

NDB No. 18516
ARCHWAY Home Style Cookies, Apple Filled Oatmeal
Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.91		0	MC	9		3.73		
Energy.....kcal	394		0	MC	9		99		
Energy.....kj	1648						412		
Protein.....g	4.80		0	MC	9		1.20		
Total lipid (fat).....g	12.76		0	MC	9		3.19		
Ash.....g	1.90		0	MC	9		0.48		
Carbohydrate, by difference.....g	65.63		0	MC	9		16.41		
Fiber, total dietary.....g	2.1		0	MC	9		0.5		
Sugars, total.....g	31.95		0	MC	9		7.99		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	MC	9		7		
Iron, Fe.....mg	3.06		0	MC	9		0.77		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	183		0	MC	9		46		
Sodium, Na.....mg	413		0	MC	9		103		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.260		0	MC	9		0.065		
Riboflavin.....mg	0.160		0	MC	9		0.040		
Niacin.....mg	1.750		0	MC	9		0.438		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	53		0	MC	9		13		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	13		0	MC	9		3		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.970		0	MC	9		0.743		
Fatty acids, total monounsaturated.....g	4.830		0	MC	9		1.208		
Fatty acids, total polyunsaturated.....g	0.950		0	MC	9		0.238		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		0	MC	9		2		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18516

ARCHWAY Home Style Cookies, Apple Filled Oatmeal

Food Group: 18 Baked Products

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

NDB No. 18517
ARCHWAY Home Style Cookies, Apricot Filled
Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.75		0	MC	9		3.69		
Energy.....kcal	401		0	MC	9		100		
Energy.....kj	1678						419		
Protein.....g	5.06		0	MC	9		1.27		
Total lipid (fat).....g	13.90		0	MC	9		3.48		
Ash.....g	1.50		0	MC	9		0.38		
Carbohydrate, by difference.....g	64.79		0	MC	9		16.20		
Fiber, total dietary.....g	1.4		0	MC	9		0.4		
Sugars, total.....g	32.40		0	MC	9		8.10		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		5		
Iron, Fe.....mg	2.05		0	MC	9		0.51		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	126		0	MC	9		32		
Sodium, Na.....mg	321		0	MC	9		80		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.250		0	MC	9		0.063		
Riboflavin.....mg	0.200		0	MC	9		0.050		
Niacin.....mg	1.950		0	MC	9		0.488		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	54		0	MC	9		14		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.450		0	MC	9		1.363		
Fatty acids, total monounsaturated.....g	4.350		0	MC	9		1.088		
Fatty acids, total polyunsaturated.....g	0.840		0	MC	9		0.210		
Fatty acids, total trans.....g									
Cholesterol.....mg	27		0	MC	9		7		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18517

ARCHWAY Home Style Cookies, Apricot Filled

Food Group: 18 Baked Products

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

NDB No. 18518
ARCHWAY Home Style Cookies, Aunt Bea's Pound Cake Cookie
Archway Cookies

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	16.99		0	MC	9		4.42		
Energy.....kcal	402		0	MC	9		105		
Energy.....kj	1682						437		
Protein.....g	5.17		0	MC	9		1.34		
Total lipid (fat).....g	15.64		0	MC	9		4.07		
Ash.....g	1.53		0	MC	9		0.40		
Carbohydrate, by difference.....g	60.66		0	MC	9		15.77		
Fiber, total dietary.....g	1.0		0	MC	9		0.3		
Sugars, total.....g	32.12		0	MC	9		8.35		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37		0	MC	9		10		
Iron, Fe.....mg	2.06		0	MC	9		0.54		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	81		0	MC	9		21		
Sodium, Na.....mg	319		0	MC	9		83		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.250		0	MC	9		0.065		
Riboflavin.....mg	0.240		0	MC	9		0.062		
Niacin.....mg	1.940		0	MC	9		0.504		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	86		0	MC	9		22		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.850		0	MC	9		1.001		
Fatty acids, total monounsaturated.....g	5.870		0	MC	9		1.526		
Fatty acids, total polyunsaturated.....g	1.170		0	MC	9		0.304		
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	MC	9		15		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18518

ARCHWAY Home Style Cookies, Aunt Bea's Pound Cake Cookie

Food Group: 18 Baked Products

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

NDB No. 18519
ARCHWAY Home Style Cookies, Black Walnut Ice Box
Archway Cookies

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	5.80		0	MC	9		1.39		
Energy.....kcal	497		0	MC	9		119		
Energy.....kj	2079						499		
Protein.....g	5.25		0	MC	9		1.26		
Total lipid (fat).....g	25.66		0	MC	9		6.16		
Ash.....g	1.29		0	MC	9		0.31		
Carbohydrate, by difference.....g	62.00		0	MC	9		14.88		
Fiber, total dietary.....g	1.2		0	MC	9		0.3		
Sugars, total.....g	27.90		0	MC	9		6.70		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		5		
Iron, Fe.....mg	2.76		0	MC	9		0.66		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	82		0	MC	9		20		
Sodium, Na.....mg	319		0	MC	9		77		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.070		
Riboflavin.....mg	0.230		0	MC	9		0.055		
Niacin.....mg	2.270		0	MC	9		0.545		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	73		0	MC	9		18		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	62		0	MC	9		15		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.000		0	MC	9		1.440		
Fatty acids, total monounsaturated.....g	9.370		0	MC	9		2.249		
Fatty acids, total polyunsaturated.....g	2.500		0	MC	9		0.600		
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	MC	9		10		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18519

ARCHWAY Home Style Cookies, Black Walnut Ice Box

Food Group: 18 Baked Products

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

NDB No. 18520

ARCHWAY Home Style Cookies, Cherry Filled

Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.88		0	MC	9		3.72		
Energy.....kcal	401		0	MC	9		100		
Energy.....kj	1678						419		
Protein.....g	5.04		0	MC	9		1.26		
Total lipid (fat).....g	13.89		0	MC	9		3.47		
Ash.....g	1.54		0	MC	9		0.39		
Carbohydrate, by difference.....g	64.65		0	MC	9		16.16		
Fiber, total dietary.....g	1.4		0	MC	9		0.4		
Sugars, total.....g	31.52		0	MC	9		7.88		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		6		
Iron, Fe.....mg	2.11		0	MC	9		0.53		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	121		0	MC	9		30		
Sodium, Na.....mg	330		0	MC	9		83		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.260		0	MC	9		0.065		
Riboflavin.....mg	0.200		0	MC	9		0.050		
Niacin.....mg	1.910		0	MC	9		0.478		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	87		0	MC	9		22		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.440		0	MC	9		1.360		
Fatty acids, total monounsaturated.....g	4.350		0	MC	9		1.088		
Fatty acids, total polyunsaturated.....g	0.830		0	MC	9		0.208		
Fatty acids, total trans.....g									
Cholesterol.....mg	27		0	MC	9		7		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18520

ARCHWAY Home Style Cookies, Cherry Filled

Food Group: 18 Baked Products

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

NDB No. 18521
ARCHWAY Home Style Cookies, Chocolate Chip Drop
Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	15.95		0	MC	9		3.99		
Energy.....kcal	402		0	MC	9		101		
Energy.....kj	1682						420		
Protein.....g	5.54		0	MC	9		1.39		
Total lipid (fat).....g	14.96		0	MC	9		3.74		
Ash.....g	1.67		0	MC	9		0.42		
Carbohydrate, by difference.....g	61.87		0	MC	9		15.47		
Fiber, total dietary.....g	1.1		0	MC	9		0.3		
Sugars, total.....g	31.69		0	MC	9		7.92		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		0	MC	9		10		
Iron, Fe.....mg	2.29		0	MC	9		0.57		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	107		0	MC	9		27		
Sodium, Na.....mg	310		0	MC	9		78		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.250		0	MC	9		0.063		
Riboflavin.....mg	0.250		0	MC	9		0.063		
Niacin.....mg	2.010		0	MC	9		0.503		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	84		0	MC	9		21		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.450		0	MC	9		1.113		
Fatty acids, total monounsaturated.....g	5.540		0	MC	9		1.385		
Fatty acids, total polyunsaturated.....g	1.140		0	MC	9		0.285		
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	MC	9		14		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18521

ARCHWAY Home Style Cookies, Chocolate Chip Drop

Food Group: 18 Baked Products

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

NDB No. 18522
ARCHWAY Home Style Cookies, Chocolate Chip Ice Box
Archway Cookies

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	6.05		0	MC	9		1.45		
Energy.....kcal	486		0	MC	9		117		
Energy.....kj	2033						488		
Protein.....g	4.79		0	MC	9		1.15		
Total lipid (fat).....g	23.66		0	MC	9		5.68		
Ash.....g	1.36		0	MC	9		0.33		
Carbohydrate, by difference.....g	64.15		0	MC	9		15.40		
Fiber, total dietary.....g	1.0		0	MC	9		0.2		
Sugars, total.....g	34.83		0	MC	9		8.36		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		0	MC	9		5		
Iron, Fe.....mg	2.63		0	MC	9		0.63		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	113		0	MC	9		27		
Sodium, Na.....mg	244		0	MC	9		59		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.058		
Riboflavin.....mg	0.200		0	MC	9		0.048		
Niacin.....mg	1.930		0	MC	9		0.463		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	48		0	MC	9		12		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	7.290		0	MC	9		1.750		
Fatty acids, total monounsaturated.....g	8.810		0	MC	9		2.114		
Fatty acids, total polyunsaturated.....g	1.240		0	MC	9		0.298		
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0	MC	9		8		
Phytosterols.....mg									

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

Common Measures:
 Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18522

ARCHWAY Home Style Cookies, Chocolate Chip Ice Box

Food Group: 18 Baked Products

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

NDB No. 18523
ARCHWAY Home Style Cookies, Cinnamon Apple
Archway Cookies

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	12.80		0	MC	9		3.33		
Energy.....kcal	408		0	MC	9		106		
Energy.....kj	1707						444		
Protein.....g	4.99		0	MC	9		1.30		
Total lipid (fat).....g	14.06		0	MC	9		3.66		
Ash.....g	2.03		0	MC	9		0.53		
Carbohydrate, by difference.....g	66.12		0	MC	9		17.19		
Fiber, total dietary.....g	1.5		0	MC	9		0.4		
Sugars, total.....g	30.81		0	MC	9		8.01		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	MC	9		8		
Iron, Fe.....mg	2.42		0	MC	9		0.63		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	90		0	MC	9		23		
Sodium, Na.....mg	506		0	MC	9		132		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.280		0	MC	9		0.073		
Riboflavin.....mg	0.210		0	MC	9		0.055		
Niacin.....mg	2.190		0	MC	9		0.569		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	66		0	MC	9		17		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.340		0	MC	9		0.868		
Fatty acids, total monounsaturated.....g	5.220		0	MC	9		1.357		
Fatty acids, total polyunsaturated.....g	0.810		0	MC	9		0.211		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:
 Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18523

ARCHWAY Home Style Cookies, Cinnamon Apple

Food Group: 18 Baked Products

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

NDB No. 18524
ARCHWAY Home Style Cookies, Coconut Macaroon
Archway Cookies

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	10.73		0	MC	9		2.36		
Energy.....kcal	482		0	MC	9		106		
Energy.....kj	2017						444		
Protein.....g	3.88		0	MC	9		0.85		
Total lipid (fat).....g	27.92		0	MC	9		6.14		
Ash.....g	1.31		0	MC	9		0.29		
Carbohydrate, by difference.....g	56.15		0	MC	9		12.35		
Fiber, total dietary.....g	2.3		0	MC	9		0.5		
Sugars, total.....g	43.26		0	MC	9		9.52		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		0	MC	9		3		
Iron, Fe.....mg	1.61		0	MC	9		0.35		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	261		0	MC	9		57		
Sodium, Na.....mg	174		0	MC	9		38		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.030		0	MC	9		0.007		
Riboflavin.....mg	0.060		0	MC	9		0.013		
Niacin.....mg	0.303		0	MC	9		0.067		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	5		0	MC	9		1		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	24.710		0	MC	9		5.436		
Fatty acids, total monounsaturated.....g	1.900		0	MC	9		0.418		
Fatty acids, total polyunsaturated.....g	0.350		0	MC	9		0.077		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 22g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18524

ARCHWAY Home Style Cookies, Coconut Macaroon

Food Group: 18 Baked Products

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

NDB No. 18525
ARCHWAY Home Style Cookies, Cookies Jar Hermits
Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.87		0	MC	9		3.72		
Energy.....kcal	380		0	MC	9		95		
Energy.....kj	1590						397		
Protein.....g	5.20		0	MC	9		1.30		
Total lipid (fat).....g	10.84		0	MC	9		2.71		
Ash.....g	2.59		0	MC	9		0.65		
Carbohydrate, by difference.....g	66.50		0	MC	9		16.63		
Fiber, total dietary.....g	2.1		0	MC	9		0.5		
Sugars, total.....g	32.76		0	MC	9		8.19		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	53		0	MC	9		13		
Iron, Fe.....mg	2.87		0	MC	9		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	149		0	MC	9		37		
Sodium, Na.....mg	587		0	MC	9		147		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.073		
Riboflavin.....mg	0.230		0	MC	9		0.058		
Niacin.....mg	2.310		0	MC	9		0.578		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	34		0	MC	9		9		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.700		0	MC	9		0.675		
Fatty acids, total monounsaturated.....g	3.910		0	MC	9		0.978		
Fatty acids, total polyunsaturated.....g	1.050		0	MC	9		0.263		
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	MC	9		5		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18525

ARCHWAY Home Style Cookies, Cookies Jar Hermits

Food Group: 18 Baked Products

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

NDB No. 18526
ARCHWAY Home Style Cookies, Dark Molasses
Archway Cookies

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	8.00		0	MC	9		2.24		
Energy.....kcal	411		0	MC	9		115		
Energy.....kj	1720						481		
Protein.....g	4.23		0	MC	9		1.18		
Total lipid (fat).....g	12.17		0	MC	9		3.41		
Ash.....g	3.93		0	MC	9		1.10		
Carbohydrate, by difference.....g	71.68		0	MC	9		20.07		
Fiber, total dietary.....g	1.0		0	MC	9		0.3		
Sugars, total.....g	36.49		0	MC	9		10.22		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	48		0	MC	9		13		
Iron, Fe.....mg	4.40		0	MC	9		1.23		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	341		0	MC	9		95		
Sodium, Na.....mg	549		0	MC	9		154		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.084		
Riboflavin.....mg	0.210		0	MC	9		0.059		
Niacin.....mg	2.690		0	MC	9		0.753		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	68		0	MC	9		19		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.880		0	MC	9		0.806		
Fatty acids, total monounsaturated.....g	4.490		0	MC	9		1.257		
Fatty acids, total polyunsaturated.....g	0.730		0	MC	9		0.204		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18526
ARCHWAY Home Style Cookies, Dark Molasses

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18527
ARCHWAY Home Style Cookies, Date Filled Oatmeal
Archway Cookies

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	13.86		0	MC	9		3.47		
Energy.....kcal	395		0	MC	9		99		
Energy.....kj	1653						413		
Protein.....g	5.24		0	MC	9		1.31		
Total lipid (fat).....g	12.36		0	MC	9		3.09		
Ash.....g	2.01		0	MC	9		0.50		
Carbohydrate, by difference.....g	66.53		0	MC	9		16.63		
Fiber, total dietary.....g	2.7		0	MC	9		0.7		
Sugars, total.....g	34.60		0	MC	9		8.65		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34		0	MC	9		9		
Iron, Fe.....mg	2.03		0	MC	9		0.51		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	209		0	MC	9		52		
Sodium, Na.....mg	393		0	MC	9		98		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.260		0	MC	9		0.065		
Riboflavin.....mg	0.170		0	MC	9		0.043		
Niacin.....mg	1.800		0	MC	9		0.450		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	25		0	MC	9		6		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.950		0	MC	9		0.738		
Fatty acids, total monounsaturated.....g	4.640		0	MC	9		1.160		
Fatty acids, total polyunsaturated.....g	0.950		0	MC	9		0.238		
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	MC	9		3		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18527

ARCHWAY Home Style Cookies, Date Filled Oatmeal

Food Group: 18 Baked Products

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

NDB No. 18528
ARCHWAY Home Style Cookies, Dutch Cocoa
Archway Cookies

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	11.34		0	MC	9		2.72		
Energy.....kcal	410		0	MC	9		98		
Energy.....kj	1715						412		
Protein.....g	4.50		0	MC	9		1.08		
Total lipid (fat).....g	13.65		0	MC	9		3.28		
Ash.....g	1.70		0	MC	9		0.41		
Carbohydrate, by difference.....g	68.80		0	MC	9		16.51		
Fiber, total dietary.....g	2.3		0	MC	9		0.6		
Sugars, total.....g	34.33		0	MC	9		8.24		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		0	MC	9		3		
Iron, Fe.....mg	2.67		0	MC	9		0.64		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	191		0	MC	9		46		
Sodium, Na.....mg	363		0	MC	9		87		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.058		
Riboflavin.....mg	0.180		0	MC	9		0.043		
Niacin.....mg	1.970		0	MC	9		0.473		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	21		0	MC	9		5		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.480		0	MC	9		0.835		
Fatty acids, total monounsaturated.....g	5.120		0	MC	9		1.229		
Fatty acids, total polyunsaturated.....g	0.770		0	MC	9		0.185		
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	MC	9		3		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18528
ARCHWAY Home Style Cookies, Dutch Cocoa

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18552
ARCHWAY Home Style Cookies, Fat Free Cinnamon Honey Hearts
Archway Cookies

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	10.74		0	MC	9		3.22		
Energy.....kcal	352		0	MC	9		106		
Energy.....kj	1473						442		
Protein.....g	4.61		0	MC	9		1.38		
Total lipid (fat).....g	0.77		0	MC	9		0.23		
Ash.....g	1.62		0	MC	9		0.49		
Carbohydrate, by difference.....g	82.27		0	MC	9		24.68		
Fiber, total dietary.....g	1.3		0	MC	9		0.4		
Sugars, total.....g	42.64		0	MC	9		12.79		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		6		
Iron, Fe.....mg	2.69		0	MC	9		0.81		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	66		0	MC	9		20		
Sodium, Na.....mg	411		0	MC	9		123		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.330		0	MC	9		0.099		
Riboflavin.....mg	0.210		0	MC	9		0.063		
Niacin.....mg	2.610		0	MC	9		0.783		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	78		0	MC	9		23		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.210		0	MC	9		0.063		
Fatty acids, total monounsaturated.....g	0.220		0	MC	9		0.066		
Fatty acids, total polyunsaturated.....g	0.340		0	MC	9		0.102		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18552

ARCHWAY Home Style Cookies, Fat Free Cinnamon Honey Hearts

Food Group: 18 Baked Products

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

NDB No. 18553

ARCHWAY Home Style Cookies, Fat Free Devil's Food Cookie

Archway Cookies

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	12.99		0	MC	9		2.60		
Energy.....kcal	338		0	MC	9		68		
Energy.....kj	1414						283		
Protein.....g	4.82		0	MC	9		0.96		
Total lipid (fat).....g	0.90		0	MC	9		0.18		
Ash.....g	2.03		0	MC	9		0.41		
Carbohydrate, by difference.....g	79.27		0	MC	9		15.85		
Fiber, total dietary.....g	2.8		0	MC	9		0.6		
Sugars, total.....g	41.20		0	MC	9		8.24		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0	MC	9		2		
Iron, Fe.....mg	2.63		0	MC	9		0.53		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	269		0	MC	9		54		
Sodium, Na.....mg	393		0	MC	9		79		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.280		0	MC	9		0.056		
Riboflavin.....mg	0.190		0	MC	9		0.038		
Niacin.....mg	2.220		0	MC	9		0.444		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	65		0	MC	9		13		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.320		0	MC	9		0.064		
Fatty acids, total monounsaturated.....g	0.290		0	MC	9		0.058		
Fatty acids, total polyunsaturated.....g	0.280		0	MC	9		0.056		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 20g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18553

ARCHWAY Home Style Cookies, Fat Free Devil's Food Cookie

Food Group: 18 Baked Products

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

NDB No. 18554
ARCHWAY Home Style Cookies, Fat Free Lemon Nuggets
Archway Cookies

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	9.49		0	MC	9		3.04		
Energy.....kcal	358		0	MC	9		115		
Energy.....kj	1498						479		
Protein.....g	4.22		0	MC	9		1.35		
Total lipid (fat).....g	0.71		0	MC	9		0.23		
Ash.....g	1.44		0	MC	9		0.46		
Carbohydrate, by difference.....g	84.14		0	MC	9		26.92		
Fiber, total dietary.....g	1.1		0	MC	9		0.4		
Sugars, total.....g	46.32		0	MC	9		14.82		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		0	MC	9		4		
Iron, Fe.....mg	2.13		0	MC	9		0.68		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	63		0	MC	9		20		
Sodium, Na.....mg	365		0	MC	9		117		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.096		
Riboflavin.....mg	0.190		0	MC	9		0.061		
Niacin.....mg	2.400		0	MC	9		0.768		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	72		0	MC	9		23		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.190		0	MC	9		0.061		
Fatty acids, total monounsaturated.....g	0.210		0	MC	9		0.067		
Fatty acids, total polyunsaturated.....g	0.310		0	MC	9		0.099		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 32g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18554

