		0		1		0.048	0.085	
Threonine.....g	0.801		0		1		0.128	0.227	
Isoleucine.....g	0.983		0		1		0.157	0.279	
Leucine.....g	1.432		0		1		0.229	0.406	
Lysine.....g	0.809		0		1		0.129	0.229	
Methionine.....g	0.427		0		1		0.068	0.121	
Cystine.....g	0.390		0		1		0.062	0.111	
Phenylalanine.....g	1.009		0		1		0.161	0.286	
Tyrosine.....g	0.575		0		1		0.092	0.163	
Valine.....g	1.135		0		1		0.182	0.322	
Arginine.....g	2.074		0		1		0.332	0.588	
Histidine.....g	0.545		0		1		0.087	0.155	
Alanine.....g	0.965		0		1		0.154	0.274	
Aspartic acid.....g	2.111		0		1		0.338	0.598	
Glutamic acid.....g	4.816		0		1		0.771	1.365	
Glycine.....g	1.261		0		1		0.202	0.357	
Proline.....g	1.020		0		1		0.163	0.289	
Serine.....g	0.928		0		1		0.148	0.263	
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 tbsp

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12041

Seeds, sunflower seed flour, partially defatted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.252		0		1		0.161	0.010	
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	0.249		0		1		0.159	0.010	
20:1.....g	0.001		0		1		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.870		0		1		0.557	0.035	
18:2 undifferentiated.....g	0.868		0		1		0.556	0.035	
18:3 undifferentiated.....g	0.002		0		1		0.001	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	0.735		0		1		0.470	0.029	
Threonine.....g	1.959		0		1		1.254	0.078	
Isoleucine.....g	2.403		0		1		1.538	0.096	
Leucine.....g	3.500		0		1		2.240	0.140	
Lysine.....g	1.977		0		1		1.265	0.079	
Methionine.....g	1.043		0		1		0.668	0.042	
Cystine.....g	0.952		0		1		0.609	0.038	
Phenylalanine.....g	2.466		0		1		1.578	0.099	
Tyrosine.....g	1.406		0		1		0.900	0.056	
Valine.....g	2.775		0		1		1.776	0.111	
Arginine.....g	5.069		0		1		3.244	0.203	
Histidine.....g	1.333		0		1		0.853	0.053	
Alanine.....g	2.358		0		1		1.509	0.094	
Aspartic acid.....g	5.160		0		1		3.302	0.206	
Glutamic acid.....g	11.770		0		1		7.533	0.471	
Glycine.....g	3.083		0		1		1.973	0.123	
Proline.....g	2.494		0		1		1.596	0.100	
Serine.....g	2.267		0		1		1.451	0.091	
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 = 64g: 1 cup
 Measure 2 = 4.0g: 1 tbsp

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

NDB No. 12036

Seeds, sunflower seed kernels, 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	9.462		0		1		4.353	13.625	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		15		1		0.023	0.071	
17:1.....g									
18:1 undifferentiated.....g	9.356		169		1		4.304	13.473	
20:1.....g	0.048		10		1		0.022	0.069	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.735		0		1		15.058	47.138	
18:2 undifferentiated.....g	32.632		169		1		15.011	46.990	
18:3 undifferentiated.....g	0.069		12		1		0.032	0.099	
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	534		0		1		246	769	
Amino Acids:									
Tryptophan.....g	0.348		25		1		0.160	0.501	
Threonine.....g	0.928		41		1		0.427	1.336	
Isoleucine.....g	1.139		41		1		0.524	1.640	
Leucine.....g	1.659		41		1		0.763	2.389	
Lysine.....g	0.937		44		1		0.431	1.349	
Methionine.....g	0.494		40		1		0.227	0.711	
Cystine.....g	0.451		26		1		0.207	0.649	
Phenylalanine.....g	1.169		40		1		0.538	1.683	
Tyrosine.....g	0.666		31		1		0.306	0.959	
Valine.....g	1.315		41		1		0.605	1.894	
Arginine.....g	2.403		35		1		1.105	3.460	
Histidine.....g	0.632		35		1		0.291	0.910	
Alanine.....g	1.117		26		1		0.514	1.608	
Aspartic acid.....g	2.446		26		1		1.125	3.522	
Glutamic acid.....g	5.579		26		1		2.566	8.034	
Glycine.....g	1.461		26		1		0.672	2.104	
Proline.....g	1.182		25		1		0.544	1.702	
Serine.....g	1.075		26		1		0.495	1.548	
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	BNA	4		13.800	43.200	
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	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 = 46g: 1 cup, with hulls, edible yield