ARCHWAY Home Style Cookies, Fat Free Lemon Nuggets

Food Group: 18 Baked Products

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

NDB No. 18555
ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin
Archway Cookies

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	12.55		0	MC	9		3.89		
Energy.....kcal	343		0	MC	9		106		
Energy.....kj	1435						445		
Protein.....g	4.63		0	MC	9		1.44		
Total lipid (fat).....g	1.59		0	MC	9		0.49		
Ash.....g	2.64		0	MC	9		0.82		
Carbohydrate, by difference.....g	78.59		0	MC	9		24.36		
Fiber, total dietary.....g	3.0		0	MC	9		0.9		
Sugars, total.....g	44.58		0	MC	9		13.82		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37		0	MC	9		11		
Iron, Fe.....mg	3.17		0	MC	9		0.98		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	280		0	MC	9		87		
Sodium, Na.....mg	532		0	MC	9		165		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.260		0	MC	9		0.081		
Riboflavin.....mg	0.140		0	MC	9		0.043		
Niacin.....mg	1.630		0	MC	9		0.505		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	47		0	MC	9		15		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2		0	MC	9		1		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.340		0	MC	9		0.105		
Fatty acids, total monounsaturated.....g	0.560		0	MC	9		0.174		
Fatty acids, total polyunsaturated.....g	0.680		0	MC	9		0.211		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18555

ARCHWAY Home Style Cookies, Fat Free Oatmeal Raisin

Food Group: 18 Baked Products

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

NDB No. 18556
ARCHWAY Home Style Cookies, Fat Free Oatmeal Raspberry
Archway Cookies

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	10.70		0	MC	9		3.32		
Energy.....kcal	351		0	MC	9		109		
Energy.....kj	1469						455		
Protein.....g	4.63		0	MC	9		1.44		
Total lipid (fat).....g	1.60		0	MC	9		0.50		
Ash.....g	2.66		0	MC	9		0.82		
Carbohydrate, by difference.....g	80.42		0	MC	9		24.93		
Fiber, total dietary.....g	3.0		0	MC	9		0.9		
Sugars, total.....g	46.13		0	MC	9		14.30		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		0	MC	9		12		
Iron, Fe.....mg	3.21		0	MC	9		1.00		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	287		0	MC	9		89		
Sodium, Na.....mg	537		0	MC	9		166		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.270		0	MC	9		0.084		
Riboflavin.....mg	0.140		0	MC	9		0.043		
Niacin.....mg	1.640		0	MC	9		0.508		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	47		0	MC	9		15		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2		0	MC	9		1		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.340		0	MC	9		0.105		
Fatty acids, total monounsaturated.....g	0.560		0	MC	9		0.174		
Fatty acids, total polyunsaturated.....g	0.680		0	MC	9		0.211		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18556

ARCHWAY Home Style Cookies, Fat Free Oatmeal Raspberry

Food Group: 18 Baked Products

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

NDB No. 18557
ARCHWAY Home Style Cookies, Fat Free Sugar Cookies
Archway Cookies

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	10.39		0	MC	9		2.08		
Energy.....kcal	354		0	MC	9		71		
Energy.....kj	1481						296		
Protein.....g	4.40		0	MC	9		0.88		
Total lipid (fat).....g	0.79		0	MC	9		0.16		
Ash.....g	1.52		0	MC	9		0.30		
Carbohydrate, by difference.....g	82.90		0	MC	9		16.58		
Fiber, total dietary.....g	1.2		0	MC	9		0.2		
Sugars, total.....g	39.95		0	MC	9		7.99		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0	MC	9		3		
Iron, Fe.....mg	2.18		0	MC	9		0.44		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	58		0	MC	9		12		
Sodium, Na.....mg	402		0	MC	9		80		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.310		0	MC	9		0.062		
Riboflavin.....mg	0.200		0	MC	9		0.040		
Niacin.....mg	2.520		0	MC	9		0.504		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	76		0	MC	9		15		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.260		0	MC	9		0.052		
Fatty acids, total monounsaturated.....g	0.210		0	MC	9		0.042		
Fatty acids, total polyunsaturated.....g	0.330		0	MC	9		0.066		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 20g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18557

ARCHWAY Home Style Cookies, Fat Free Sugar Cookies

Food Group: 18 Baked Products

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

NDB No. 18529
ARCHWAY Home Style Cookies, Frosty Lemon
Archway Cookies

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	12.03		0	MC	9		3.13		
Energy.....kcal	430		0	MC	9		112		
Energy.....kj	1799						468		
Protein.....g	4.41		0	MC	9		1.15		
Total lipid (fat).....g	17.11		0	MC	9		4.45		
Ash.....g	1.67		0	MC	9		0.43		
Carbohydrate, by difference.....g	64.78		0	MC	9		16.84		
Fiber, total dietary.....g	0.7		0	MC	9		0.2		
Sugars, total.....g	33.35		0	MC	9		8.67		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		0	MC	9		11		
Iron, Fe.....mg	1.62		0	MC	9		0.42		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	92		0	MC	9		24		
Sodium, Na.....mg	366		0	MC	9		95		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.062		
Riboflavin.....mg	0.200		0	MC	9		0.052		
Niacin.....mg	1.950		0	MC	9		0.507		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	59		0	MC	9		15		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.830		0	MC	9		1.516		
Fatty acids, total monounsaturated.....g	5.750		0	MC	9		1.495		
Fatty acids, total polyunsaturated.....g	0.920		0	MC	9		0.239		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18529
ARCHWAY Home Style Cookies, Frosty Lemon

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18530
ARCHWAY Home Style Cookies, Frosty Orange
Archway Cookies

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	11.24		0	MC	9		2.92		
Energy.....kcal	434		0	MC	9		113		
Energy.....kj	1816						472		
Protein.....g	4.53		0	MC	9		1.18		
Total lipid (fat).....g	17.60		0	MC	9		4.58		
Ash.....g	1.77		0	MC	9		0.46		
Carbohydrate, by difference.....g	64.86		0	MC	9		16.86		
Fiber, total dietary.....g	0.8		0	MC	9		0.2		
Sugars, total.....g	33.98		0	MC	9		8.83		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		0	MC	9		11		
Iron, Fe.....mg	1.61		0	MC	9		0.42		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	93		0	MC	9		24		
Sodium, Na.....mg	360		0	MC	9		94		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.062		
Riboflavin.....mg	0.200		0	MC	9		0.052		
Niacin.....mg	1.860		0	MC	9		0.484		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	58		0	MC	9		15		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.240		0	MC	9		1.362		
Fatty acids, total monounsaturated.....g	5.630		0	MC	9		1.464		
Fatty acids, total polyunsaturated.....g	2.110		0	MC	9		0.549		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18530

ARCHWAY Home Style Cookies, Frosty Orange

Food Group: 18 Baked Products

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

NDB No. 18531
ARCHWAY Home Style Cookies, Fruit & Honey Bar
Archway Cookies

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	13.50		0	MC	9		3.51		
Energy.....kcal	398		0	MC	9		103		
Energy.....kj	1665						433		
Protein.....g	4.69		0	MC	9		1.22		
Total lipid (fat).....g	12.65		0	MC	9		3.29		
Ash.....g	1.84		0	MC	9		0.48		
Carbohydrate, by difference.....g	67.33		0	MC	9		17.51		
Fiber, total dietary.....g	1.9		0	MC	9		0.5		
Sugars, total.....g	35.83		0	MC	9		9.32		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		6		
Iron, Fe.....mg	2.51		0	MC	9		0.65		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	171		0	MC	9		44		
Sodium, Na.....mg	410		0	MC	9		107		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.280		0	MC	9		0.073		
Riboflavin.....mg	0.200		0	MC	9		0.052		
Niacin.....mg	2.160		0	MC	9		0.562		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	43		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.010		0	MC	9		0.783		
Fatty acids, total monounsaturated.....g	4.680		0	MC	9		1.217		
Fatty acids, total polyunsaturated.....g	1.020		0	MC	9		0.265		
Fatty acids, total trans.....g									
Cholesterol.....mg	22		0	MC	9		6		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18531

ARCHWAY Home Style Cookies, Fruit & Honey Bar

Food Group: 18 Baked Products

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

NDB No. 18549
ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin
Archway Cookies

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	10.59		0	MC	9		2.75		
Energy.....kcal	425		0	MC	9		111		
Energy.....kj	1778						462		
Protein.....g	5.43		0	MC	9		1.41		
Total lipid (fat).....g	15.98		0	MC	9		4.15		
Ash.....g	2.32		0	MC	9		0.60		
Carbohydrate, by difference.....g	65.68		0	MC	9		17.08		
Fiber, total dietary.....g	2.8		0	MC	9		0.7		
Sugars, total.....g	35.55		0	MC	9		9.24		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	MC	9		7		
Iron, Fe.....mg	2.24		0	MC	9		0.58		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	219		0	MC	9		57		
Sodium, Na.....mg	466		0	MC	9		121		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.250		0	MC	9		0.065		
Riboflavin.....mg	0.140		0	MC	9		0.036		
Niacin.....mg	1.400		0	MC	9		0.364		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	31		0	MC	9		8		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.540		0	MC	9		0.920		
Fatty acids, total monounsaturated.....g	6.460		0	MC	9		1.680		
Fatty acids, total polyunsaturated.....g	1.610		0	MC	9		0.419		
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	MC	9		5		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18549

ARCHWAY Home Style Cookies, Gourmet Apple'n Raisin

Food Group: 18 Baked Products

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

NDB No. 18550
ARCHWAY Home Style Cookies, Gourmet Carrot Cake
Archway Cookies

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	11.19		0	MC	9		3.13		
Energy.....kcal	430		0	MC	9		120		
Energy.....kj	1799						504		
Protein.....g	3.97		0	MC	9		1.11		
Total lipid (fat).....g	17.84		0	MC	9		5.00		
Ash.....g	2.76		0	MC	9		0.77		
Carbohydrate, by difference.....g	64.24		0	MC	9		17.99		
Fiber, total dietary.....g	1.9		0	MC	9		0.5		
Sugars, total.....g	37.96		0	MC	9		10.63		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	40		0	MC	9		11		
Iron, Fe.....mg	2.56		0	MC	9		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	40		0	MC	9		11		
Sodium, Na.....mg	627		0	MC	9		176		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.230		0	MC	9		0.064		
Riboflavin.....mg	0.160		0	MC	9		0.045		
Niacin.....mg	1.460		0	MC	9		0.409		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	896		0	MC	9		251		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.260		0	MC	9		1.473		
Fatty acids, total monounsaturated.....g	5.850		0	MC	9		1.638		
Fatty acids, total polyunsaturated.....g	2.130		0	MC	9		0.596		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		0	MC	9		4		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18550

ARCHWAY Home Style Cookies, Gourmet Carrot Cake

Food Group: 18 Baked Products

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

NDB No. 18560
ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan
Archway Cookies

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	9.35		0	MC	9		2.62		
Energy.....kcal	477		0	MC	9		134		
Energy.....kj	1996						559		
Protein.....g	6.09		0	MC	9		1.71		
Total lipid (fat).....g	24.14		0	MC	9		6.76		
Ash.....g	1.87		0	MC	9		0.52		
Carbohydrate, by difference.....g	57.56		0	MC	9		16.12		
Fiber, total dietary.....g	2.7		0	MC	9		0.8		
Sugars, total.....g	26.15		0	MC	9		7.32		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		6		
Iron, Fe.....mg	2.97		0	MC	9		0.83		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	154		0	MC	9		43		
Sodium, Na.....mg	368		0	MC	9		103		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.067		
Riboflavin.....mg	0.140		0	MC	9		0.039		
Niacin.....mg	1.430		0	MC	9		0.400		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	31		0	MC	9		9		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.620		0	MC	9		2.414		
Fatty acids, total monounsaturated.....g	8.870		0	MC	9		2.484		
Fatty acids, total polyunsaturated.....g	2.290		0	MC	9		0.641		
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0	MC	9		5		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18560

ARCHWAY Home Style Cookies, Gourmet Oatmeal Pecan

Food Group: 18 Baked Products

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

NDB No. 18561
ARCHWAY Home Style Cookies, Gourmet O'Fashion Peanut Butter
Archway Cookies

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	7.90		0	MC	9		1.98		
Energy.....kcal	469		0	MC	9		117		
Energy.....kj	1962						491		
Protein.....g	9.09		0	MC	9		2.27		
Total lipid (fat).....g	23.64		0	MC	9		5.91		
Ash.....g	2.12		0	MC	9		0.53		
Carbohydrate, by difference.....g	57.25		0	MC	9		14.31		
Fiber, total dietary.....g	3.0		0	MC	9		0.8		
Sugars, total.....g	32.49		0	MC	9		8.12		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		6		
Iron, Fe.....mg	2.67		0	MC	9		0.67		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	207		0	MC	9		52		
Sodium, Na.....mg	473		0	MC	9		118		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.230		0	MC	9		0.058		
Riboflavin.....mg	0.180		0	MC	9		0.045		
Niacin.....mg	4.610		0	MC	9		1.153		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	59		0	MC	9		15		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.190		0	MC	9		1.298		
Fatty acids, total monounsaturated.....g	10.110		0	MC	9		2.528		
Fatty acids, total polyunsaturated.....g	4.520		0	MC	9		1.130		
Fatty acids, total trans.....g									
Cholesterol.....mg	36		0	MC	9		9		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18561

ARCHWAY Home Style Cookies, Gourmet Ol'Fashion Peanut Butter

Food Group: 18 Baked Products

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

NDB No. 18563
ARCHWAY Home Style Cookies, Gourmet Rocky Road
Archway Cookies

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	8.89		0	MC	9		2.49		
Energy.....kcal	455		0	MC	9		127		
Energy.....kj	1904						533		
Protein.....g	5.88		0	MC	9		1.65		
Total lipid (fat).....g	21.08		0	MC	9		5.90		
Ash.....g	1.52		0	MC	9		0.43		
Carbohydrate, by difference.....g	62.62		0	MC	9		17.53		
Fiber, total dietary.....g	2.6		0	MC	9		0.7		
Sugars, total.....g	33.14		0	MC	9		9.28		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	19		0	MC	9		5		
Iron, Fe.....mg	2.67		0	MC	9		0.75		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	194		0	MC	9		54		
Sodium, Na.....mg	252		0	MC	9		71		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.230		0	MC	9		0.064		
Riboflavin.....mg	0.200		0	MC	9		0.056		
Niacin.....mg	1.810		0	MC	9		0.507		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	77		0	MC	9		22		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.280		0	MC	9		1.478		
Fatty acids, total monounsaturated.....g	6.980		0	MC	9		1.954		
Fatty acids, total polyunsaturated.....g	4.310		0	MC	9		1.207		
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	MC	9		11		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18563

ARCHWAY Home Style Cookies, Gourmet Rocky Road

Food Group: 18 Baked Products

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

NDB No. 18564
ARCHWAY Home Style Cookies, Gourmet Ruth's Golden Oatmeal
Archway Cookies

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	10.94		0	MC	9		3.06		
Energy.....kcal	434		0	MC	9		122		
Energy.....kj	1816						508		
Protein.....g	5.84		0	MC	9		1.64		
Total lipid (fat).....g	18.03		0	MC	9		5.05		
Ash.....g	2.00		0	MC	9		0.56		
Carbohydrate, by difference.....g	63.19		0	MC	9		17.69		
Fiber, total dietary.....g	2.9		0	MC	9		0.8		
Sugars, total.....g	32.80		0	MC	9		9.18		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	27		0	MC	9		8		
Iron, Fe.....mg	2.03		0	MC	9		0.57		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	211		0	MC	9		59		
Sodium, Na.....mg	383		0	MC	9		107		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.280		0	MC	9		0.078		
Riboflavin.....mg	0.170		0	MC	9		0.048		
Niacin.....mg	1.840		0	MC	9		0.515		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	27		0	MC	9		8		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.490		0	MC	9		0.977		
Fatty acids, total monounsaturated.....g	7.930		0	MC	9		2.220		
Fatty acids, total polyunsaturated.....g	2.510		0	MC	9		0.703		
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	MC	9		4		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18564

ARCHWAY Home Style Cookies, Gourmet Ruth's Golden Oatmeal

Food Group: 18 Baked Products

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

NDB No. 18558
ARCHWAY Home Style Cookies, Iced Ginger Snaps
Archway Cookies

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	4.60		0	MC	9		1.70		
Energy.....kcal	466		0	MC	9		172		
Energy.....kj	1950						721		
Protein.....g	3.66		0	MC	9		1.35		
Total lipid (fat).....g	18.96		0	MC	9		7.02		
Ash.....g	1.94		0	MC	9		0.72		
Carbohydrate, by difference.....g	70.85		0	MC	9		26.21		
Fiber, total dietary.....g	1.1		0	MC	9		0.4		
Sugars, total.....g	38.09		0	MC	9		14.09		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		8		
Iron, Fe.....mg	3.40		0	MC	9		1.26		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	68		0	MC	9		25		
Sodium, Na.....mg	356		0	MC	9		132		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.280		0	MC	9		0.104		
Riboflavin.....mg	0.190		0	MC	9		0.070		
Niacin.....mg	2.450		0	MC	9		0.907		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	67		0	MC	9		25		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.730		0	MC	9		2.120		
Fatty acids, total monounsaturated.....g	6.070		0	MC	9		2.246		
Fatty acids, total polyunsaturated.....g	2.170		0	MC	9		0.803		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 37g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18558

ARCHWAY Home Style Cookies, Iced Ginger Snaps

Food Group: 18 Baked Products

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

NDB No. 18532
ARCHWAY Home Style Cookies, Iced Molasses
Archway Cookies

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	10.90		0	MC	9		3.05		
Energy.....kcal	407		0	MC	9		114		
Energy.....kj	1703						477		
Protein.....g	3.72		0	MC	9		1.04		
Total lipid (fat).....g	12.88		0	MC	9		3.61		
Ash.....g	2.89		0	MC	9		0.81		
Carbohydrate, by difference.....g	69.90		0	MC	9		19.57		
Fiber, total dietary.....g	1.0		0	MC	9		0.3		
Sugars, total.....g	35.63		0	MC	9		9.98		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		7		
Iron, Fe.....mg	4.18		0	MC	9		1.17		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	75		0	MC	9		21		
Sodium, Na.....mg	464		0	MC	9		130		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.081		
Riboflavin.....mg	0.200		0	MC	9		0.056		
Niacin.....mg	2.640		0	MC	9		0.739		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.100		0	MC	9		1.148		
Fatty acids, total monounsaturated.....g	3.850		0	MC	9		1.078		
Fatty acids, total polyunsaturated.....g	1.930		0	MC	9		0.540		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18532

ARCHWAY Home Style Cookies, Iced Molasses

Food Group: 18 Baked Products

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

NDB No. 18533
ARCHWAY Home Style Cookies, Iced Oatmeal
Archway Cookies

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	9.59		0	MC	9		2.69		
Energy.....kcal	439		0	MC	9		123		
Energy.....kj	1837						514		
Protein.....g	5.22		0	MC	9		1.46		
Total lipid (fat).....g	17.36		0	MC	9		4.86		
Ash.....g	1.83		0	MC	9		0.51		
Carbohydrate, by difference.....g	65.99		0	MC	9		18.48		
Fiber, total dietary.....g	2.3		0	MC	9		0.6		
Sugars, total.....g	35.14		0	MC	9		9.84		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	MC	9		8		
Iron, Fe.....mg	1.95		0	MC	9		0.55		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	162		0	MC	9		45		
Sodium, Na.....mg	330		0	MC	9		92		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.250		0	MC	9		0.070		
Riboflavin.....mg	0.150		0	MC	9		0.042		
Niacin.....mg	1.580		0	MC	9		0.442		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	17		0	MC	9		5		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.320		0	MC	9		1.490		
Fatty acids, total monounsaturated.....g	5.470		0	MC	9		1.532		
Fatty acids, total polyunsaturated.....g	2.540		0	MC	9		0.711		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	MC	9		3		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18533
ARCHWAY Home Style Cookies, Iced Oatmeal

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18534
ARCHWAY Home Style Cookies, Lemon Drop
Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.50		0	MC	9		4.20		
Energy.....kcal	389		0	MC	9		93		
Energy.....kj	1628						391		
Protein.....g	5.15		0	MC	9		1.24		
Total lipid (fat).....g	13.85		0	MC	9		3.32		
Ash.....g	1.84		0	MC	9		0.44		
Carbohydrate, by difference.....g	61.66		0	MC	9		14.80		
Fiber, total dietary.....g	1.2		0	MC	9		0.3		
Sugars, total.....g	27.67		0	MC	9		6.64		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	37		0	MC	9		9		
Iron, Fe.....mg	2.20		0	MC	9		0.53		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	83		0	MC	9		20		
Sodium, Na.....mg	395		0	MC	9		95		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.280		0	MC	9		0.067		
Riboflavin.....mg	0.240		0	MC	9		0.058		
Niacin.....mg	2.260		0	MC	9		0.542		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	58		0	MC	9		14		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.350		0	MC	9		0.804		
Fatty acids, total monounsaturated.....g	5.130		0	MC	9		1.231		
Fatty acids, total polyunsaturated.....g	1.110		0	MC	9		0.266		
Fatty acids, total trans.....g									
Cholesterol.....mg	37		0	MC	9		9		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18534
ARCHWAY Home Style Cookies, Lemon Drop

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18559
ARCHWAY Home Style Cookies, Lemon Snaps
Archway Cookies

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	5.30		0	MC	9		1.64		
Energy.....kcal	489		0	MC	9		152		
Energy.....kj	2046						634		
Protein.....g	5.02		0	MC	9		1.56		
Total lipid (fat).....g	23.54		0	MC	9		7.30		
Ash.....g	1.36		0	MC	9		0.42		
Carbohydrate, by difference.....g	64.77		0	MC	9		20.08		
Fiber, total dietary.....g	1.1		0	MC	9		0.3		
Sugars, total.....g	28.38		0	MC	9		8.80		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		0	MC	9		9		
Iron, Fe.....mg	2.14		0	MC	9		0.66		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	77		0	MC	9		24		
Sodium, Na.....mg	378		0	MC	9		117		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.310		0	MC	9		0.096		
Riboflavin.....mg	0.230		0	MC	9		0.071		
Niacin.....mg	2.390		0	MC	9		0.741		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	75		0	MC	9		23		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	34		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.640		0	MC	9		1.748		
Fatty acids, total monounsaturated.....g	8.860		0	MC	9		2.747		
Fatty acids, total polyunsaturated.....g	1.270		0	MC	9		0.394		
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0	MC	9		7		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18559

ARCHWAY Home Style Cookies, Lemon Snaps

Food Group: 18 Baked Products

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

NDB No. 18535
ARCHWAY Home Style Cookies, Molasses
Archway Cookies

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	11.30		0	MC	9		2.94		
Energy.....kcal	398		0	MC	9		103		
Energy.....kj	1665						433		
Protein.....g	4.53		0	MC	9		1.18		
Total lipid (fat).....g	11.46		0	MC	9		2.98		
Ash.....g	2.78		0	MC	9		0.72		
Carbohydrate, by difference.....g	69.94		0	MC	9		18.18		
Fiber, total dietary.....g	1.2		0	MC	9		0.3		
Sugars, total.....g	38.18		0	MC	9		9.93		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	33		0	MC	9		9		
Iron, Fe.....mg	4.37		0	MC	9		1.14		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	112		0	MC	9		29		
Sodium, Na.....mg	553		0	MC	9		144		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.280		0	MC	9		0.073		
Riboflavin.....mg	0.230		0	MC	9		0.060		
Niacin.....mg	2.530		0	MC	9		0.658		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	46		0	MC	9		12		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.820		0	MC	9		0.733		
Fatty acids, total monounsaturated.....g	4.300		0	MC	9		1.118		
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9		0.208		
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0	MC	9		8		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18535
ARCHWAY Home Style Cookies, Molasses

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18536
ARCHWAY Home Style Cookies, Mud Pie
Archway Cookies

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	13.18		0	MC	9		3.30		
Energy.....kcal	429		0	MC	9		107		
Energy.....kj	1795						449		
Protein.....g	5.30		0	MC	9		1.33		
Total lipid (fat).....g	19.73		0	MC	9		4.93		
Ash.....g	2.10		0	MC	9		0.53		
Carbohydrate, by difference.....g	59.69		0	MC	9		14.92		
Fiber, total dietary.....g	2.8		0	MC	9		0.7		
Sugars, total.....g	30.25		0	MC	9		7.56		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	MC	9		7		
Iron, Fe.....mg	2.87		0	MC	9		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	266		0	MC	9		67		
Sodium, Na.....mg	413		0	MC	9		103		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.210		0	MC	9		0.053		
Riboflavin.....mg	0.190		0	MC	9		0.048		
Niacin.....mg	1.800		0	MC	9		0.450		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	49		0	MC	9		12		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	32		0	MC	9		8		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.600		0	MC	9		2.150		
Fatty acids, total monounsaturated.....g	5.930		0	MC	9		1.483		
Fatty acids, total polyunsaturated.....g	0.830		0	MC	9		0.208		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	MC	9		5		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18536
ARCHWAY Home Style Cookies, Mud Pie

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18537
ARCHWAY Home Style Cookies, Oatmeal
Archway Cookies

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	10.19		0	MC	9		2.55		
Energy.....kcal	424		0	MC	9		106		
Energy.....kj	1774						444		
Protein.....g	6.05		0	MC	9		1.51		
Total lipid (fat).....g	15.06		0	MC	9		3.77		
Ash.....g	1.86		0	MC	9		0.47		
Carbohydrate, by difference.....g	66.84		0	MC	9		16.71		
Fiber, total dietary.....g	2.9		0	MC	9		0.7		
Sugars, total.....g	32.16		0	MC	9		8.04		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0	MC	9		8		
Iron, Fe.....mg	2.38		0	MC	9		0.60		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	185		0	MC	9		46		
Sodium, Na.....mg	346		0	MC	9		87		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.073		
Riboflavin.....mg	0.170		0	MC	9		0.043		
Niacin.....mg	1.860		0	MC	9		0.465		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	27		0	MC	9		7		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.510		0	MC	9		0.878		
Fatty acids, total monounsaturated.....g	5.610		0	MC	9		1.403		
Fatty acids, total polyunsaturated.....g	1.350		0	MC	9		0.338		
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	MC	9		3		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18537

ARCHWAY Home Style Cookies, Oatmeal

Food Group: 18 Baked Products

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

NDB No. 18538
ARCHWAY Home Style Cookies, Oatmeal Raisin
Archway Cookies

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	11.49		0	MC	9		2.99		
Energy.....kcal	410		0	MC	9		107		
Energy.....kj	1715						446		
Protein.....g	5.70		0	MC	9		1.48		
Total lipid (fat).....g	13.54		0	MC	9		3.52		
Ash.....g	2.03		0	MC	9		0.53		
Carbohydrate, by difference.....g	67.24		0	MC	9		17.48		
Fiber, total dietary.....g	3.0		0	MC	9		0.8		
Sugars, total.....g	35.80		0	MC	9		9.31		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0	MC	9		8		
Iron, Fe.....mg	2.28		0	MC	9		0.59		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	232		0	MC	9		60		
Sodium, Na.....mg	377		0	MC	9		98		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.270		0	MC	9		0.070		
Riboflavin.....mg	0.160		0	MC	9		0.042		
Niacin.....mg	1.720		0	MC	9		0.447		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	25		0	MC	9		7		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.150		0	MC	9		0.819		
Fatty acids, total monounsaturated.....g	5.040		0	MC	9		1.310		
Fatty acids, total polyunsaturated.....g	1.220		0	MC	9		0.317		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	MC	9		3		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18538
ARCHWAY Home Style Cookies, Oatmeal Raisin

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18539
ARCHWAY Home Style Cookies, Old Fashioned Molasses
Archway Cookies

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	10.30		0	MC	9		2.68		
Energy.....kcal	402		0	MC	9		105		
Energy.....kj	1682						437		
Protein.....g	4.61		0	MC	9		1.20		
Total lipid (fat).....g	11.35		0	MC	9		2.95		
Ash.....g	2.81		0	MC	9		0.73		
Carbohydrate, by difference.....g	70.93		0	MC	9		18.44		
Fiber, total dietary.....g	1.2		0	MC	9		0.3		
Sugars, total.....g	37.87		0	MC	9		9.85		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	MC	9		9		
Iron, Fe.....mg	4.75		0	MC	9		1.24		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	113		0	MC	9		29		
Sodium, Na.....mg	529		0	MC	9		138		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.075		
Riboflavin.....mg	0.240		0	MC	9		0.062		
Niacin.....mg	2.650		0	MC	9		0.689		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	46		0	MC	9		12		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.790		0	MC	9		0.725		
Fatty acids, total monounsaturated.....g	2.790		0	MC	9		0.725		
Fatty acids, total polyunsaturated.....g	0.870		0	MC	9		0.226		
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0	MC	9		8		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18539

ARCHWAY Home Style Cookies, Old Fashioned Molasses

Food Group: 18 Baked Products

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

NDB No. 18540
ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Archway Cookies

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	4.15		0	MC	9		0.83		
Energy.....kcal	455		0	MC	9		91		
Energy.....kj	1904						381		
Protein.....g	5.52		0	MC	9		1.10		
Total lipid (fat).....g	17.29		0	MC	9		3.46		
Ash.....g	2.07		0	MC	9		0.41		
Carbohydrate, by difference.....g	70.97		0	MC	9		14.19		
Fiber, total dietary.....g	2.6		0	MC	9		0.5		
Sugars, total.....g	32.15		0	MC	9		6.43		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		0	MC	9		7		
Iron, Fe.....mg	3.30		0	MC	9		0.66		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	100		0	MC	9		20		
Sodium, Na.....mg	466		0	MC	9		93		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.330		0	MC	9		0.066		
Riboflavin.....mg	0.240		0	MC	9		0.048		
Niacin.....mg	2.890		0	MC	9		0.578		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	13		0	MC	9		3		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.700		0	MC	9		0.740		
Fatty acids, total monounsaturated.....g	7.140		0	MC	9		1.428		
Fatty acids, total polyunsaturated.....g	1.730		0	MC	9		0.346		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:
 Measure 1 = 20g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18540

ARCHWAY Home Style Cookies, Old Fashioned Windmill Cookies

Food Group: 18 Baked Products

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

NDB No. 18541
ARCHWAY Home Style Cookies, Peanut Butter
Archway Cookies

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	6.35		0	MC	9		1.33		
Energy.....kcal	480		0	MC	9		101		
Energy.....kj	2008						422		
Protein.....g	9.00		0	MC	9		1.89		
Total lipid (fat).....g	24.28		0	MC	9		5.10		
Ash.....g	1.90		0	MC	9		0.40		
Carbohydrate, by difference.....g	58.48		0	MC	9		12.28		
Fiber, total dietary.....g	2.8		0	MC	9		0.6		
Sugars, total.....g	32.55		0	MC	9		6.84		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	MC	9		7		
Iron, Fe.....mg	2.72		0	MC	9		0.57		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	209		0	MC	9		44		
Sodium, Na.....mg	404		0	MC	9		85		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.050		
Riboflavin.....mg	0.200		0	MC	9		0.042		
Niacin.....mg	4.370		0	MC	9		0.918		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	61		0	MC	9		13		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.390		0	MC	9		1.132		
Fatty acids, total monounsaturated.....g	10.210		0	MC	9		2.144		
Fatty acids, total polyunsaturated.....g	4.230		0	MC	9		0.888		
Fatty acids, total trans.....g									
Cholesterol.....mg	37		0	MC	9		8		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 21g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18541
ARCHWAY Home Style Cookies, Peanut Butter

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18542
ARCHWAY Home Style Cookies, Peanut Jumble
Archway Cookies

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	7.60		0	MC	9		1.82		
Energy.....kcal	484		0	MC	9		116		
Energy.....kj	2025						486		
Protein.....g	9.09		0	MC	9		2.18		
Total lipid (fat).....g	25.89		0	MC	9		6.21		
Ash.....g	1.82		0	MC	9		0.44		
Carbohydrate, by difference.....g	55.60		0	MC	9		13.34		
Fiber, total dietary.....g	3.0		0	MC	9		0.7		
Sugars, total.....g	27.67		0	MC	9		6.64		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0	MC	9		7		
Iron, Fe.....mg	4.10		0	MC	9		0.98		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	246		0	MC	9		59		
Sodium, Na.....mg	321		0	MC	9		77		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.250		0	MC	9		0.060		
Riboflavin.....mg	0.160		0	MC	9		0.038		
Niacin.....mg	4.400		0	MC	9		1.056		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	32		0	MC	9		8		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.830		0	MC	9		1.639		
Fatty acids, total monounsaturated.....g	10.120		0	MC	9		2.429		
Fatty acids, total polyunsaturated.....g	4.420		0	MC	9		1.061		
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0	MC	9		4		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18542
ARCHWAY Home Style Cookies, Peanut Jumble

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18543
ARCHWAY Home Style Cookies, Pecan Ice Box
Archway Cookies

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	5.92		0	MC	9		1.42		
Energy.....kcal	500		0	MC	9		120		
Energy.....kj	2092						502		
Protein.....g	4.49		0	MC	9		1.08		
Total lipid (fat).....g	26.23		0	MC	9		6.30		
Ash.....g	1.30		0	MC	9		0.31		
Carbohydrate, by difference.....g	62.05		0	MC	9		14.89		
Fiber, total dietary.....g	1.1		0	MC	9		0.3		
Sugars, total.....g	28.61		0	MC	9		6.87		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0	MC	9		4		
Iron, Fe.....mg	2.05		0	MC	9		0.49		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	69		0	MC	9		17		
Sodium, Na.....mg	313		0	MC	9		75		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.072		
Riboflavin.....mg	0.210		0	MC	9		0.050		
Niacin.....mg	2.350		0	MC	9		0.564		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	38		0	MC	9		9		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.710		0	MC	9		1.370		
Fatty acids, total monounsaturated.....g	10.770		0	MC	9		2.585		
Fatty acids, total polyunsaturated.....g	2.150		0	MC	9		0.516		
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0	MC	9		6		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18543

ARCHWAY Home Style Cookies, Pecan Ice Box

Food Group: 18 Baked Products

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

NDB No. 18544
ARCHWAY Home Style Cookies, Raspberry Filled
Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.36		0	MC	9		3.59		
Energy.....kcal	404		0	MC	9		101		
Energy.....kj	1690						423		
Protein.....g	5.01		0	MC	9		1.25		
Total lipid (fat).....g	13.90		0	MC	9		3.48		
Ash.....g	1.52		0	MC	9		0.38		
Carbohydrate, by difference.....g	65.21		0	MC	9		16.30		
Fiber, total dietary.....g	1.4		0	MC	9		0.4		
Sugars, total.....g	32.73		0	MC	9		8.18		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		6		
Iron, Fe.....mg	2.15		0	MC	9		0.54		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	124		0	MC	9		31		
Sodium, Na.....mg	336		0	MC	9		84		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.320		0	MC	9		0.080		
Riboflavin.....mg	0.200		0	MC	9		0.050		
Niacin.....mg	1.920		0	MC	9		0.480		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	42		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.450		0	MC	9		1.363		
Fatty acids, total monounsaturated.....g	4.350		0	MC	9		1.088		
Fatty acids, total polyunsaturated.....g	0.840		0	MC	9		0.210		
Fatty acids, total trans.....g									
Cholesterol.....mg	27		0	MC	9		7		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18544

ARCHWAY Home Style Cookies, Raspberry Filled

Food Group: 18 Baked Products

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

NDB No. 18562

ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Archway Cookies

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	4.92		0	MC	9		1.57		
Energy.....kcal	425		0	MC	9		136		
Energy.....kj	1778						569		
Protein.....g	4.23		0	MC	9		1.35		
Total lipid (fat).....g	11.37		0	MC	9		3.64		
Ash.....g	2.56		0	MC	9		0.82		
Carbohydrate, by difference.....g	76.92		0	MC	9		24.61		
Fiber, total dietary.....g	1.3		0	MC	9		0.4		
Sugars, total.....g	37.49		0	MC	9		12.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	MC	9		9		
Iron, Fe.....mg	4.22		0	MC	9		1.35		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	148		0	MC	9		47		
Sodium, Na.....mg	441		0	MC	9		141		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.330		0	MC	9		0.106		
Riboflavin.....mg	0.220		0	MC	9		0.070		
Niacin.....mg	2.870		0	MC	9		0.918		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	76		0	MC	9		24		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.870		0	MC	9		0.918		
Fatty acids, total monounsaturated.....g	4.260		0	MC	9		1.363		
Fatty acids, total polyunsaturated.....g	0.930		0	MC	9		0.298		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 32g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18562

ARCHWAY Home Style Cookies, Reduced Fat Ginger Snaps

Food Group: 18 Baked Products

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

NDB No. 18545
ARCHWAY Home Style Cookies, Ruth's Oatmeal
Archway Cookies

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	9.99		0	MC	9		2.60		
Energy.....kcal	428		0	MC	9		111		
Energy.....kj	1791						466		
Protein.....g	5.94		0	MC	9		1.54		
Total lipid (fat).....g	15.88		0	MC	9		4.13		
Ash.....g	2.03		0	MC	9		0.53		
Carbohydrate, by difference.....g	66.15		0	MC	9		17.20		
Fiber, total dietary.....g	2.6		0	MC	9		0.7		
Sugars, total.....g	34.09		0	MC	9		8.86		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0	MC	9		8		
Iron, Fe.....mg	2.76		0	MC	9		0.72		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	184		0	MC	9		48		
Sodium, Na.....mg	440		0	MC	9		114		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.270		0	MC	9		0.070		
Riboflavin.....mg	0.160		0	MC	9		0.042		
Niacin.....mg	1.690		0	MC	9		0.439		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	34		0	MC	9		9		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.530		0	MC	9		0.918		
Fatty acids, total monounsaturated.....g	5.630		0	MC	9		1.464		
Fatty acids, total polyunsaturated.....g	2.370		0	MC	9		0.616		
Fatty acids, total trans.....g									
Cholesterol.....mg	16		0	MC	9		4		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 26g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18545
ARCHWAY Home Style Cookies, Ruth's Oatmeal

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18546
ARCHWAY Home Style Cookies, Soft Sugar Drop
Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.00		0	MC		9			
Energy.....kcal	390		0	MC		9			
Energy.....kj	1632								
Protein.....g	5.20		0	MC		9			
Total lipid (fat).....g	13.22		0	MC		9			
Ash.....g	1.59		0	MC		9			
Carbohydrate, by difference.....g	62.98		0	MC		9			
Fiber, total dietary.....g	0.9		0	MC		9			
Sugars, total.....g	32.09		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0	MC		9			
Iron, Fe.....mg	1.97		0	MC		9			
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	83		0	MC		9			
Sodium, Na.....mg	333		0	MC		9			
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.260		0	MC		9			
Riboflavin.....mg	0.250		0	MC		9			
Niacin.....mg	1.960		0	MC		9			
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	64		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	77		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.340		0	MC		9			
Fatty acids, total monounsaturated.....g	5.010		0	MC		9			
Fatty acids, total polyunsaturated.....g	0.890		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	MC		9			
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 18546

ARCHWAY Home Style Cookies, Soft Sugar Drop

Food Group: 18 Baked Products

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

NDB No. 18547
ARCHWAY Home Style Cookies, Strawberry Filled
Archway Cookies

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.94		0	MC	9		3.74		
Energy.....kcal	401		0	MC	9		100		
Energy.....kj	1678						419		
Protein.....g	5.01		0	MC	9		1.25		
Total lipid (fat).....g	13.89		0	MC	9		3.47		
Ash.....g	1.50		0	MC	9		0.38		
Carbohydrate, by difference.....g	64.67		0	MC	9		16.17		
Fiber, total dietary.....g	1.4		0	MC	9		0.4		
Sugars, total.....g	31.76		0	MC	9		7.94		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		0	MC	9		6		
Iron, Fe.....mg	2.24		0	MC	9		0.56		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	135		0	MC	9		34		
Sodium, Na.....mg	336		0	MC	9		84		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.260		0	MC	9		0.065		
Riboflavin.....mg	0.200		0	MC	9		0.050		
Niacin.....mg	1.920		0	MC	9		0.480		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	42		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.440		0	MC	9		1.360		
Fatty acids, total monounsaturated.....g	4.350		0	MC	9		1.088		
Fatty acids, total polyunsaturated.....g	0.830		0	MC	9		0.208		
Fatty acids, total trans.....g									
Cholesterol.....mg	27		0	MC	9		7		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18547