Measure 2 = 144g: 1 cup

NDB No. 12036

Seeds, sunflower seed kernels, dried

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12537

Seeds, sunflower seed kernels, dry roasted, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	2.808		0		1		3.594	0.796	
17:0.....g									
18:0.....g	2.212		0		1		2.831	0.627	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.505		0		1		12.166	2.695	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.063	0.014	
17:1.....g									
18:1 undifferentiated.....g	9.399		0		1		12.031	2.665	
20:1.....g	0.048		0		1		0.061	0.014	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.884		0		1		42.092	9.323	
18:2 undifferentiated.....g	32.782		0		1		41.961	9.294	
18:3 undifferentiated.....g	0.069		0		1		0.088	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	0.295		0		1		0.378	0.084	
Threonine.....g	0.788		0		1		1.009	0.223	
Isoleucine.....g	0.967		0		1		1.238	0.274	
Leucine.....g	1.408		0		1		1.802	0.399	
Lysine.....g	0.795		0		1		1.018	0.225	
Methionine.....g	0.420		0		1		0.538	0.119	
Cystine.....g	0.383		0		1		0.490	0.109	
Phenylalanine.....g	0.992		0		1		1.270	0.281	
Tyrosine.....g	0.565		0		1		0.723	0.160	
Valine.....g	1.116		0		1		1.428	0.316	
Arginine.....g	2.039		0		1		2.610	0.578	
Histidine.....g	0.536		0		1		0.686	0.152	
Alanine.....g	0.948		0		1		1.213	0.269	
Aspartic acid.....g	2.076		0		1		2.657	0.589	
Glutamic acid.....g	4.735		0		1		6.061	1.342	
Glycine.....g	1.240		0		1		1.587	0.352	
Proline.....g	1.003		0		1		1.284	0.284	
Serine.....g	0.912		0		1		1.167	0.259	
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	14		0	BFZN	4		17.280	3.827	
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	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. 12537

Seeds, sunflower seed kernels, dry roasted, with salt added

Common Measures:

Measure 1 = 128g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12037

Seeds, sunflower seed kernels, dry roasted, 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	9.505		0		1		12.166	2.695	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.063	0.014	
17:1.....g									
18:1 undifferentiated.....g	9.399		0		1		12.031	2.665	
20:1.....g	0.048		0		1		0.061	0.014	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.884		0		1		42.092	9.323	
18:2 undifferentiated.....g	32.782		0		1		41.961	9.294	
18:3 undifferentiated.....g	0.069		0		1		0.088	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	0.295		0		1		0.378	0.084	
Threonine.....g	0.788		0		1		1.009	0.223	
Isoleucine.....g	0.967		0		1		1.238	0.274	
Leucine.....g	1.408		0		1		1.802	0.399	
Lysine.....g	0.795		0		1		1.018	0.225	
Methionine.....g	0.420		0		1		0.538	0.119	
Cystine.....g	0.383		0		1		0.490	0.109	
Phenylalanine.....g	0.992		0		1		1.270	0.281	
Tyrosine.....g	0.565		0		1		0.723	0.160	
Valine.....g	1.116		0		1		1.428	0.316	
Arginine.....g	2.039		0		1		2.610	0.578	
Histidine.....g	0.536		0		1		0.686	0.152	
Alanine.....g	0.948		0		1		1.213	0.269	
Aspartic acid.....g	2.076		0		1		2.657	0.589	
Glutamic acid.....g	4.735		0		1		6.061	1.342	
Glycine.....g	1.240		0		1		1.587	0.352	
Proline.....g	1.003		0		1		1.284	0.284	
Serine.....g	0.912		0		1		1.167	0.259	
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	14		0	BFZN	4		17.280	3.827	
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	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 = 128g: 1 cup, hulled

Measure 2 = 28.35g: 1 oz

NDB No. 12037

Seeds, sunflower seed kernels, dry roasted, without salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12538