ARCHWAY Home Style Cookies, Strawberry Filled

Food Group: 18 Baked Products

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

NDB No. 18548
ARCHWAY Home Style Cookies, Sugar
Archway Cookies

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	10.21		0	MC	9		2.45		
Energy.....kcal	410		0	MC	9		98		
Energy.....kj	1715						412		
Protein.....g	5.13		0	MC	9		1.23		
Total lipid (fat).....g	12.85		0	MC	9		3.08		
Ash.....g	2.83		0	MC	9		0.68		
Carbohydrate, by difference.....g	68.98		0	MC	9		16.56		
Fiber, total dietary.....g	1.1		0	MC	9		0.3		
Sugars, total.....g	31.26		0	MC	9		7.50		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		0	MC	9		7		
Iron, Fe.....mg	2.20		0	MC	9		0.53		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	83		0	MC	9		20		
Sodium, Na.....mg	676		0	MC	9		162		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.310		0	MC	9		0.074		
Riboflavin.....mg	0.230		0	MC	9		0.055		
Niacin.....mg	2.450		0	MC	9		0.588		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	32		0	MC	9		8		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.170		0	MC	9		0.761		
Fatty acids, total monounsaturated.....g	4.770		0	MC	9		1.145		
Fatty acids, total polyunsaturated.....g	0.840		0	MC	9		0.202		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	MC	9		5		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18548

ARCHWAY Home Style Cookies, Sugar

Food Group: 18 Baked Products

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

NDB No. 18565
ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip
Archway Cookies

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	4.75		0	MC	9		1.14		
Energy.....kcal	448		0	MC	9		108		
Energy.....kj	1874						450		
Protein.....g	4.51		0	MC	9		1.08		
Total lipid (fat).....g	22.19		0	MC	9		5.33		
Ash.....g	1.68		0	MC	9		0.40		
Carbohydrate, by difference.....g	66.87		0	MC	9		16.05		
Fiber, total dietary.....g	1.0		0	MC	9		0.2		
Sugars, total.....g	0.83		0	MC	9		0.20		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	258		0	MC	9		62		
Iron, Fe.....mg	1.99		0	MC	9		0.48		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	80		0	MC	9		19		
Sodium, Na.....mg	267		0	MC	9		64		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.230		0	MC	9		0.055		
Riboflavin.....mg	0.190		0	MC	9		0.046		
Niacin.....mg	1.840		0	MC	9		0.442		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	22		0	MC	9		5		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.230		0	MC	9		1.495		
Fatty acids, total monounsaturated.....g	8.330		0	MC	9		1.999		
Fatty acids, total polyunsaturated.....g	1.050		0	MC	9		0.252		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18565

ARCHWAY Home Style Cookies, Sugar Free Chocolate Chip

Food Group: 18 Baked Products

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

NDB No. 18513
ARCHWAY Home Style Cookies, Sugar Free Oatmeal
Archway Cookies

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	5.00		0	MC	9		1.20		
Energy.....kcal	442		0	MC	9		106		
Energy.....kj	1849						444		
Protein.....g	5.54		0	MC	9		1.33		
Total lipid (fat).....g	20.92		0	MC	9		5.02		
Ash.....g	1.34		0	MC	9		0.32		
Carbohydrate, by difference.....g	67.20		0	MC	9		16.13		
Fiber, total dietary.....g	1.9		0	MC	9		0.5		
Sugars, total.....g	1.26		0	MC	9		0.30		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		0	MC	9		5		
Iron, Fe.....mg	1.96		0	MC	9		0.47		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	87		0	MC	9		21		
Sodium, Na.....mg	308		0	MC	9		74		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.270		0	MC	9		0.065		
Riboflavin.....mg	0.170		0	MC	9		0.041		
Niacin.....mg	1.810		0	MC	9		0.434		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	58		0	MC	9		14		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.900		0	MC	9		1.176		
Fatty acids, total monounsaturated.....g	7.860		0	MC	9		1.886		
Fatty acids, total polyunsaturated.....g	1.310		0	MC	9		0.314		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18513

ARCHWAY Home Style Cookies, Sugar Free Oatmeal

Food Group: 18 Baked Products

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

NDB No. 18514
ARCHWAY Home Style Cookies, Sugar Free Rocky Road
Archway Cookies

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	7.50		0	MC	9		1.80		
Energy.....kcal	421		0	MC	9		101		
Energy.....kj	1761						423		
Protein.....g	5.64		0	MC	9		1.35		
Total lipid (fat).....g	20.57		0	MC	9		4.94		
Ash.....g	1.89		0	MC	9		0.45		
Carbohydrate, by difference.....g	64.40		0	MC	9		15.46		
Fiber, total dietary.....g	2.5		0	MC	9		0.6		
Sugars, total.....g	0.87		0	MC	9		0.21		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	168		0	MC	9		40		
Iron, Fe.....mg	2.81		0	MC	9		0.67		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	241		0	MC	9		58		
Sodium, Na.....mg	277		0	MC	9		66		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.240		0	MC	9		0.058		
Riboflavin.....mg	0.190		0	MC	9		0.046		
Niacin.....mg	1.860		0	MC	9		0.446		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	13		0	MC	9		3		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.880		0	MC	9		1.171		
Fatty acids, total monounsaturated.....g	8.930		0	MC	9		2.143		
Fatty acids, total polyunsaturated.....g	2.200		0	MC	9		0.528		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18514

ARCHWAY Home Style Cookies, Sugar Free Rocky Road

Food Group: 18 Baked Products

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

NDB No. 18515
ARCHWAY Home Style Cookies, Sugar Free Shortbread
Archway Cookies

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	6.00		0	MC	9		1.44		
Energy.....kcal	445		0	MC	9		107		
Energy.....kj	1862						447		
Protein.....g	4.66		0	MC	9		1.12		
Total lipid (fat).....g	22.31		0	MC	9		5.35		
Ash.....g	1.09		0	MC	9		0.26		
Carbohydrate, by difference.....g	65.94		0	MC	9		15.83		
Fiber, total dietary.....g	0.9		0	MC	9		0.2		
Sugars, total.....g	1.41		0	MC	9		0.34		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	9		0	MC	9		2		
Iron, Fe.....mg	1.80		0	MC	9		0.43		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	59		0	MC	9		14		
Sodium, Na.....mg	196		0	MC	9		47		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.260		0	MC	9		0.062		
Riboflavin.....mg	0.190		0	MC	9		0.046		
Niacin.....mg	2.110		0	MC	9		0.506		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	64		0	MC	9		15		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	3		0	MC	9		1		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.260		0	MC	9		1.262		
Fatty acids, total monounsaturated.....g	8.370		0	MC	9		2.009		
Fatty acids, total polyunsaturated.....g	1.150		0	MC	9		0.276		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 24g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18515

ARCHWAY Home Style Cookies, Sugar Free Shortbread

Food Group: 18 Baked Products

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

NDB No. 18551
ARCHWAY Home Style Cookies,Gourmet Chocolate Chip n' Toffee
Archway Cookies

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	7.80		0	MC	9		2.18		
Energy.....kcal	468		0	MC	9		131		
Energy.....kj	1958						548		
Protein.....g	4.40		0	MC	9		1.23		
Total lipid (fat).....g	21.89		0	MC	9		6.13		
Ash.....g	1.91		0	MC	9		0.53		
Carbohydrate, by difference.....g	64.00		0	MC	9		17.92		
Fiber, total dietary.....g	1.8		0	MC	9		0.5		
Sugars, total.....g	32.44		0	MC	9		9.08		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		0	MC	9		4		
Iron, Fe.....mg	2.19		0	MC	9		0.61		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	74		0	MC	9		21		
Sodium, Na.....mg	442		0	MC	9		124		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.250		0	MC	9		0.070		
Riboflavin.....mg	0.180		0	MC	9		0.050		
Niacin.....mg	2.050		0	MC	9		0.574		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	73		0	MC	9		20		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.360		0	MC	9		1.781		
Fatty acids, total monounsaturated.....g	8.310		0	MC	9		2.327		
Fatty acids, total polyunsaturated.....g	1.630		0	MC	9		0.456		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	MC	9		6		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein Fat Carbohydrate

NDB No. 18551

ARCHWAY Home Style Cookies, Gourmet Chocolate Chip n' Toffee

Food Group: 18 Baked Products

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

NDB No. 18566

Artificial Blueberry Muffin Mix,dry

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 = 31g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18603

BEST FOODS, BROWNBERRY Sage and Onion Stuffing Mix, dry

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 = 67g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18639

BEST FOODS, THOMAS' English Muffins, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.012		0	FLA	4		0.007		
17:1.....g	0.001		1	A	1		0.001		
18:1 undifferentiated.....g	1.833		0	FLA	4		1.045		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.264		0	FLA	4		1.860		
18:2 undifferentiated.....g	3.076		0	FLA	4		1.753		
18:3 undifferentiated.....g	0.188		0	FLA	4		0.107		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.001		1	A	1		0.001		
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18005
Bagels, cinnamon-raisin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.175		0		4		0.050	0.100	0.124
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.008	0.010
17:1.....g									
18:1 undifferentiated.....g	0.161		0		4		0.046	0.092	0.114
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.671		0		4		0.190	0.382	0.476
18:2 undifferentiated.....g	0.632		0		4		0.179	0.360	0.449
18:3 undifferentiated.....g	0.039		0		4		0.011	0.022	0.028
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.114		0		4		0.032	0.065	0.081
Threonine.....g	0.285		0		4		0.081	0.162	0.202
Isoleucine.....g	0.367		0		4		0.104	0.209	0.261
Leucine.....g	0.671		0		4		0.190	0.382	0.476
Lysine.....g	0.238		0		4		0.067	0.136	0.169
Methionine.....g	0.179		0		4		0.051	0.102	0.127
Cystine.....g	0.210		0		4		0.060	0.120	0.149
Phenylalanine.....g	0.474		0		4		0.134	0.270	0.337
Tyrosine.....g	0.272		0		4		0.077	0.155	0.193
Valine.....g	0.424		0		4		0.120	0.242	0.301
Arginine.....g	0.378		0		4		0.107	0.215	0.268
Histidine.....g	0.217		0		4		0.062	0.124	0.154
Alanine.....g	0.333		0		4		0.094	0.190	0.236
Aspartic acid.....g	0.479		0		4		0.136	0.273	0.340
Glutamic acid.....g	3.240		0		4		0.919	1.847	2.300
Glycine.....g	0.343		0		4		0.097	0.196	0.244
Proline.....g	1.080		0		4		0.306	0.616	0.767
Serine.....g	0.481		0		4		0.136	0.274	0.342
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.263	0.528	0.658
Carotene, alpha.....mcg	0		0	FLA	4		0.034	0.068	0.085
Cryptoxanthin, beta.....mcg	2		0	FLA	4		0.546	1.097	1.367
Lycopene.....mcg	0		0	FLA	4		0.056	0.112	0.139
Lutein + zeaxanthin.....mcg	54		0	FLA	4		15.451	31.065	38.695

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 bagel (3" dia)

Measure 3 = 71g: 1 bagel (3-1/2" dia)

NDB No. 18005
Bagels, cinnamon-raisin

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18006

Bagels, cinnamon-raisin, 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	0.188		0		4		0.053	0.100	0.124
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		4		0.004	0.008	0.010
17:1.....g									
18:1 undifferentiated.....g	0.173		0		4		0.049	0.092	0.114
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.722		0		4		0.205	0.383	0.477
18:2 undifferentiated.....g	0.680		0		4		0.193	0.360	0.449
18:3 undifferentiated.....g	0.042		0		4		0.012	0.022	0.028
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0		4		0.035	0.065	0.081
Threonine.....g	0.306		0		4		0.087	0.162	0.202
Isoleucine.....g	0.395		0		4		0.112	0.209	0.261
Leucine.....g	0.721		0		4		0.204	0.382	0.476
Lysine.....g	0.256		0		4		0.073	0.136	0.169
Methionine.....g	0.193		0		4		0.055	0.102	0.127
Cystine.....g	0.226		0		4		0.064	0.120	0.149
Phenylalanine.....g	0.510		0		4		0.145	0.270	0.337
Tyrosine.....g	0.293		0		4		0.083	0.155	0.193
Valine.....g	0.456		0		4		0.129	0.242	0.301
Arginine.....g	0.406		0		4		0.115	0.215	0.268
Histidine.....g	0.234		0		4		0.066	0.124	0.154
Alanine.....g	0.358		0		4		0.101	0.190	0.236
Aspartic acid.....g	0.516		0		4		0.146	0.273	0.341
Glutamic acid.....g	3.484		0		4		0.988	1.847	2.299
Glycine.....g	0.369		0		4		0.105	0.196	0.244
Proline.....g	1.161		0		4		0.329	0.615	0.766
Serine.....g	0.517		0		4		0.147	0.274	0.341
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	RA	4		0.268	0.502	0.625
Carotene, alpha.....mcg	0		0	RA	4		0.035	0.065	0.081
Cryptoxanthin, beta.....mcg	2		0	RA	4		0.557	1.042	1.298
Lycopene.....mcg	0		0	RA	4		0.057	0.106	0.132
Lutein + zeaxanthin.....mcg	56		0	RA	4		15.783	29.506	36.743

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 53g: 1 bagel (3" dia)

Measure 3 = 66g: 1 bagel (3-1/2" dia)

NDB No. 18006

Bagels, cinnamon-raisin, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18003
Bagels, egg

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.420		0		1		0.109	0.290	0.441
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0		1		0.009	0.024	0.037
17:1.....g									
18:1 undifferentiated.....g	0.382		0		1		0.099	0.264	0.401
20:1.....g	0.002		0		1		0.001	0.001	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	0.642		0		1		0.167	0.443	0.674
18:2 undifferentiated.....g	0.600		0		1		0.156	0.414	0.630
18:3 undifferentiated.....g	0.026		0		1		0.007	0.018	0.027
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0		1		0.003	0.008	0.013
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g									
22:6 n-3.....g	0.003		0		1		0.001	0.002	0.003
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1		1		6	17	25
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0		1		0.033	0.086	0.131
Threonine.....g	0.306		0		1		0.080	0.211	0.321
Isoleucine.....g	0.411		0		1		0.107	0.284	0.432
Leucine.....g	0.748		0		1		0.194	0.516	0.785
Lysine.....g	0.261		0		1		0.068	0.180	0.274
Methionine.....g	0.190		0		1		0.049	0.131	0.200
Cystine.....g	0.231		0		1		0.060	0.159	0.243
Phenylalanine.....g	0.523		0		1		0.136	0.361	0.549
Tyrosine.....g	0.308		0		1		0.080	0.213	0.323
Valine.....g	0.461		0		1		0.120	0.318	0.484
Arginine.....g	0.394		0		1		0.102	0.272	0.414
Histidine.....g	0.231		0		1		0.060	0.159	0.243
Alanine.....g	0.353		0		1		0.092	0.244	0.371
Aspartic acid.....g	0.481		0		1		0.125	0.332	0.505
Glutamic acid.....g	3.548		0		1		0.922	2.448	3.725
Glycine.....g	0.370		0		1		0.096	0.255	0.389
Proline.....g	1.189		0		1		0.309	0.820	1.248
Serine.....g	0.528		0		1		0.137	0.364	0.554
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 = 26g: 1 bagel, mini (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18007
Bagels, oat bran

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.249		0		4		0.071	0.142	0.177
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		4		0.002	0.004	0.005
17:1.....g									
18:1 undifferentiated.....g	0.242		0		4		0.069	0.138	0.172
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.486		0		4		0.138	0.277	0.345
18:2 undifferentiated.....g	0.465		0		4		0.132	0.265	0.330
18:3 undifferentiated.....g	0.022		0		4		0.006	0.013	0.016
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0		4		0.039	0.079	0.098
Threonine.....g	0.301		0		4		0.085	0.172	0.214
Isoleucine.....g	0.406		0		4		0.115	0.231	0.288
Leucine.....g	0.757		0		4		0.215	0.431	0.537
Lysine.....g	0.288		0		4		0.082	0.164	0.204
Methionine.....g	0.188		0		4		0.053	0.107	0.133
Cystine.....g	0.253		0		4		0.072	0.144	0.180
Phenylalanine.....g	0.526		0		4		0.149	0.300	0.373
Tyrosine.....g	0.321		0		4		0.091	0.183	0.228
Valine.....g	0.482		0		4		0.137	0.275	0.342
Arginine.....g	0.460		0		4		0.130	0.262	0.327
Histidine.....g	0.233		0		4		0.066	0.133	0.165
Alanine.....g	0.382		0		4		0.108	0.218	0.271
Aspartic acid.....g	0.561		0		4		0.159	0.320	0.398
Glutamic acid.....g	3.318		0		4		0.941	1.891	2.356
Glycine.....g	0.410		0		4		0.116	0.234	0.291
Proline.....g	1.082		0		4		0.307	0.617	0.768
Serine.....g	0.517		0		4		0.147	0.295	0.367
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.154	0.310	0.386
Carotene, alpha.....mcg	0		0	FLA	4		0.036	0.072	0.089
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.058	0.116	0.145
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	58		0	FLA	4		16.431	33.035	41.149

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 57g: 1 bagel (3" dia)

Measure 3 = 71g: 1 bagel (3-1/2" dia)

NDB No. 18007
Bagels, oat bran

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.131		0		4		0.037	0.075	0.093
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.008	0.010
17:1.....g									
18:1 undifferentiated.....g	0.117		0		4		0.033	0.067	0.083
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.696		0		4		0.197	0.397	0.494
18:2 undifferentiated.....g	0.660		0		4		0.187	0.376	0.469
18:3 undifferentiated.....g	0.036		0		4		0.010	0.021	0.026
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0		1		0.035	0.071	0.088
Threonine.....g	0.301		0		1		0.085	0.172	0.214
Isoleucine.....g	0.404		0		1		0.115	0.230	0.287
Leucine.....g	0.735		0		1		0.208	0.419	0.522
Lysine.....g	0.251		0		1		0.071	0.143	0.178
Methionine.....g	0.188		0		1		0.053	0.107	0.133
Cystine.....g	0.225		0		1		0.064	0.128	0.160
Phenylalanine.....g	0.519		0		1		0.147	0.296	0.368
Tyrosine.....g	0.301		0		1		0.085	0.172	0.214
Valine.....g	0.456		0		1		0.129	0.260	0.324
Arginine.....g	0.384		0		1		0.109	0.219	0.273
Histidine.....g	0.227		0		1		0.064	0.129	0.161
Alanine.....g	0.347		0		1		0.098	0.198	0.246
Aspartic acid.....g	0.478		0		1		0.136	0.272	0.339
Glutamic acid.....g	3.504		0		1		0.993	1.997	2.488
Glycine.....g	0.373		0		1		0.106	0.213	0.265
Proline.....g	1.180		0		1		0.335	0.673	0.838
Serine.....g	0.508		0		1		0.144	0.290	0.361
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	52		0	FLA	4		14.805	29.767	37.079

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 57g: 1 bagel (3" dia)

Measure 3 = 71g: 1 bagel (3-1/2" dia)

NDB No. 18001

Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18406

Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.131		0		4		0.034	0.090	0.138
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.010	0.015
17:1.....g									
18:1 undifferentiated.....g	0.117		0		4		0.030	0.081	0.123
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.696		0		4		0.181	0.480	0.731
18:2 undifferentiated.....g	0.660		0		4		0.172	0.455	0.693
18:3 undifferentiated.....g	0.036		0		4		0.009	0.025	0.038
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0		4		0.032	0.086	0.130
Threonine.....g	0.301		0		4		0.078	0.208	0.316
Isoleucine.....g	0.404		0		4		0.105	0.279	0.424
Leucine.....g	0.735		0		4		0.191	0.507	0.772
Lysine.....g	0.251		0		4		0.065	0.173	0.264
Methionine.....g	0.188		0		4		0.049	0.130	0.197
Cystine.....g	0.225		0		4		0.059	0.155	0.236
Phenylalanine.....g	0.519		0		4		0.135	0.358	0.545
Tyrosine.....g	0.301		0		4		0.078	0.208	0.316
Valine.....g	0.456		0		4		0.119	0.315	0.479
Arginine.....g	0.384		0		4		0.100	0.265	0.403
Histidine.....g	0.227		0		4		0.059	0.157	0.238
Alanine.....g	0.347		0		4		0.090	0.239	0.364
Aspartic acid.....g	0.478		0		4		0.124	0.330	0.502
Glutamic acid.....g	3.504		0		4		0.911	2.418	3.679
Glycine.....g	0.373		0		4		0.097	0.257	0.392
Proline.....g	1.180		0		4		0.307	0.814	1.239
Serine.....g	0.508		0		4		0.132	0.351	0.533
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 = 26g: 1 bagel, mini (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

Calories Factors: Protein 4.2

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.140		0		1		0.040	0.074	0.092
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		1		0.004	0.008	0.010
17:1.....g									
18:1 undifferentiated.....g	0.125		0		1		0.035	0.066	0.083
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	0.748		0		1		0.212	0.396	0.494
18:2 undifferentiated.....g	0.709		0		1		0.201	0.376	0.468
18:3 undifferentiated.....g	0.039		0		1		0.011	0.021	0.026
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0		1		0.038	0.070	0.088
Threonine.....g	0.324		0		1		0.092	0.172	0.214
Isoleucine.....g	0.435		0		1		0.123	0.231	0.287
Leucine.....g	0.790		0		1		0.224	0.419	0.521
Lysine.....g	0.270		0		1		0.077	0.143	0.178
Methionine.....g	0.202		0		1		0.057	0.107	0.133
Cystine.....g	0.242		0		1		0.069	0.128	0.160
Phenylalanine.....g	0.558		0		1		0.158	0.296	0.368
Tyrosine.....g	0.324		0		1		0.092	0.172	0.214
Valine.....g	0.490		0		1		0.139	0.260	0.323
Arginine.....g	0.413		0		1		0.117	0.219	0.273
Histidine.....g	0.244		0		1		0.069	0.129	0.161
Alanine.....g	0.373		0		1		0.106	0.198	0.246
Aspartic acid.....g	0.514		0		1		0.146	0.272	0.339
Glutamic acid.....g	3.768		0		1		1.068	1.997	2.487
Glycine.....g	0.401		0		1		0.114	0.213	0.265
Proline.....g	1.268		0		1		0.359	0.672	0.837
Serine.....g	0.546		0		1		0.155	0.289	0.360
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	RA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	53		0	RA	4		15.124	28.274	35.209

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 53g: 1 bagel (3" dia)

Measure 3 = 66g: 1 bagel (3-1/2" dia)

NDB No. 18002

Bagels, plain, toasted, enriched, with calcium propionate (includes onion, poppy, sesame)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18407

Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.131		0		4		0.034	0.090	0.138
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.010	0.015
17:1.....g									
18:1 undifferentiated.....g	0.117		0		4		0.030	0.081	0.123
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.696		0		4		0.181	0.480	0.731
18:2 undifferentiated.....g	0.660		0		4		0.172	0.455	0.693
18:3 undifferentiated.....g	0.036		0		4		0.009	0.025	0.038
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0		4		0.032	0.086	0.130
Threonine.....g	0.301		0		4		0.078	0.208	0.316
Isoleucine.....g	0.404		0		4		0.105	0.279	0.424
Leucine.....g	0.735		0		4		0.191	0.507	0.772
Lysine.....g	0.251		0		4		0.065	0.173	0.264
Methionine.....g	0.188		0		4		0.049	0.130	0.197
Cystine.....g	0.225		0		4		0.059	0.155	0.236
Phenylalanine.....g	0.519		0		4		0.135	0.358	0.545
Tyrosine.....g	0.301		0		4		0.078	0.208	0.316
Valine.....g	0.456		0		4		0.119	0.315	0.479
Arginine.....g	0.384		0		4		0.100	0.265	0.403
Histidine.....g	0.227		0		4		0.059	0.157	0.238
Alanine.....g	0.347		0		4		0.090	0.239	0.364
Aspartic acid.....g	0.478		0		4		0.124	0.330	0.502
Glutamic acid.....g	3.504		0		4		0.911	2.418	3.679
Glycine.....g	0.373		0		4		0.097	0.257	0.392
Proline.....g	1.180		0		4		0.307	0.814	1.239
Serine.....g	0.508		0		4		0.132	0.351	0.533
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 = 26g: 1 bagel, mini (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4")

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18408

Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.131		0		4		0.034	0.090	0.138
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.010	0.015
17:1.....g									
18:1 undifferentiated.....g	0.117		0		4		0.030	0.081	0.123
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.696		0		4		0.181	0.480	0.731
18:2 undifferentiated.....g	0.660		0		4		0.172	0.455	0.693
18:3 undifferentiated.....g	0.036		0		4		0.009	0.025	0.038
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		0		4		0.032	0.086	0.130
Threonine.....g	0.301		0		4		0.078	0.208	0.316
Isoleucine.....g	0.404		0		4		0.105	0.279	0.424
Leucine.....g	0.735		0		4		0.191	0.507	0.772
Lysine.....g	0.251		0		4		0.065	0.173	0.264
Methionine.....g	0.188		0		4		0.049	0.130	0.197
Cystine.....g	0.225		0		4		0.059	0.155	0.236
Phenylalanine.....g	0.519		0		4		0.135	0.358	0.545
Tyrosine.....g	0.301		0		4		0.078	0.208	0.316
Valine.....g	0.456		0		4		0.119	0.315	0.479
Arginine.....g	0.384		0		4		0.100	0.265	0.403
Histidine.....g	0.227		0		4		0.059	0.157	0.238
Alanine.....g	0.347		0		4		0.090	0.239	0.364
Aspartic acid.....g	0.478		0		4		0.124	0.330	0.502
Glutamic acid.....g	3.504		0		4		0.911	2.418	3.679
Glycine.....g	0.373		0		4		0.097	0.257	0.392
Proline.....g	1.180		0		4		0.307	0.814	1.239
Serine.....g	0.508		0		4		0.132	0.351	0.533
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 = 26g: 1 bagel, mini (2-1/2" dia)

Measure 2 = 69g: 1 small bagel (3" dia)

Measure 3 = 105g: 1 medium bagel (3-1/2" to 4" dia)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18017

Biscuits, mixed grain, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.932		0	FLA	4		0.831	1.290	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.931		0	FLA	4		0.831	1.290	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.880		0	FLA	4		0.249	0.387	
18:2 undifferentiated.....g	0.833		0	FLA	4		0.236	0.367	
18:3 undifferentiated.....g	0.047		0	FLA	4		0.013	0.021	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.022	0.033	
Threonine.....g	0.169		0		1		0.048	0.074	
Isoleucine.....g	0.214		0		1		0.061	0.094	
Leucine.....g	0.424		0		1		0.120	0.187	
Lysine.....g	0.143		0		1		0.041	0.063	
Methionine.....g	0.107		0		1		0.030	0.047	
Cystine.....g	0.132		0		1		0.037	0.058	
Phenylalanine.....g	0.305		0		1		0.086	0.134	
Tyrosine.....g	0.182		0		1		0.052	0.080	
Valine.....g	0.251		0		1		0.071	0.110	
Arginine.....g	0.257		0		1		0.073	0.113	
Histidine.....g	0.138		0		1		0.039	0.061	
Alanine.....g	0.204		0		1		0.058	0.090	
Aspartic acid.....g	0.274		0		1		0.078	0.121	
Glutamic acid.....g	2.016		0		1		0.572	0.887	
Glycine.....g	0.227		0		1		0.064	0.100	
Proline.....g	0.695		0		1		0.197	0.306	
Serine.....g	0.304		0		1		0.086	0.134	
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 = 44g: 1 biscuit (2-1/2" dia)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18009

Biscuits, plain or buttermilk, commercially baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.906		0	FLA	4		1.958	2.417	5.318
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065		0	FLA	4		0.018	0.023	0.050
17:1.....g									
18:1 undifferentiated.....g	6.824		0	FLA	4		1.935	2.388	5.254
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.209		0	FLA	4		1.760	2.173	4.781
18:2 undifferentiated.....g	5.767		0	FLA	4		1.635	2.018	4.441
18:3 undifferentiated.....g	0.426		0	FLA	4		0.121	0.149	0.328
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	0	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.022	0.027	0.059
Threonine.....g	0.177		0		1		0.050	0.062	0.136
Isoleucine.....g	0.226		0		1		0.064	0.079	0.174
Leucine.....g	0.436		0		1		0.124	0.153	0.336
Lysine.....g	0.167		0		1		0.047	0.058	0.129
Methionine.....g	0.112		0		1		0.032	0.039	0.086
Cystine.....g	0.123		0		1		0.035	0.043	0.095
Phenylalanine.....g	0.308		0		1		0.087	0.108	0.237
Tyrosine.....g	0.192		0		1		0.054	0.067	0.148
Valine.....g	0.262		0		1		0.074	0.092	0.202
Arginine.....g	0.245		0		1		0.069	0.086	0.189
Histidine.....g	0.139		0		1		0.039	0.049	0.107
Alanine.....g	0.197		0		1		0.056	0.069	0.152
Aspartic acid.....g	0.277		0		1		0.079	0.097	0.213
Glutamic acid.....g	1.979		0		1		0.561	0.693	1.524
Glycine.....g	0.211		0		1		0.060	0.074	0.162
Proline.....g	0.698		0		1		0.198	0.244	0.537
Serine.....g	0.307		0		1		0.087	0.107	0.236
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.046	0.057	0.126
Carotene, alpha.....mcg	0		0	FLA	4		0.010	0.012	0.026
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.014	0.017	0.038
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	FLA	4		2.505	3.093	6.804

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

Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 35g: 1 biscuit
- Measure 3 = 77g: 1 large

NDB No. 18009

Biscuits, plain or buttermilk, commercially baked

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18010

Biscuits, plain or buttermilk, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.584		0	FLA	4		9.786	10.301	10.988
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLA	4		0.009	0.010	0.010
17:1.....g									
18:1 undifferentiated.....g	8.572		0	FLA	4		9.772	10.286	10.972
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.011		0	FLA	4		2.293	2.413	2.574
18:2 undifferentiated.....g	1.907		0	FLA	4		2.174	2.288	2.441
18:3 undifferentiated.....g	0.104		0	FLA	4		0.119	0.125	0.133
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLA	4		2	2	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		1		0.112	0.118	0.125
Threonine.....g	0.233		0		1		0.266	0.280	0.298
Isoleucine.....g	0.288		0		1		0.328	0.346	0.369
Leucine.....g	0.562		0		1		0.641	0.674	0.719
Lysine.....g	0.213		0		1		0.243	0.256	0.273
Methionine.....g	0.142		0		1		0.162	0.170	0.182
Cystine.....g	0.164		0		1		0.187	0.197	0.210
Phenylalanine.....g	0.392		0		1		0.447	0.470	0.502
Tyrosine.....g	0.242		0		1		0.276	0.290	0.310
Valine.....g	0.334		0		1		0.381	0.401	0.428
Arginine.....g	0.315		0		1		0.359	0.378	0.403
Histidine.....g	0.177		0		1		0.202	0.212	0.227
Alanine.....g	0.261		0		1		0.298	0.313	0.334
Aspartic acid.....g	0.364		0		1		0.415	0.437	0.466
Glutamic acid.....g	2.567		0		1		2.926	3.080	3.286
Glycine.....g	0.276		0		1		0.315	0.331	0.353
Proline.....g	0.896		0		1		1.021	1.075	1.147
Serine.....g	0.393		0		1		0.448	0.472	0.503
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.453	0.477	0.509
Carotene, alpha.....mcg	0		0	FLA	4		0.008	0.008	0.008
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.151	0.159	0.169
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	FLA	4		1.915	2.015	2.150

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Common Measures:

Measure 1 = 114g: 1 cup, homemade

Measure 2 = 120g: 1 cup, purchased

Measure 3 = 128g: 1 cup, poured from box

NDB No. 18010

Biscuits, plain or buttermilk, dry mix

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18011

Biscuits, plain or buttermilk, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.206		0		1		1.192		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	4.183		0		1		1.186		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.305		0		1		1.220		
18:2 undifferentiated.....g	4.045		0		1		1.147		
18:3 undifferentiated.....g	0.260		0		1		0.074		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		4		1		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.091		0		1		0.026		
Threonine.....g	0.234		0		1		0.066		
Isoleucine.....g	0.296		0		1		0.084		
Leucine.....g	0.549		0		1		0.156		
Lysine.....g	0.267		0		1		0.076		
Methionine.....g	0.139		0		1		0.039		
Cystine.....g	0.133		0		1		0.038		
Phenylalanine.....g	0.355		0		1		0.101		
Tyrosine.....g	0.245		0		1		0.069		
Valine.....g	0.339		0		1		0.096		
Arginine.....g	0.281		0		1		0.080		
Histidine.....g	0.167		0		1		0.047		
Alanine.....g	0.239		0		1		0.068		
Aspartic acid.....g	0.373		0		1		0.106		
Glutamic acid.....g	2.172		0		1		0.616		
Glycine.....g	0.232		0		1		0.066		
Proline.....g	0.791		0		1		0.224		
Serine.....g	0.364		0		1		0.103		
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

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18016

Biscuits, plain or buttermilk, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.930		0		1		1.965	6.999	0.970
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.005	0.018	0.003
17:1.....g									
18:1 undifferentiated.....g	6.910		0		1		1.959	6.979	0.967
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	4.163		0		1		1.180	4.205	0.583
18:2 undifferentiated.....g	3.900		0		1		1.106	3.939	0.546
18:3 undifferentiated.....g	0.263		0		1		0.075	0.266	0.037
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		1	3	0
Phytosterols.....mg	30		0		1		9	30	4
Amino Acids:									
Tryptophan.....g	0.087		0		1		0.025	0.088	0.012
Threonine.....g	0.211		0		1		0.060	0.213	0.030
Isoleucine.....g	0.273		0		1		0.077	0.276	0.038
Leucine.....g	0.514		0		1		0.146	0.519	0.072
Lysine.....g	0.226		0		1		0.064	0.228	0.032
Methionine.....g	0.132		0		1		0.037	0.133	0.018
Cystine.....g	0.132		0		1		0.037	0.133	0.018
Phenylalanine.....g	0.347		0		1		0.098	0.350	0.049
Tyrosine.....g	0.232		0		1		0.066	0.234	0.032
Valine.....g	0.313		0		1		0.089	0.316	0.044
Arginine.....g	0.275		0		1		0.078	0.278	0.039
Histidine.....g	0.161		0		1		0.046	0.163	0.023
Alanine.....g	0.226		0		1		0.064	0.228	0.032
Aspartic acid.....g	0.335		0		1		0.095	0.338	0.047
Glutamic acid.....g	2.175		0		1		0.617	2.197	0.305
Glycine.....g	0.231		0		1		0.065	0.233	0.032
Proline.....g	0.780		0		1		0.221	0.788	0.109
Serine.....g	0.352		0		1		0.100	0.356	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 = 28.35g: 1 oz

Measure 2 = 101g: 1 biscuit (4" dia)

Measure 3 = 14.0g: 1 small (1-1/2" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

NDB No. 18014

Biscuits, plain or buttermilk, refrigerated dough, higher fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.545		0	FLA	4		2.139	2.264	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.544		0	FLA	4		2.139	2.263	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.796		0	FLA	4		0.509	0.539	
18:2 undifferentiated.....g	1.704		0	FLA	4		0.483	0.511	
18:3 undifferentiated.....g	0.092		0	FLA	4		0.026	0.028	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3		mg		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.073		0		1		0.021	0.022	
Threonine.....g	0.163		0		1		0.046	0.049	
Isoleucine.....g	0.218		0		1		0.062	0.065	
Leucine.....g	0.426		0		1		0.121	0.128	
Lysine.....g	0.124		0		1		0.035	0.037	
Methionine.....g	0.105		0		1		0.030	0.032	
Cystine.....g	0.132		0		1		0.037	0.040	
Phenylalanine.....g	0.318		0		1		0.090	0.095	
Tyrosine.....g	0.191		0		1		0.054	0.057	
Valine.....g	0.243		0		1		0.069	0.073	
Arginine.....g	0.237		0		1		0.067	0.071	
Histidine.....g	0.134		0		1		0.038	0.040	
Alanine.....g	0.183		0		1		0.052	0.055	
Aspartic acid.....g	0.239		0		1		0.068	0.072	
Glutamic acid.....g	2.143		0		1		0.608	0.643	
Glycine.....g	0.213		0		1		0.060	0.064	
Proline.....g	0.757		0		1		0.215	0.227	
Serine.....g	0.307		0		1		0.087	0.092	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		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 = 28.35g: 1 oz

Measure 2 = 30g: 1 biscuit (2-1/2" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.218		0		1		2.330	2.219	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	8.218		0		1		2.330	2.219	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.950		0		1		0.553	0.527	
18:2 undifferentiated.....g	1.852		0		1		0.525	0.500	
18:3 undifferentiated.....g	0.099		0		1		0.028	0.027	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.079		0		1		0.022	0.021	
Threonine.....g	0.178		0		1		0.050	0.048	
Isoleucine.....g	0.237		0		1		0.067	0.064	
Leucine.....g	0.463		0		1		0.131	0.125	
Lysine.....g	0.135		0		1		0.038	0.036	
Methionine.....g	0.114		0		1		0.032	0.031	
Cystine.....g	0.143		0		1		0.041	0.039	
Phenylalanine.....g	0.346		0		1		0.098	0.093	
Tyrosine.....g	0.207		0		1		0.059	0.056	
Valine.....g	0.264		0		1		0.075	0.071	
Arginine.....g	0.258		0		1		0.073	0.070	
Histidine.....g	0.146		0		1		0.041	0.039	
Alanine.....g	0.199		0		1		0.056	0.054	
Aspartic acid.....g	0.259		0		1		0.073	0.070	
Glutamic acid.....g	2.330		0		1		0.661	0.629	
Glycine.....g	0.232		0		1		0.066	0.063	
Proline.....g	0.823		0		1		0.233	0.222	
Serine.....g	0.334		0		1		0.095	0.090	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0		4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	RK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.000	0.000	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11		0	RK	4		2.997	2.854	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 biscuit (2-1/2" dia)

NDB No. 18015

Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18012

Biscuits, plain or buttermilk, refrigerated dough, lower 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	2.405		0		4		0.682	0.553	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.405		0		4		0.682	0.553	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.671		0		4		0.190	0.154	
18:2 undifferentiated.....g	0.637		0		4		0.181	0.147	
18:3 undifferentiated.....g	0.034		0		4		0.010	0.008	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0		1		0.023	0.019	
Threonine.....g	0.182		0		1		0.052	0.042	
Isoleucine.....g	0.231		0		1		0.065	0.053	
Leucine.....g	0.461		0		1		0.131	0.106	
Lysine.....g	0.148		0		1		0.042	0.034	
Methionine.....g	0.118		0		1		0.033	0.027	
Cystine.....g	0.142		0		1		0.040	0.033	
Phenylalanine.....g	0.337		0		1		0.096	0.078	
Tyrosine.....g	0.202		0		1		0.057	0.046	
Valine.....g	0.269		0		1		0.076	0.062	
Arginine.....g	0.270		0		1		0.077	0.062	
Histidine.....g	0.149		0		1		0.042	0.034	
Alanine.....g	0.215		0		1		0.061	0.049	
Aspartic acid.....g	0.282		0		1		0.080	0.065	
Glutamic acid.....g	2.251		0		1		0.638	0.518	
Glycine.....g	0.240		0		1		0.068	0.055	
Proline.....g	0.775		0		1		0.220	0.178	
Serine.....g	0.333		0		1		0.094	0.077	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	FLA	4		2.863	2.323	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 23g: 1 biscuit (2" dia)

NDB No. 18012

Biscuits, plain or buttermilk, refrigerated dough, lower fat

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18013

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.797		0		1		0.793	0.587	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.797		0		1		0.793	0.587	
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	0.780		0		1		0.221	0.164	
18:2 undifferentiated.....g	0.740		0		1		0.210	0.155	
18:3 undifferentiated.....g	0.040		0		1		0.011	0.008	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.027	0.020	
Threonine.....g	0.211		0		1		0.060	0.044	
Isoleucine.....g	0.269		0		1		0.076	0.056	
Leucine.....g	0.536		0		1		0.152	0.113	
Lysine.....g	0.172		0		1		0.049	0.036	
Methionine.....g	0.138		0		1		0.039	0.029	
Cystine.....g	0.165		0		1		0.047	0.035	
Phenylalanine.....g	0.391		0		1		0.111	0.082	
Tyrosine.....g	0.235		0		1		0.067	0.049	
Valine.....g	0.312		0		1		0.088	0.066	
Arginine.....g	0.314		0		1		0.089	0.066	
Histidine.....g	0.173		0		1		0.049	0.036	
Alanine.....g	0.250		0		1		0.071	0.053	
Aspartic acid.....g	0.327		0		1		0.093	0.069	
Glutamic acid.....g	2.618		0		1		0.742	0.550	
Glycine.....g	0.280		0		1		0.079	0.059	
Proline.....g	0.902		0		1		0.256	0.189	
Serine.....g	0.387		0		1		0.110	0.081	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.000	0.000	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11		0	RK	4		2.997	2.220	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 21g: 1 biscuit (2-1/4" dia)

NDB No. 18013

Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18079
Bread crumbs, dry, grated, plain