Seeds, sunflower seed kernels, oil roasted, 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	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:0.....g	3.239		0		1		4.373	0.918	
17:0.....g									
18:0.....g	2.551		0		1		3.444	0.723	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.965		0		1		14.803	3.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		1		0.077	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.843		0		1		14.638	3.074	
20:1.....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.936		0		1		51.214	10.755	
18:2 undifferentiated.....g	37.818		0		1		51.054	10.721	
18:3 undifferentiated.....g	0.080		0		1		0.108	0.023	
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	0.326		0		1		0.440	0.092	
Threonine.....g	0.870		0		1		1.175	0.247	
Isoleucine.....g	1.068		0		1		1.442	0.303	
Leucine.....g	1.556		0		1		2.101	0.441	
Lysine.....g	0.879		0		1		1.187	0.249	
Methionine.....g	0.463		0		1		0.625	0.131	
Cystine.....g	0.423		0		1		0.571	0.120	
Phenylalanine.....g	1.096		0		1		1.480	0.311	
Tyrosine.....g	0.625		0		1		0.844	0.177	
Valine.....g	1.233		0		1		1.665	0.350	
Arginine.....g	2.253		0		1		3.042	0.639	
Histidine.....g	0.592		0		1		0.799	0.168	
Alanine.....g	1.048		0		1		1.415	0.297	
Aspartic acid.....g	2.293		0		1		3.096	0.650	
Glutamic acid.....g	5.231		0		1		7.062	1.483	
Glycine.....g	1.370		0		1		1.850	0.388	
Proline.....g	1.108		0		1		1.496	0.314	
Serine.....g	1.008		0		1		1.361	0.286	
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	14	13.500	3	A	1		18.225	3.827	
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	

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NDB No. 12538

Seeds, sunflower seed kernels, oil roasted, with salt added

Common Measures:

Measure 1 = 135g: 1 cup, hulled

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12038

Seeds, sunflower seed kernels, oil roasted, 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	10.965		0		1		14.803	3.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		1		0.077	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.843		0		1		14.638	3.074	
20:1.....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.936		0		1		51.214	10.755	
18:2 undifferentiated.....g	37.818		0		1		51.054	10.721	
18:3 undifferentiated.....g	0.080		0		1		0.108	0.023	
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	0.326		0		1		0.440	0.092	
Threonine.....g	0.870		0		1		1.175	0.247	
Isoleucine.....g	1.068		0		1		1.442	0.303	
Leucine.....g	1.556		0		1		2.101	0.441	
Lysine.....g	0.879		0		1		1.187	0.249	
Methionine.....g	0.463		0		1		0.625	0.131	
Cystine.....g	0.423		0		1		0.571	0.120	
Phenylalanine.....g	1.096		0		1		1.480	0.311	
Tyrosine.....g	0.625		0		1		0.844	0.177	
Valine.....g	1.233		0		1		1.665	0.350	
Arginine.....g	2.253		0		1		3.042	0.639	
Histidine.....g	0.592		0		1		0.799	0.168	
Alanine.....g	1.048		0		1		1.415	0.297	
Aspartic acid.....g	2.293		0		1		3.096	0.650	
Glutamic acid.....g	5.231		0		1		7.062	1.483	
Glycine.....g	1.370		0		1		1.850	0.388	
Proline.....g	1.108		0		1		1.496	0.314	
Serine.....g	1.008		0		1		1.361	0.286	
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	14		0	BFZN	4		18.225	3.827	
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	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 = 28.35g: 1 oz