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	6.51	0.154	6	A	1		7.03	1.84	
Energy.....kcal	395		0	NC	4		427	112	
Energy.....kj	1653		0	NC	4		1785	469	
Protein (N x 5.7).....g	13.35	0.707	6	A	1		14.42	3.79	
Total lipid (fat).....g	5.30	0.106	6	A	1		5.72	1.50	
Ash.....g	2.87	0.023	6	A	1		3.10	0.81	
Carbohydrate, by difference.....g	71.98		0	NC	4		77.74	20.41	
Fiber, total dietary.....g	4.5	0.086	6	A	1		4.8	1.3	
Sugars, total.....g	6.20	0.137	6	A	1		6.70	1.76	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	1.82	0.074	6	A	1		1.97	0.52	
Fructose.....g	2.46	0.071	6	A	1		2.66	0.70	
Lactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Maltose.....g	1.92	0.056	6	A	1		2.07	0.54	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	59.66	0.470	6	A	1		64.43	16.91	
Minerals:									
Calcium, Ca.....mg	183	2.941	6	A	1		198	52	
Iron, Fe.....mg	4.83	0.153	6	A	1		5.21	1.37	
Magnesium, Mg.....mg	43	0.254	6	A	1		47	12	
Phosphorus, P.....mg	165	1.069	6	A	1		178	47	
Potassium, K.....mg	196	2.150	6	A	1		212	56	
Sodium, Na.....mg	732	3.891	6	A	1		790	207	
Zinc, Zn.....mg	1.45	0.020	6	A	1		1.56	0.41	
Copper, Cu.....mg	0.255	0.013	6	A	1		0.275	0.072	
Manganese, Mn.....mg	0.919	0.007	6	A	1		0.993	0.261	
Selenium, Se.....mcg	25.2	0.305	3	A	1		27.2	7.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.967	0.052	6	A	1		1.045	0.274	
Riboflavin.....mg	0.403	0.011	6	A	1		0.435	0.114	
Niacin.....mg	6.634	0.109	6	A	1		7.165	1.881	
Pantothenic acid.....mg	0.552	0.010	3	A	1		0.596	0.157	
Vitamin B-6.....mg	0.121	0.003	3	A	1		0.131	0.034	
Folate, total.....mcg	107	3.765	6	A	1		115	30	
Folic acid.....mcg	82		0	O	4		89	23	
Folate, food.....mcg	25		0		4		27	7	
Folate, DFE.....mcg_DFE	164		0	NC	4		178	47	
Vitamin B-12.....mcg	0.35		1	A	1		0.38	0.10	
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	0.08	0.003	3	A	1		0.08	0.02	
Tocopherol, beta.....mg	0.04	0.003	3	A	1		0.04	0.01	
Tocopherol, gamma.....mg	0.76	0.052	3	A	1		0.82	0.22	
Tocopherol, delta.....mg	0.18	0.087	3	A	1		0.20	0.05	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.6		1	A	1		7.1	1.9	
Lipids:									
Fatty acids, total saturated.....g	1.203		0	NC	4		1.299	0.341	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	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	0.000	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. 18079

Bread crumbs, dry, grated, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.674	0.031	3	A	1		0.727	0.191	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.529	0.027	3	A	1		0.572	0.150	
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	1.023		0	NC	4		1.104	0.290	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.023	0.089	3	A	1		1.104	0.290	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.060		0	NC	4		2.224	0.584	
18:2 undifferentiated.....g	1.874	0.144	3	A	1		2.024	0.531	
18:3 undifferentiated.....g	0.186	0.018	3	A	1		0.201	0.053	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	A	1		0	0	
Phytosterols.....mg	8		0	FLC	4		9	2	
Amino Acids:									
Tryptophan.....g	0.162		0	FLC	4		0.175	0.046	
Threonine.....g	0.427		0	FLC	4		0.462	0.121	
Isoleucine.....g	0.544		0	FLC	4		0.587	0.154	
Leucine.....g	0.963		0	FLC	4		1.041	0.273	
Lysine.....g	0.430		0	FLC	4		0.464	0.122	
Methionine.....g	0.232		0	FLC	4		0.250	0.066	
Cystine.....g	0.278		0	FLC	4		0.300	0.079	
Phenylalanine.....g	0.655		0	FLC	4		0.707	0.186	
Tyrosine.....g	0.398		0	FLC	4		0.430	0.113	
Valine.....g	0.600		0	FLC	4		0.648	0.170	
Arginine.....g	0.552		0	FLC	4		0.597	0.157	
Histidine.....g	0.296		0	FLC	4		0.320	0.084	
Alanine.....g	0.483		0	FLC	4		0.521	0.137	
Aspartic acid.....g	0.766		0	FLC	4		0.827	0.217	
Glutamic acid.....g	4.123		0	FLC	4		4.453	1.169	
Glycine.....g	0.488		0	FLC	4		0.527	0.138	
Proline.....g	1.366		0	FLC	4		1.475	0.387	
Serine.....g	0.662		0	FLC	4		0.715	0.188	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Carotene, alpha.....mcg	0	0.000	3	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	A	1		0.000	0.000	

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

NDB No. 18079

Bread crumbs, dry, grated, plain

Common Measures:

Measure 1 = 108g: 1 cup

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18376
Bread crumbs, dry, grated, seasoned

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.966		0		1		1.159	0.274	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.012	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.956		0		1		1.147	0.271	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.659		0		1		0.791	0.187	
18:2 undifferentiated.....g	0.617		0		1		0.740	0.175	
18:3 undifferentiated.....g	0.041		0		1		0.049	0.012	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		1	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.171		0		1		0.205	0.048	
Threonine.....g	0.424		0		1		0.509	0.120	
Isoleucine.....g	0.586		0		1		0.703	0.166	
Leucine.....g	1.007		0		1		1.208	0.285	
Lysine.....g	0.446		0		1		0.535	0.126	
Methionine.....g	0.233		0		1		0.280	0.066	
Cystine.....g	0.235		0		1		0.282	0.067	
Phenylalanine.....g	0.703		0		1		0.844	0.199	
Tyrosine.....g	0.360		0		1		0.432	0.102	
Valine.....g	0.723		0		1		0.868	0.205	
Arginine.....g	0.603		0		1		0.724	0.171	
Histidine.....g	0.318		0		1		0.382	0.090	
Alanine.....g	0.497		0		1		0.596	0.141	
Aspartic acid.....g	0.767		0		1		0.920	0.217	
Glutamic acid.....g	4.290		0		1		5.148	1.216	
Glycine.....g	0.539		0		1		0.647	0.153	
Proline.....g	1.497		0		1		1.796	0.424	
Serine.....g	0.720		0		1		0.864	0.204	
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

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18080
Bread sticks, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.568		0	FLA	4		1.641	0.178	0.357
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0	FLA	4		0.030	0.003	0.007
17:1.....g									
18:1 undifferentiated.....g	3.494		0	FLA	4		1.607	0.175	0.349
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.628		0	FLA	4		1.669	0.181	0.363
18:2 undifferentiated.....g	3.377		0	FLA	4		1.553	0.169	0.338
18:3 undifferentiated.....g	0.244		0	FLA	4		0.112	0.012	0.024
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0		1		0.064	0.007	0.014
Threonine.....g	0.338		0		1		0.155	0.017	0.034
Isoleucine.....g	0.458		0		1		0.211	0.023	0.046
Leucine.....g	0.835		0		1		0.384	0.042	0.084
Lysine.....g	0.281		0		1		0.129	0.014	0.028
Methionine.....g	0.212		0		1		0.098	0.011	0.021
Cystine.....g	0.262		0		1		0.121	0.013	0.026
Phenylalanine.....g	0.590		0		1		0.271	0.030	0.059
Tyrosine.....g	0.338		0		1		0.155	0.017	0.034
Valine.....g	0.516		0		1		0.237	0.026	0.052
Arginine.....g	0.432		0		1		0.199	0.022	0.043
Histidine.....g	0.258		0		1		0.119	0.013	0.026
Alanine.....g	0.395		0		1		0.182	0.020	0.040
Aspartic acid.....g	0.535		0		1		0.246	0.027	0.054
Glutamic acid.....g	4.026		0		1		1.852	0.201	0.403
Glycine.....g	0.422		0		1		0.194	0.021	0.042
Proline.....g	1.350		0		1		0.621	0.068	0.135
Serine.....g	0.579		0		1		0.266	0.029	0.058
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.306	0.033	0.066
Carotene, alpha.....mcg	0		0	FLA	4		0.080	0.009	0.017
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.130	0.014	0.028
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	65		0	FLA	4		30.113	3.273	6.546

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

Measure 2 = 5.0g: 1 stick, small (approx 4-1/4" long)

Measure 3 = 10.0g: 1 stick (7-5/8" x 5/8")

NDB No. 18080
Bread sticks, plain

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18081
Bread stuffing, bread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.493		0		4		0.423	2.538	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.074		0		4		0.021	0.126	
17:1.....g									
18:1 undifferentiated.....g	1.406		0		4		0.399	2.390	
20:1.....g	0.013		0		4		0.004	0.022	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.713		0		4		0.202	1.212	
18:2 undifferentiated.....g	0.675		0		4		0.191	1.148	
18:3 undifferentiated.....g	0.037		0		4		0.010	0.063	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.002	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4		0	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		0		1		0.039	0.236	
Threonine.....g	0.329		0		1		0.093	0.559	
Isoleucine.....g	0.404		0		1		0.115	0.687	
Leucine.....g	0.774		0		1		0.219	1.316	
Lysine.....g	0.317		0		1		0.090	0.539	
Methionine.....g	0.193		0		1		0.055	0.328	
Cystine.....g	0.224		0		1		0.064	0.381	
Phenylalanine.....g	0.553		0		1		0.157	0.940	
Tyrosine.....g	0.342		0		1		0.097	0.581	
Valine.....g	0.464		0		1		0.132	0.789	
Arginine.....g	0.470		0		1		0.133	0.799	
Histidine.....g	0.251		0		1		0.071	0.427	
Alanine.....g	0.389		0		1		0.110	0.661	
Aspartic acid.....g	0.553		0		1		0.157	0.940	
Glutamic acid.....g	3.488		0		1		0.989	5.930	
Glycine.....g	0.408		0		1		0.116	0.694	
Proline.....g	1.192		0		1		0.338	2.026	
Serine.....g	0.551		0		1		0.156	0.937	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.212	1.270	
Carotene, alpha.....mcg	0		0	FLA	4		0.054	0.327	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.088	0.529	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	72		0	FLA	4		20.444	122.590	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 170g: 1 package (6 oz)

NDB No. 18081

Bread stuffing, bread, dry mix

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18082

Bread stuffing, bread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.808		0		1		1.080	3.808	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.006	0.021	
17:1.....g									
18:1 undifferentiated.....g	3.784		0		1		1.073	3.784	
20:1.....g	0.004		0		1		0.001	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.604		0		1		0.738	2.604	
18:2 undifferentiated.....g	2.489		0		1		0.706	2.489	
18:3 undifferentiated.....g	0.114		0		1		0.032	0.114	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.012	0.041	
Threonine.....g	0.097		0		1		0.027	0.097	
Isoleucine.....g	0.120		0		1		0.034	0.120	
Leucine.....g	0.228		0		1		0.065	0.228	
Lysine.....g	0.096		0		1		0.027	0.096	
Methionine.....g	0.057		0		1		0.016	0.057	
Cystine.....g	0.064		0		1		0.018	0.064	
Phenylalanine.....g	0.161		0		1		0.046	0.161	
Tyrosine.....g	0.101		0		1		0.029	0.101	
Valine.....g	0.137		0		1		0.039	0.137	
Arginine.....g	0.136		0		1		0.039	0.136	
Histidine.....g	0.074		0		1		0.021	0.074	
Alanine.....g	0.113		0		1		0.032	0.113	
Aspartic acid.....g	0.163		0		1		0.046	0.163	
Glutamic acid.....g	1.007		0		1		0.285	1.007	
Glycine.....g	0.118		0		1		0.033	0.118	
Proline.....g	0.346		0		1		0.098	0.346	
Serine.....g	0.161		0		1		0.046	0.161	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	88		0	RA	4		24.988	88.142	
Carotene, alpha.....mcg	0		0	RA	4		0.014	0.049	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.023	0.079	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	18		0	RA	4		5.217	18.402	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 100g: .5 cup

NDB No. 18082

Bread stuffing, bread, dry mix, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18084

Bread stuffing, cornbread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.662		0		4		0.471	2.825	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0		4		0.019	0.112	
17:1.....g									
18:1 undifferentiated.....g	1.587		0		4		0.450	2.698	
20:1.....g	0.009		0		4		0.003	0.015	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.073		0		4		0.304	1.824	
18:2 undifferentiated.....g	1.025		0		4		0.291	1.743	
18:3 undifferentiated.....g	0.047		0		4		0.013	0.080	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.002	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0		1		0.030	0.179	
Threonine.....g	0.320		0		1		0.091	0.544	
Isoleucine.....g	0.364		0		1		0.103	0.619	
Leucine.....g	0.873		0		1		0.247	1.484	
Lysine.....g	0.278		0		1		0.079	0.473	
Methionine.....g	0.186		0		1		0.053	0.316	
Cystine.....g	0.197		0		1		0.056	0.335	
Phenylalanine.....g	0.498		0		1		0.141	0.847	
Tyrosine.....g	0.344		0		1		0.098	0.585	
Valine.....g	0.447		0		1		0.127	0.760	
Arginine.....g	0.441		0		1		0.125	0.750	
Histidine.....g	0.251		0		1		0.071	0.427	
Alanine.....g	0.481		0		1		0.136	0.818	
Aspartic acid.....g	0.546		0		1		0.155	0.928	
Glutamic acid.....g	2.735		0		1		0.775	4.650	
Glycine.....g	0.381		0		1		0.108	0.648	
Proline.....g	1.017		0		1		0.288	1.729	
Serine.....g	0.486		0		1		0.138	0.826	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		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 = 28.35g: 1 oz

Measure 2 = 170g: 1 package (6 oz)

Calories Factors: Protein 3.8

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

NDB No. 18085

Bread stuffing, cornbread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.856		0		4		1.093	3.856	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		4		0.005	0.019	
17:1.....g									
18:1 undifferentiated.....g	3.835		0		4		1.087	3.835	
20:1.....g	0.003		0		4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.706		0		4		0.767	2.706	
18:2 undifferentiated.....g	2.588		0		4		0.734	2.588	
18:3 undifferentiated.....g	0.117		0		4		0.033	0.117	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		4		0.009	0.031	
Threonine.....g	0.095		0		4		0.027	0.095	
Isoleucine.....g	0.108		0		4		0.031	0.108	
Leucine.....g	0.256		0		4		0.073	0.256	
Lysine.....g	0.085		0		4		0.024	0.085	
Methionine.....g	0.055		0		4		0.016	0.055	
Cystine.....g	0.057		0		4		0.016	0.057	
Phenylalanine.....g	0.145		0		4		0.041	0.145	
Tyrosine.....g	0.101		0		4		0.029	0.101	
Valine.....g	0.132		0		4		0.037	0.132	
Arginine.....g	0.128		0		4		0.036	0.128	
Histidine.....g	0.073		0		4		0.021	0.073	
Alanine.....g	0.139		0		4		0.039	0.139	
Aspartic acid.....g	0.161		0		4		0.046	0.161	
Glutamic acid.....g	0.793		0		4		0.225	0.793	
Glycine.....g	0.110		0		4		0.031	0.110	
Proline.....g	0.296		0		4		0.084	0.296	
Serine.....g	0.142		0		4		0.040	0.142	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	58		0	RA	4		16.416	57.905	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 100g: .5 cup

NDB No. 18085

Bread stuffing, cornbread, dry mix, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.480		0		1		1.270	2.554	2.688
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0		1		0.010	0.021	0.022
17:1.....g									
18:1 undifferentiated.....g	4.440		0		1		1.259	2.531	2.664
20:1.....g	0.003		0		1		0.001	0.002	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	3.130		0		1		0.887	1.784	1.878
18:2 undifferentiated.....g	2.968		0		1		0.841	1.692	1.781
18:3 undifferentiated.....g	0.143		0		1		0.041	0.082	0.086
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	0.014		0		1		0.004	0.008	0.008
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	0.004		0		1		0.001	0.002	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	43		0		1		12	25	26
Phytosterols.....mg	34		0		1		10	19	20
Amino Acids:									
Tryptophan.....g	0.053		0		1		0.015	0.030	0.032
Threonine.....g	0.150		0		1		0.043	0.086	0.090
Isoleucine.....g	0.182		0		1		0.052	0.104	0.109
Leucine.....g	0.327		0		1		0.093	0.186	0.196
Lysine.....g	0.180		0		1		0.051	0.103	0.108
Methionine.....g	0.094		0		1		0.027	0.054	0.056
Cystine.....g	0.090		0		1		0.026	0.051	0.054
Phenylalanine.....g	0.218		0		1		0.062	0.124	0.131
Tyrosine.....g	0.148		0		1		0.042	0.084	0.089
Valine.....g	0.209		0		1		0.059	0.119	0.125
Arginine.....g	0.199		0		1		0.056	0.113	0.119
Histidine.....g	0.113		0		1		0.032	0.064	0.068
Alanine.....g	0.170		0		1		0.048	0.097	0.102
Aspartic acid.....g	0.281		0		1		0.080	0.160	0.169
Glutamic acid.....g	1.113		0		1		0.316	0.634	0.668
Glycine.....g	0.149		0		1		0.042	0.085	0.089
Proline.....g	0.384		0		1		0.109	0.219	0.230
Serine.....g	0.247		0		1		0.070	0.141	0.148
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	102		0	RK	4		28.917	58.140	61.200
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 individual loaf (include Keebler Elfin Loaves)

Measure 3 = 60g: 1 slice

NDB No. 18019

Bread, banana, prepared from recipe, made with margarine

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18021
Bread, boston brown, 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	0.207		0		1		0.059	0.093	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.003	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.195		0		1		0.055	0.088	
20:1.....g	0.003		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.564		0		1		0.160	0.254	
18:2 undifferentiated.....g	0.511		0		1		0.145	0.230	
18:3 undifferentiated.....g	0.052		0		1		0.015	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	0.001		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	1		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.073		0		1		0.021	0.033	
Threonine.....g	0.162		0		1		0.046	0.073	
Isoleucine.....g	0.186		0		1		0.053	0.084	
Leucine.....g	0.350		0		1		0.099	0.158	
Lysine.....g	0.156		0		1		0.044	0.070	
Methionine.....g	0.092		0		1		0.026	0.041	
Cystine.....g	0.116		0		1		0.033	0.052	
Phenylalanine.....g	0.233		0		1		0.066	0.105	
Tyrosine.....g	0.148		0		1		0.042	0.067	
Valine.....g	0.233		0		1		0.066	0.105	
Arginine.....g	0.255		0		1		0.072	0.115	
Histidine.....g	0.128		0		1		0.036	0.058	
Alanine.....g	0.203		0		1		0.058	0.091	
Aspartic acid.....g	0.324		0		1		0.092	0.146	
Glutamic acid.....g	1.537		0		1		0.436	0.692	
Glycine.....g	0.203		0		1		0.058	0.091	
Proline.....g	0.498		0		1		0.141	0.224	
Serine.....g	0.251		0		1		0.071	0.113	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.629	0.999	
Carotene, alpha.....mcg	1		0	FLA	4		0.165	0.263	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	71		0	FLA	4		20.051	31.827	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 45g: 1 slice

NDB No. 18021
Bread, boston brown, canned

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18022

Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.719		0	FLA	4		1.905	16.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.714		0	FLA	4		1.903	16.181	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.682		0	FLA	4		0.477	4.054	
18:2 undifferentiated.....g	1.599		0	FLA	4		0.453	3.854	
18:3 undifferentiated.....g	0.083		0	FLA	4		0.024	0.200	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLA	4		1	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0		1		0.020	0.171	
Threonine.....g	0.224		0		1		0.064	0.540	
Isoleucine.....g	0.254		0		1		0.072	0.612	
Leucine.....g	0.632		0		1		0.179	1.523	
Lysine.....g	0.198		0		1		0.056	0.477	
Methionine.....g	0.133		0		1		0.038	0.321	
Cystine.....g	0.132		0		1		0.037	0.318	
Phenylalanine.....g	0.343		0		1		0.097	0.827	
Tyrosine.....g	0.241		0		1		0.068	0.581	
Valine.....g	0.320		0		1		0.091	0.771	
Arginine.....g	0.302		0		1		0.086	0.728	
Histidine.....g	0.177		0		1		0.050	0.427	
Alanine.....g	0.336		0		1		0.095	0.810	
Aspartic acid.....g	0.382		0		1		0.108	0.921	
Glutamic acid.....g	1.847		0		1		0.524	4.451	
Glycine.....g	0.254		0		1		0.072	0.612	
Proline.....g	0.715		0		1		0.203	1.723	
Serine.....g	0.336		0		1		0.095	0.810	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	28		0	FLA	4		7.895	67.112	
Carotene, alpha.....mcg	18		0	FLA	4		5.113	43.467	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.008	0.069	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	391		0	FLA	4		110.795	941.854	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 241g: 1 package (8.5 oz)

NDB No. 18022

Bread, cornbread, dry mix, enriched (includes corn muffin mix)

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18023

Bread, cornbread, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.140		0		1		1.457	3.084	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0		1		0.015	0.032	
17:1.....g									
18:1 undifferentiated.....g	5.081		0		1		1.440	3.049	
20:1.....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.224		0		1		0.347	0.734	
18:2 undifferentiated.....g	1.135		0		1		0.322	0.681	
18:3 undifferentiated.....g	0.063		0		1		0.018	0.038	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.012	
20:5 n-3.....g	0.001		0		1		0.000	0.001	
22:5 n-3.....g									
22:6 n-3.....g	0.005		0		1		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0		1		17	37	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.022	0.047	
Threonine.....g	0.267		0		1		0.076	0.160	
Isoleucine.....g	0.310		0		1		0.088	0.186	
Leucine.....g	0.646		0		1		0.183	0.388	
Lysine.....g	0.317		0		1		0.090	0.190	
Methionine.....g	0.163		0		1		0.046	0.098	
Cystine.....g	0.136		0		1		0.039	0.082	
Phenylalanine.....g	0.359		0		1		0.102	0.215	
Tyrosine.....g	0.269		0		1		0.076	0.161	
Valine.....g	0.371		0		1		0.105	0.223	
Arginine.....g	0.334		0		1		0.095	0.200	
Histidine.....g	0.181		0		1		0.051	0.109	
Alanine.....g	0.349		0		1		0.099	0.209	
Aspartic acid.....g	0.488		0		1		0.138	0.293	
Glutamic acid.....g	1.625		0		1		0.461	0.975	
Glycine.....g	0.245		0		1		0.069	0.147	
Proline.....g	0.621		0		1		0.176	0.373	
Serine.....g	0.396		0		1		0.112	0.238	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18412

Bread, cornbread, dry mix, unenriched (includes corn muffin mix)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.719		0	BFZN	4		1.905	16.193	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFZN	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.714		0	BFZN	4		1.903	16.181	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.682		0	BFZN	4		0.477	4.054	
18:2 undifferentiated.....g	1.599		0	BFZN	4		0.453	3.854	
18:3 undifferentiated.....g	0.083		0	BFZN	4		0.024	0.200	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	BFZN	4		1	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0		4		0.020	0.171	
Threonine.....g	0.224		0		4		0.064	0.540	
Isoleucine.....g	0.254		0		4		0.072	0.612	
Leucine.....g	0.632		0		4		0.179	1.523	
Lysine.....g	0.198		0		4		0.056	0.477	
Methionine.....g	0.133		0		4		0.038	0.321	
Cystine.....g	0.132		0		4		0.037	0.318	
Phenylalanine.....g	0.343		0		4		0.097	0.827	
Tyrosine.....g	0.241		0		4		0.068	0.581	
Valine.....g	0.320		0		4		0.091	0.771	
Arginine.....g	0.302		0		4		0.086	0.728	
Histidine.....g	0.177		0		4		0.050	0.427	
Alanine.....g	0.336		0		4		0.095	0.810	
Aspartic acid.....g	0.382		0		4		0.108	0.921	
Glutamic acid.....g	1.847		0		4		0.524	4.451	
Glycine.....g	0.254		0		4		0.072	0.612	
Proline.....g	0.715		0		4		0.203	1.723	
Serine.....g	0.336		0		4		0.095	0.810	
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 = 241g: 1 package (8.5 oz)

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18024

Bread, cornbread, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.830		0		1		0.519	1.190	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.056		0		1		0.016	0.036	
17:1.....g									
18:1 undifferentiated.....g	1.759		0		1		0.499	1.143	
20:1.....g	0.012		0		1		0.003	0.008	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.206		0		1		0.909	2.084	
18:2 undifferentiated.....g	2.841		0		1		0.805	1.847	
18:3 undifferentiated.....g	0.349		0		1		0.099	0.227	
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	0.012		0		1		0.003	0.008	
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	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0		1		11	26	
Phytosterols.....mg	12		0		1		3	8	
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.019	0.044	
Threonine.....g	0.259		0		1		0.073	0.168	
Isoleucine.....g	0.290		0		1		0.082	0.189	
Leucine.....g	0.678		0		1		0.192	0.441	
Lysine.....g	0.296		0		1		0.084	0.192	
Methionine.....g	0.152		0		1		0.043	0.099	
Cystine.....g	0.117		0		1		0.033	0.076	
Phenylalanine.....g	0.330		0		1		0.094	0.215	
Tyrosine.....g	0.268		0		1		0.076	0.174	
Valine.....g	0.357		0		1		0.101	0.232	
Arginine.....g	0.312		0		1		0.088	0.203	
Histidine.....g	0.181		0		1		0.051	0.118	
Alanine.....g	0.372		0		1		0.105	0.242	
Aspartic acid.....g	0.472		0		1		0.134	0.307	
Glutamic acid.....g	1.376		0		1		0.390	0.894	
Glycine.....g	0.231		0		1		0.065	0.150	
Proline.....g	0.571		0		1		0.162	0.371	
Serine.....g	0.356		0		1		0.101	0.231	
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 = 65g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18025
Bread, cracked-wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.902		0		1		0.539	0.061	0.571
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.003	0.000	0.003
17:1.....g									
18:1 undifferentiated.....g	1.892		0		1		0.536	0.061	0.568
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	0.682		0		1		0.193	0.022	0.205
18:2 undifferentiated.....g	0.648		0		1		0.184	0.021	0.194
18:3 undifferentiated.....g	0.033		0		1		0.009	0.001	0.010
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	FLA	4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		1		0.032	0.004	0.034
Threonine.....g	0.261		0		1		0.074	0.008	0.078
Isoleucine.....g	0.338		0		1		0.096	0.011	0.101
Leucine.....g	0.606		0		1		0.172	0.019	0.182
Lysine.....g	0.244		0		1		0.069	0.008	0.073
Methionine.....g	0.148		0		1		0.042	0.005	0.044
Cystine.....g	0.190		0		1		0.054	0.006	0.057
Phenylalanine.....g	0.419		0		1		0.119	0.013	0.126
Tyrosine.....g	0.253		0		1		0.072	0.008	0.076
Valine.....g	0.387		0		1		0.110	0.012	0.116
Arginine.....g	0.348		0		1		0.099	0.011	0.104
Histidine.....g	0.193		0		1		0.055	0.006	0.058
Alanine.....g	0.306		0		1		0.087	0.010	0.092
Aspartic acid.....g	0.433		0		1		0.123	0.014	0.130
Glutamic acid.....g	2.770		0		1		0.785	0.089	0.831
Glycine.....g	0.321		0		1		0.091	0.010	0.096
Proline.....g	0.922		0		1		0.261	0.030	0.277
Serine.....g	0.417		0		1		0.118	0.013	0.125
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 = 28.35g: 1 oz

Measure 2 = 3.2g: 1 cubic inch

Measure 3 = 30g: 1 slice, large or thick

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.302		0	FLA	4		0.653	0.921	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.108		0	FLA	4		0.031	0.043	
17:1.....g									
18:1 undifferentiated.....g	2.182		0	FLA	4		0.619	0.873	
20:1.....g	0.009		0	FLA	4		0.003	0.004	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.106		0	FLA	4		0.314	0.442	
18:2 undifferentiated.....g	0.998		0	FLA	4		0.283	0.399	
18:3 undifferentiated.....g	0.048		0	FLA	4		0.014	0.019	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0	FLA	4		0.013	0.018	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.012		0	FLA	4		0.003	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0		1		14	20	
Phytosterols.....mg	7		0		4		2	3	
Amino Acids:									
Tryptophan.....g	0.112		0		1		0.032	0.045	
Threonine.....g	0.306		0		1		0.087	0.122	
Isoleucine.....g	0.394		0		1		0.112	0.158	
Leucine.....g	0.692		0		1		0.196	0.277	
Lysine.....g	0.311		0		1		0.088	0.124	
Methionine.....g	0.189		0		1		0.054	0.076	
Cystine.....g	0.208		0		1		0.059	0.083	
Phenylalanine.....g	0.475		0		1		0.135	0.190	
Tyrosine.....g	0.292		0		1		0.083	0.117	
Valine.....g	0.443		0		1		0.126	0.177	
Arginine.....g	0.385		0		1		0.109	0.154	
Histidine.....g	0.210		0		1		0.060	0.084	
Alanine.....g	0.356		0		1		0.101	0.142	
Aspartic acid.....g	0.522		0		1		0.148	0.209	
Glutamic acid.....g	2.856		0		1		0.810	1.142	
Glycine.....g	0.336		0		1		0.095	0.134	
Proline.....g	0.947		0		1		0.268	0.379	
Serine.....g	0.501		0		1		0.142	0.200	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.129	0.182	
Carotene, alpha.....mcg	0		0	FLA	4		0.034	0.048	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.055	0.077	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	45		0	FLA	4		12.683	17.895	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 40g: 1 slice (5" x 3" x 1/2")

NDB No. 18027

Bread, egg

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18028
Bread, egg, 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	2.989		0		1		0.847	1.106	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.072		0		1		0.020	0.027	
17:1.....g									
18:1 undifferentiated.....g	2.911		0		1		0.825	1.077	
20:1.....g	0.004		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.149		0		1		0.326	0.425	
18:2 undifferentiated.....g	1.067		0		1		0.302	0.395	
18:3 undifferentiated.....g	0.057		0		1		0.016	0.021	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		1		0.005	0.007	
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	0.005		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		1		16	21	
Phytosterols.....mg	8		0		1		2	3	
<u>Amino Acids:</u>									
Tryptophan.....g	0.123		0		1		0.035	0.046	
Threonine.....g	0.336		0		1		0.095	0.124	
Isoleucine.....g	0.433		0		1		0.123	0.160	
Leucine.....g	0.760		0		1		0.215	0.281	
Lysine.....g	0.342		0		1		0.097	0.127	
Methionine.....g	0.208		0		1		0.059	0.077	
Cystine.....g	0.229		0		1		0.065	0.085	
Phenylalanine.....g	0.522		0		1		0.148	0.193	
Tyrosine.....g	0.321		0		1		0.091	0.119	
Valine.....g	0.487		0		1		0.138	0.180	
Arginine.....g	0.423		0		1		0.120	0.157	
Histidine.....g	0.230		0		1		0.065	0.085	
Alanine.....g	0.391		0		1		0.111	0.145	
Aspartic acid.....g	0.574		0		1		0.163	0.212	
Glutamic acid.....g	3.139		0		1		0.890	1.161	
Glycine.....g	0.370		0		1		0.105	0.137	
Proline.....g	1.041		0		1		0.295	0.385	
Serine.....g	0.551		0		1		0.156	0.204	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	RK	4		0.134	0.174	
Carotene, alpha.....mcg	0		0	RK	4		0.035	0.046	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.057	0.074	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	46		0	RK	4		13.168	17.186	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 37g: 1 slice (5" x 3" x 1/2")

NDB No. 18028
Bread, egg, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18029

Bread, french or vienna (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.215		0		4		0.389	0.778	1.166
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		4		0.003	0.006	0.009
17:1.....g									
18:1 undifferentiated.....g	1.206		0		4		0.386	0.772	1.158
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.693		0		4		0.222	0.444	0.665
18:2 undifferentiated.....g	0.660		0		4		0.211	0.422	0.634
18:3 undifferentiated.....g	0.033		0		4		0.011	0.021	0.032
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.094	5		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.102		0		1		0.033	0.065	0.098
Threonine.....g	0.248		0		1		0.079	0.159	0.238
Isoleucine.....g	0.338		0		1		0.108	0.216	0.324
Leucine.....g	0.616		0		1		0.197	0.394	0.591
Lysine.....g	0.205		0		1		0.066	0.131	0.197
Methionine.....g	0.158		0		1		0.051	0.101	0.152
Cystine.....g	0.192		0		1		0.061	0.123	0.184
Phenylalanine.....g	0.436		0		1		0.140	0.279	0.419
Tyrosine.....g	0.250		0		1		0.080	0.160	0.240
Valine.....g	0.382		0		1		0.122	0.244	0.367
Arginine.....g	0.320		0		1		0.102	0.205	0.307
Histidine.....g	0.191		0		1		0.061	0.122	0.183
Alanine.....g	0.290		0		1		0.093	0.186	0.278
Aspartic acid.....g	0.392		0		1		0.125	0.251	0.376
Glutamic acid.....g	2.987		0		1		0.956	1.912	2.868
Glycine.....g	0.312		0		1		0.100	0.200	0.300
Proline.....g	1.000		0		1		0.320	0.640	0.960
Serine.....g	0.428		0		1		0.137	0.274	0.411
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	O	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	O	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	O	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	50		0	FLA	4		16.134	32.268	48.402

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Common Measures:

Measure 1 = 32g: 1 slice, small (2" x 2-1/2" x 1-3/4")

Measure 2 = 64g: 1 slice, medium (4" x 2-1/2" x 1-3/4")

Measure 3 = 96g: 1 slice, large (6" x 2-1/2" x 1-3/4")

NDB No. 18029

Bread, french or vienna (includes sourdough)

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18030

Bread, french or vienna, toasted (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.321		0		1		0.383	0.779	1.162
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.003	0.006	0.009
17:1.....g									
18:1 undifferentiated.....g	1.311		0		1		0.380	0.773	1.154
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	0.753		0		1		0.218	0.444	0.663
18:2 undifferentiated.....g	0.717		0		1		0.208	0.423	0.631
18:3 undifferentiated.....g	0.036		0		1		0.010	0.021	0.032
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.111		0		1		0.032	0.065	0.098
Threonine.....g	0.270		0		1		0.078	0.159	0.238
Isoleucine.....g	0.368		0		1		0.107	0.217	0.324
Leucine.....g	0.669		0		1		0.194	0.395	0.589
Lysine.....g	0.223		0		1		0.065	0.132	0.196
Methionine.....g	0.172		0		1		0.050	0.101	0.151
Cystine.....g	0.209		0		1		0.061	0.123	0.184
Phenylalanine.....g	0.474		0		1		0.137	0.280	0.417
Tyrosine.....g	0.271		0		1		0.079	0.160	0.238
Valine.....g	0.415		0		1		0.120	0.245	0.365
Arginine.....g	0.347		0		1		0.101	0.205	0.305
Histidine.....g	0.207		0		1		0.060	0.122	0.182
Alanine.....g	0.315		0		1		0.091	0.186	0.277
Aspartic acid.....g	0.427		0		1		0.124	0.252	0.376
Glutamic acid.....g	3.247		0		1		0.942	1.916	2.857
Glycine.....g	0.339		0		1		0.098	0.200	0.298
Proline.....g	1.087		0		1		0.315	0.641	0.957
Serine.....g	0.465		0		1		0.135	0.274	0.409
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	RK	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	RK	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	RK	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	52		0	RK	4		15.098	30.717	45.816

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

Common Measures:

- Measure 1 = 29g: 1 slice, small
- Measure 2 = 59g: 1 slice, medium
- Measure 3 = 88g: 1 slice, large

NDB No. 18030

Bread, french or vienna, toasted (includes sourdough)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18031
Bread, indian (navajo) fry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.988		0	FLA	4		6.381	3.589	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	3.988		0	FLA	4		6.381	3.589	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.588		0	FLA	4		4.141	2.329	
18:2 undifferentiated.....g	2.431		0	FLA	4		3.890	2.188	
18:3 undifferentiated.....g	0.156		0	FLA	4		0.250	0.140	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg	15		0		1		24	14	
<u>Amino Acids:</u>									
Tryptophan.....g	0.087		0		1		0.139	0.078	
Threonine.....g	0.192		0		1		0.307	0.173	
Isoleucine.....g	0.244		0		1		0.390	0.220	
Leucine.....g	0.486		0		1		0.778	0.437	
Lysine.....g	0.156		0		1		0.250	0.140	
Methionine.....g	0.125		0		1		0.200	0.113	
Cystine.....g	0.150		0		1		0.240	0.135	
Phenylalanine.....g	0.356		0		1		0.570	0.320	
Tyrosine.....g	0.213		0		1		0.341	0.192	
Valine.....g	0.284		0		1		0.454	0.256	
Arginine.....g	0.285		0		1		0.456	0.257	
Histidine.....g	0.157		0		1		0.251	0.141	
Alanine.....g	0.227		0		1		0.363	0.204	
Aspartic acid.....g	0.298		0		1		0.477	0.268	
Glutamic acid.....g	2.380		0		1		3.808	2.142	
Glycine.....g	0.254		0		1		0.406	0.229	
Proline.....g	0.819		0		1		1.310	0.737	
Serine.....g	0.353		0		1		0.565	0.318	
Hydroxyproline.....g									
<u>Others:</u>									
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 piece (10-1/2" dia)

Measure 2 = 90g: 1 piece (5" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

NDB No. 18032

Bread, irish soda, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.999		0		1		0.567		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	1.976		0		1		0.560		
20:1.....g	0.001		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.478		0		1		0.419		
18:2 undifferentiated.....g	1.396		0		1		0.396		
18:3 undifferentiated.....g	0.074		0		1		0.021		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0		1		0.002		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.002		0		1		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		1		5		
Phytosterols.....mg	13		0		1		4		
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.020		
Threonine.....g	0.201		0		1		0.057		
Isoleucine.....g	0.234		0		1		0.066		
Leucine.....g	0.436		0		1		0.124		
Lysine.....g	0.219		0		1		0.062		
Methionine.....g	0.138		0		1		0.039		
Cystine.....g	0.122		0		1		0.035		
Phenylalanine.....g	0.300		0		1		0.085		
Tyrosine.....g	0.201		0		1		0.057		
Valine.....g	0.283		0		1		0.080		
Arginine.....g	0.290		0		1		0.082		
Histidine.....g	0.159		0		1		0.045		
Alanine.....g	0.226		0		1		0.064		
Aspartic acid.....g	0.390		0		1		0.111		
Glutamic acid.....g	1.825		0		1		0.517		
Glycine.....g	0.188		0		1		0.053		
Proline.....g	0.597		0		1		0.169		
Serine.....g	0.296		0		1		0.084		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18033
Bread, italian

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.812		0		1		0.230	0.244	0.162
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.004	0.004	0.003
17:1.....g									
18:1 undifferentiated.....g	0.799		0		1		0.227	0.240	0.160
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.390		0		1		0.394	0.417	0.278
18:2 undifferentiated.....g	1.290		0		1		0.366	0.387	0.258
18:3 undifferentiated.....g	0.100		0		1		0.028	0.030	0.020
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.029	0.031	0.021
Threonine.....g	0.245		0		1		0.069	0.074	0.049
Isoleucine.....g	0.333		0		1		0.094	0.100	0.067
Leucine.....g	0.614		0		1		0.174	0.184	0.123
Lysine.....g	0.197		0		1		0.056	0.059	0.039
Methionine.....g	0.156		0		1		0.044	0.047	0.031
Cystine.....g	0.193		0		1		0.055	0.058	0.039
Phenylalanine.....g	0.433		0		1		0.123	0.130	0.087
Tyrosine.....g	0.248		0		1		0.070	0.074	0.050
Valine.....g	0.376		0		1		0.107	0.113	0.075
Arginine.....g	0.316		0		1		0.090	0.095	0.063
Histidine.....g	0.188		0		1		0.053	0.056	0.038
Alanine.....g	0.284		0		1		0.081	0.085	0.057
Aspartic acid.....g	0.379		0		1		0.107	0.114	0.076
Glutamic acid.....g	2.990		0		1		0.848	0.897	0.598
Glycine.....g	0.307		0		1		0.087	0.092	0.061
Proline.....g	1.004		0		1		0.285	0.301	0.201
Serine.....g	0.426		0		1		0.121	0.128	0.085
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	48		0	FLA	4		13.589	14.380	9.587

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 30g: 1 slice, large (4-1/2" x 3-1/4" x 3/4")