NDB No. 12038

Seeds, sunflower seed kernels, oil roasted, without salt

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12539

Seeds, sunflower seed kernels, toasted, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.841		0		1		14.527	3.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.075	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.720		0		1		14.365	3.039	
20:1.....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.507		0		1		50.259	10.633	
18:2 undifferentiated.....g	37.390		0		1		50.103	10.600	
18:3 undifferentiated.....g	0.079		0		1		0.106	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									
Amino Acids:									
Tryptophan.....g	0.263		0		1		0.352	0.075	
Threonine.....g	0.702		0		1		0.941	0.199	
Isoleucine.....g	0.861		0		1		1.154	0.244	
Leucine.....g	1.254		0		1		1.680	0.356	
Lysine.....g	0.708		0		1		0.949	0.201	
Methionine.....g	0.374		0		1		0.501	0.106	
Cystine.....g	0.341		0		1		0.457	0.097	
Phenylalanine.....g	0.883		0		1		1.183	0.250	
Tyrosine.....g	0.503		0		1		0.674	0.143	
Valine.....g	0.994		0		1		1.332	0.282	
Arginine.....g	1.816		0		1		2.433	0.515	
Histidine.....g	0.477		0		1		0.639	0.135	
Alanine.....g	0.844		0		1		1.131	0.239	
Aspartic acid.....g	1.848		0		1		2.476	0.524	
Glutamic acid.....g	4.216		0		1		5.649	1.195	
Glycine.....g	1.104		0		1		1.479	0.313	
Proline.....g	0.893		0		1		1.197	0.253	
Serine.....g	0.812		0		1		1.088	0.230	
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 = 134g: 1 cup
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12039

Seeds, sunflower seed kernels, toasted, 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	10.841		0		1		14.527	3.073	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.075	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.720		0		1		14.365	3.039	
20:1.....g	0.055		0		1		0.074	0.016	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.507		0		1		50.259	10.633	
18:2 undifferentiated.....g	37.390		0		1		50.103	10.600	
18:3 undifferentiated.....g	0.079		0		1		0.106	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									
Amino Acids:									
Tryptophan.....g	0.263		0		1		0.352	0.075	
Threonine.....g	0.702		0		1		0.941	0.199	
Isoleucine.....g	0.861		0		1		1.154	0.244	
Leucine.....g	1.254		0		1		1.680	0.356	
Lysine.....g	0.708		0		1		0.949	0.201	
Methionine.....g	0.374		0		1		0.501	0.106	
Cystine.....g	0.341		0		1		0.457	0.097	
Phenylalanine.....g	0.883		0		1		1.183	0.250	
Tyrosine.....g	0.503		0		1		0.674	0.143	
Valine.....g	0.994		0		1		1.332	0.282	
Arginine.....g	1.816		0		1		2.433	0.515	
Histidine.....g	0.477		0		1		0.639	0.135	
Alanine.....g	0.844		0		1		1.131	0.239	
Aspartic acid.....g	1.848		0		1		2.476	0.524	
Glutamic acid.....g	4.216		0		1		5.649	1.195	
Glycine.....g	1.104		0		1		1.479	0.313	
Proline.....g	0.893		0		1		1.197	0.253	
Serine.....g	0.812		0		1		1.088	0.230	
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 = 134g: 1 cup
 Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47 Fat 8.37 Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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

NDB No. 12174

Seeds, watermelon seed kernels, 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	7.407		0		1		8.000	2.100	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		1		1		0.097	0.026	
17:1.....g									
18:1 undifferentiated.....g	7.317		3		1		7.902	2.074	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.094		0		1		30.342	7.965	
18:2 undifferentiated.....g	28.094		3		1		30.342	7.965	
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	0.390		1		1		0.421	0.111	
Threonine.....g	1.112		3		1		1.201	0.315	
Isoleucine.....g	1.342		3		1		1.449	0.380	
Leucine.....g	2.149		3		1		2.321	0.609	
Lysine.....g	0.887		3		1		0.958	0.251	
Methionine.....g	0.834		3		1		0.901	0.236	
Cystine.....g	0.438		2		1		0.473	0.124	
Phenylalanine.....g	2.031		3		1		2.193	0.576	
Tyrosine.....g	1.016		3		1		1.097	0.288	
Valine.....g	1.556		3		1		1.680	0.441	
Arginine.....g	4.897		3		1		5.289	1.388	
Histidine.....g	0.775		3		1		0.837	0.220	
Alanine.....g	1.492		3		1		1.611	0.423	
Aspartic acid.....g	2.764		3		1		2.985	0.784	
Glutamic acid.....g	5.699		3		1		6.155	1.616	
Glycine.....g	1.663		3		1		1.796	0.471	
Proline.....g	1.251		3		1		1.351	0.355	
Serine.....g	1.508		3		1		1.629	0.428	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 108g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 12 Nut and Seed Products

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