Measure 3 = 20g: 1 slice, medium

NDB No. 18033
Bread, italian

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18035

Bread, mixed-grain (includes whole-grain, 7-grain)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.524		0		4		0.432	0.488	0.396
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		4		0.005	0.006	0.005
17:1.....g									
18:1 undifferentiated.....g	1.505		0		4		0.427	0.482	0.391
20:1.....g	0.002		0		4		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.923		0		4		0.262	0.295	0.240
18:2 undifferentiated.....g	0.864		0		4		0.245	0.276	0.225
18:3 undifferentiated.....g	0.058		0		4		0.016	0.019	0.015
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.135	11		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		1		0.037	0.042	0.034
Threonine.....g	0.309		0		1		0.088	0.099	0.080
Isoleucine.....g	0.388		0		1		0.110	0.124	0.101
Leucine.....g	0.701		0		1		0.199	0.224	0.182
Lysine.....g	0.315		0		1		0.089	0.101	0.082
Methionine.....g	0.167		0		1		0.047	0.053	0.043
Cystine.....g	0.217		0		1		0.062	0.069	0.056
Phenylalanine.....g	0.486		0		1		0.138	0.156	0.126
Tyrosine.....g	0.286		0		1		0.081	0.092	0.074
Valine.....g	0.460		0		1		0.130	0.147	0.120
Arginine.....g	0.443		0		1		0.126	0.142	0.115
Histidine.....g	0.224		0		1		0.064	0.072	0.058
Alanine.....g	0.372		0		1		0.105	0.119	0.097
Aspartic acid.....g	0.577		0		1		0.164	0.185	0.150
Glutamic acid.....g	2.980		0		1		0.845	0.954	0.775
Glycine.....g	0.384		0		1		0.109	0.123	0.100
Proline.....g	0.996		0		1		0.282	0.319	0.259
Serine.....g	0.489		0		1		0.139	0.156	0.127
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0		4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	75		0	FLA	4		21.307	24.050	19.541

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 slice, large

Measure 3 = 26g: 1 slice

NDB No. 18035

Bread, mixed-grain (includes whole-grain, 7-grain)

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18036

Bread, mixed-grain, toasted (includes whole-grain, 7-grain)

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						
Fatty acids, total monounsaturated.....g	1.657		0		1		0.470	0.481	0.398
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.006	0.006	0.005
17:1.....g									
18:1 undifferentiated.....g	1.636		0		1		0.464	0.474	0.393
20:1.....g	0.002		0		1		0.001	0.001	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.003		0		1		0.284	0.291	0.241
18:2 undifferentiated.....g	0.940		0		1		0.266	0.273	0.226
18:3 undifferentiated.....g	0.063		0		1		0.018	0.018	0.015
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.142		0		1		0.040	0.041	0.034
Threonine.....g	0.335		0		1		0.095	0.097	0.080
Isoleucine.....g	0.422		0		1		0.120	0.122	0.101
Leucine.....g	0.762		0		1		0.216	0.221	0.183
Lysine.....g	0.343		0		1		0.097	0.099	0.082
Methionine.....g	0.182		0		1		0.052	0.053	0.044
Cystine.....g	0.236		0		1		0.067	0.068	0.057
Phenylalanine.....g	0.528		0		1		0.150	0.153	0.127
Tyrosine.....g	0.311		0		1		0.088	0.090	0.075
Valine.....g	0.500		0		1		0.142	0.145	0.120
Arginine.....g	0.481		0		1		0.136	0.139	0.115
Histidine.....g	0.244		0		1		0.069	0.071	0.059
Alanine.....g	0.405		0		1		0.115	0.117	0.097
Aspartic acid.....g	0.628		0		1		0.178	0.182	0.151
Glutamic acid.....g	3.239		0		1		0.918	0.939	0.777
Glycine.....g	0.418		0		1		0.119	0.121	0.100
Proline.....g	1.083		0		1		0.307	0.314	0.260
Serine.....g	0.532		0		1		0.151	0.154	0.128
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0		4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	75		0	FLA	4		21.307	21.795	18.038

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 29g: 1 slice, large

Measure 3 = 24g: 1 slice

NDB No. 18036

Bread, mixed-grain, toasted (includes whole-grain, 7-grain)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.590		0		4		0.451	0.477	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		4		0.009	0.009	
17:1.....g									
18:1 undifferentiated.....g	1.560		0		4		0.442	0.468	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.694		0		4		0.480	0.508	
18:2 undifferentiated.....g	1.590		0		4		0.451	0.477	
18:3 undifferentiated.....g	0.103		0		4		0.029	0.031	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.131		0		4		0.037	0.039	
Threonine.....g	0.299		0		4		0.085	0.090	
Isoleucine.....g	0.399		0		4		0.113	0.120	
Leucine.....g	0.733		0		4		0.208	0.220	
Lysine.....g	0.297		0		4		0.084	0.089	
Methionine.....g	0.179		0		4		0.051	0.054	
Cystine.....g	0.234		0		4		0.066	0.070	
Phenylalanine.....g	0.518		0		4		0.147	0.155	
Tyrosine.....g	0.324		0		4		0.092	0.097	
Valine.....g	0.461		0		4		0.131	0.138	
Arginine.....g	0.445		0		4		0.126	0.134	
Histidine.....g	0.225		0		4		0.064	0.068	
Alanine.....g	0.370		0		4		0.105	0.111	
Aspartic acid.....g	0.547		0		4		0.155	0.164	
Glutamic acid.....g	3.162		0		4		0.896	0.949	
Glycine.....g	0.395		0		4		0.112	0.119	
Proline.....g	1.055		0		4		0.299	0.317	
Serine.....g	0.502		0		4		0.142	0.151	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.060	0.064	
Carotene, alpha.....mcg	0		0	FLC	4		0.016	0.017	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.026	0.027	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	46		0	FLC	4		12.923	13.675	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 30g: 1 slice

NDB No. 18037
Bread, oat bran

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18038
Bread, oat bran, 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	1.748		0		4		0.496	0.472	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		4		0.009	0.009	
17:1.....g									
18:1 undifferentiated.....g	1.714		0		4		0.486	0.463	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.861		0		4		0.528	0.502	
18:2 undifferentiated.....g	1.748		0		4		0.496	0.472	
18:3 undifferentiated.....g	0.114		0		4		0.032	0.031	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.143		0		4		0.041	0.039	
Threonine.....g	0.328		0		4		0.093	0.089	
Isoleucine.....g	0.438		0		4		0.124	0.118	
Leucine.....g	0.805		0		4		0.228	0.217	
Lysine.....g	0.326		0		4		0.092	0.088	
Methionine.....g	0.196		0		4		0.056	0.053	
Cystine.....g	0.257		0		4		0.073	0.069	
Phenylalanine.....g	0.570		0		4		0.162	0.154	
Tyrosine.....g	0.356		0		4		0.101	0.096	
Valine.....g	0.507		0		4		0.144	0.137	
Arginine.....g	0.489		0		4		0.139	0.132	
Histidine.....g	0.248		0		4		0.070	0.067	
Alanine.....g	0.407		0		4		0.115	0.110	
Aspartic acid.....g	0.601		0		4		0.170	0.162	
Glutamic acid.....g	3.475		0		4		0.985	0.938	
Glycine.....g	0.434		0		4		0.123	0.117	
Proline.....g	1.159		0		4		0.329	0.313	
Serine.....g	0.552		0		4		0.156	0.149	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RK	4		0.063	0.060	
Carotene, alpha.....mcg	0		0	RK	4		0.017	0.016	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.027	0.026	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	48		0	RK	4		13.491	12.848	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 27g: 1 slice

NDB No. 18038

Bread, oat bran, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18039
Bread, oatmeal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.578		0		4		0.447	0.426	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		4		0.007	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.555		0		4		0.441	0.420	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.702		0		4		0.483	0.460	
18:2 undifferentiated.....g	1.603		0		4		0.454	0.433	
18:3 undifferentiated.....g	0.100		0		4		0.028	0.027	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.116		0		4		0.033	0.031	
Threonine.....g	0.247		0		4		0.070	0.067	
Isoleucine.....g	0.325		0		4		0.092	0.088	
Leucine.....g	0.608		0		4		0.172	0.164	
Lysine.....g	0.270		0		4		0.077	0.073	
Methionine.....g	0.152		0		4		0.043	0.041	
Cystine.....g	0.208		0		4		0.059	0.056	
Phenylalanine.....g	0.414		0		4		0.117	0.112	
Tyrosine.....g	0.263		0		4		0.075	0.071	
Valine.....g	0.393		0		4		0.111	0.106	
Arginine.....g	0.395		0		4		0.112	0.107	
Histidine.....g	0.186		0		4		0.053	0.050	
Alanine.....g	0.328		0		4		0.093	0.089	
Aspartic acid.....g	0.505		0		4		0.143	0.136	
Glutamic acid.....g	2.413		0		4		0.684	0.652	
Glycine.....g	0.343		0		4		0.097	0.093	
Proline.....g	0.765		0		4		0.217	0.207	
Serine.....g	0.408		0		4		0.116	0.110	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.065	0.062	
Carotene, alpha.....mcg	0		0	FLA	4		0.016	0.015	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.025	0.024	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	72		0	FLA	4		20.518	19.541	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 27g: 1 slice

NDB No. 18039
Bread, oatmeal

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18040
Bread, oatmeal, 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	1.715		0		1		0.486	0.429	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.007	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.690		0		1		0.479	0.423	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.850		0		1		0.524	0.463	
18:2 undifferentiated.....g	1.742		0		1		0.494	0.436	
18:3 undifferentiated.....g	0.108		0		1		0.031	0.027	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.126		0		1		0.036	0.032	
Threonine.....g	0.268		0		1		0.076	0.067	
Isoleucine.....g	0.353		0		1		0.100	0.088	
Leucine.....g	0.661		0		1		0.187	0.165	
Lysine.....g	0.294		0		1		0.083	0.074	
Methionine.....g	0.166		0		1		0.047	0.042	
Cystine.....g	0.226		0		1		0.064	0.057	
Phenylalanine.....g	0.450		0		1		0.128	0.113	
Tyrosine.....g	0.286		0		1		0.081	0.072	
Valine.....g	0.428		0		1		0.121	0.107	
Arginine.....g	0.429		0		1		0.122	0.107	
Histidine.....g	0.202		0		1		0.057	0.051	
Alanine.....g	0.357		0		1		0.101	0.089	
Aspartic acid.....g	0.549		0		1		0.156	0.137	
Glutamic acid.....g	2.623		0		1		0.744	0.656	
Glycine.....g	0.372		0		1		0.105	0.093	
Proline.....g	0.832		0		1		0.236	0.208	
Serine.....g	0.443		0		1		0.126	0.111	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RK	4		0.067	0.059	
Carotene, alpha.....mcg	0		0	RK	4		0.016	0.014	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.026	0.023	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	75		0	RK	4		21.187	18.683	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 25g: 1 slice

NDB No. 18040
Bread, oatmeal, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18041
Bread, pita, white, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.105		0		1		0.063	0.029	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.008	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.092		0		1		0.055	0.026	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.535		0		1		0.321	0.150	
18:2 undifferentiated.....g	0.511		0		1		0.307	0.143	
18:3 undifferentiated.....g	0.024		0		1		0.014	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		2		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.105		0		1		0.063	0.029	
Threonine.....g	0.257		0		1		0.154	0.072	
Isoleucine.....g	0.349		0		1		0.209	0.098	
Leucine.....g	0.634		0		1		0.380	0.178	
Lysine.....g	0.219		0		1		0.131	0.061	
Methionine.....g	0.160		0		1		0.096	0.045	
Cystine.....g	0.197		0		1		0.118	0.055	
Phenylalanine.....g	0.446		0		1		0.268	0.125	
Tyrosine.....g	0.257		0		1		0.154	0.072	
Valine.....g	0.394		0		1		0.236	0.110	
Arginine.....g	0.329		0		1		0.197	0.092	
Histidine.....g	0.195		0		1		0.117	0.055	
Alanine.....g	0.302		0		1		0.181	0.085	
Aspartic acid.....g	0.408		0		1		0.245	0.114	
Glutamic acid.....g	3.033		0		1		1.820	0.849	
Glycine.....g	0.319		0		1		0.191	0.089	
Proline.....g	1.012		0		1		0.607	0.283	
Serine.....g	0.438		0		1		0.263	0.123	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	53		0	FLA	4		31.916	14.894	

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

Common Measures:

- Measure 1 = 60g: 1 pita, large (6-1/2" dia)
- Measure 2 = 28g: 1 pita, small (4" dia)

NDB No. 18041
Bread, pita, white, enriched

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18413
Bread, pita, white, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.105		0		4		0.030	0.063	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		4		0.004	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.092		0		4		0.026	0.055	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.535		0		4		0.152	0.321	
18:2 undifferentiated.....g	0.511		0		4		0.145	0.307	
18:3 undifferentiated.....g	0.024		0		4		0.007	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.105		0		4		0.030	0.063	
Threonine.....g	0.257		0		4		0.073	0.154	
Isoleucine.....g	0.349		0		4		0.099	0.209	
Leucine.....g	0.634		0		4		0.180	0.380	
Lysine.....g	0.219		0		4		0.062	0.131	
Methionine.....g	0.160		0		4		0.045	0.096	
Cystine.....g	0.197		0		4		0.056	0.118	
Phenylalanine.....g	0.446		0		4		0.126	0.268	
Tyrosine.....g	0.257		0		4		0.073	0.154	
Valine.....g	0.394		0		4		0.112	0.236	
Arginine.....g	0.329		0		4		0.093	0.197	
Histidine.....g	0.195		0		4		0.055	0.117	
Alanine.....g	0.302		0		4		0.086	0.181	
Aspartic acid.....g	0.408		0		4		0.116	0.245	
Glutamic acid.....g	3.033		0		4		0.860	1.820	
Glycine.....g	0.319		0		4		0.090	0.191	
Proline.....g	1.012		0		4		0.287	0.607	
Serine.....g	0.438		0		4		0.124	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 = 28.35g: 1 oz

Measure 2 = 60g: 1 pita, large (6-1/2" dia)

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18042
Bread, pita, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.349		0		4		0.223	0.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		4		0.024	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.312		0		4		0.200	0.087	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.055		0		4		0.675	0.295	
18:2 undifferentiated.....g	1.001		0		4		0.641	0.280	
18:3 undifferentiated.....g	0.052		0		4		0.033	0.015	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		4		0.002	0.001	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.149		0		4		0.095	0.042	
Threonine.....g	0.282		0		4		0.180	0.079	
Isoleucine.....g	0.367		0		4		0.235	0.103	
Leucine.....g	0.671		0		4		0.429	0.188	
Lysine.....g	0.265		0		4		0.170	0.074	
Methionine.....g	0.153		0		4		0.098	0.043	
Cystine.....g	0.228		0		4		0.146	0.064	
Phenylalanine.....g	0.470		0		4		0.301	0.132	
Tyrosine.....g	0.292		0		4		0.187	0.082	
Valine.....g	0.441		0		4		0.282	0.123	
Arginine.....g	0.455		0		4		0.291	0.127	
Histidine.....g	0.226		0		4		0.145	0.063	
Alanine.....g	0.343		0		4		0.220	0.096	
Aspartic acid.....g	0.494		0		4		0.316	0.138	
Glutamic acid.....g	3.153		0		4		2.018	0.883	
Glycine.....g	0.394		0		4		0.252	0.110	
Proline.....g	1.046		0		4		0.669	0.293	
Serine.....g	0.469		0		4		0.300	0.131	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0		7		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	53		0	O	4		34.044	14.894	

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

Common Measures:

Measure 1 = 64g: 1 pita, large (6-1/2" dia)

Measure 2 = 28g: 1 pita, small (4" dia)

NDB No. 18042
Bread, pita, whole-wheat

Calories Factors: Protein 3.6

Fat 8.4

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18043
Bread, protein (includes gluten)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.183		0		4		0.052	0.035	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.182		0		4		0.052	0.035	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.009		0		4		0.286	0.192	
18:2 undifferentiated.....g	0.950		0		4		0.269	0.181	
18:3 undifferentiated.....g	0.059		0		4		0.017	0.011	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.148		0		4		0.042	0.028	
Threonine.....g	0.366		0		4		0.104	0.070	
Isoleucine.....g	0.471		0		4		0.134	0.089	
Leucine.....g	0.858		0		4		0.243	0.163	
Lysine.....g	0.372		0		4		0.105	0.071	
Methionine.....g	0.199		0		4		0.056	0.038	
Cystine.....g	0.247		0		4		0.070	0.047	
Phenylalanine.....g	0.596		0		4		0.169	0.113	
Tyrosine.....g	0.362		0		4		0.103	0.069	
Valine.....g	0.518		0		4		0.147	0.098	
Arginine.....g	0.548		0		4		0.155	0.104	
Histidine.....g	0.271		0		4		0.077	0.051	
Alanine.....g	0.414		0		4		0.117	0.079	
Aspartic acid.....g	0.734		0		4		0.208	0.139	
Glutamic acid.....g	3.689		0		4		1.046	0.701	
Glycine.....g	0.444		0		4		0.126	0.084	
Proline.....g	1.222		0		4		0.346	0.232	
Serine.....g	0.605		0		4		0.172	0.115	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	3		0	FLA	4		0.840	0.563	
Carotene, alpha.....mcg	0		0	FLA	4		0.018	0.012	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.029	0.019	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	77		0	FLA	4		21.740	14.570	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 19g: 1 slice

NDB No. 18043

Bread, protein (includes gluten)

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18383

Bread, protein, toasted (includes gluten)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.201		0		4		0.057	0.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.200		0		4		0.057	0.034	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.109		0		4		0.314	0.189	
18:2 undifferentiated.....g	1.044		0		4		0.296	0.177	
18:3 undifferentiated.....g	0.065		0		4		0.018	0.011	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.163		0		4		0.046	0.028	
Threonine.....g	0.402		0		4		0.114	0.068	
Isoleucine.....g	0.518		0		4		0.147	0.088	
Leucine.....g	0.943		0		4		0.267	0.160	
Lysine.....g	0.409		0		4		0.116	0.070	
Methionine.....g	0.218		0		4		0.062	0.037	
Cystine.....g	0.272		0		4		0.077	0.046	
Phenylalanine.....g	0.655		0		4		0.186	0.111	
Tyrosine.....g	0.397		0		4		0.113	0.067	
Valine.....g	0.569		0		4		0.161	0.097	
Arginine.....g	0.602		0		4		0.171	0.102	
Histidine.....g	0.297		0		4		0.084	0.050	
Alanine.....g	0.455		0		4		0.129	0.077	
Aspartic acid.....g	0.806		0		4		0.229	0.137	
Glutamic acid.....g	4.054		0		4		1.149	0.689	
Glycine.....g	0.488		0		4		0.138	0.083	
Proline.....g	1.343		0		4		0.381	0.228	
Serine.....g	0.664		0		4		0.188	0.113	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	RA	4		0.798	0.478	
Carotene, alpha.....mcg	0		0	RA	4		0.017	0.010	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.027	0.016	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	73		0	RA	4		20.653	12.384	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 17g: 1 slice

NDB No. 18383

Bread, protein, toasted (includes gluten)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18044
Bread, pumpernickel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.932		0		4		0.264	0.242	0.065
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		4		0.005	0.005	0.001
17:1.....g									
18:1 undifferentiated.....g	0.912		0		4		0.259	0.237	0.064
20:1.....g	0.002		0		4		0.001	0.001	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.237		0		4		0.351	0.322	0.087
18:2 undifferentiated.....g	1.145		0		4		0.325	0.298	0.080
18:3 undifferentiated.....g	0.092		0		4		0.026	0.024	0.006
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.097		0		1		0.027	0.025	0.007
Threonine.....g	0.267		0		1		0.076	0.069	0.019
Isoleucine.....g	0.334		0		1		0.095	0.087	0.023
Leucine.....g	0.602		0		1		0.171	0.157	0.042
Lysine.....g	0.248		0		1		0.070	0.064	0.017
Methionine.....g	0.155		0		1		0.044	0.040	0.011
Cystine.....g	0.190		0		1		0.054	0.049	0.013
Phenylalanine.....g	0.422		0		1		0.120	0.110	0.030
Tyrosine.....g	0.238		0		1		0.067	0.062	0.017
Valine.....g	0.396		0		1		0.112	0.103	0.028
Arginine.....g	0.359		0		1		0.102	0.093	0.025
Histidine.....g	0.196		0		1		0.056	0.051	0.014
Alanine.....g	0.324		0		1		0.092	0.084	0.023
Aspartic acid.....g	0.475		0		1		0.135	0.124	0.033
Glutamic acid.....g	2.721		0		1		0.771	0.707	0.190
Glycine.....g	0.337		0		1		0.096	0.088	0.024
Proline.....g	0.950		0		1		0.269	0.247	0.067
Serine.....g	0.417		0		1		0.118	0.108	0.029
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0		4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	46		0	FLA	4		13.013	11.935	3.213

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 26g: 1 slice, regular

Measure 3 = 7.0g: 1 slice, snack-size

NDB No. 18044
Bread, pumpernickel

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18045
Bread, pumpernickel, 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	1.024		0		1		0.290	0.297	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.006	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.002		0		1		0.284	0.291	
20:1.....g	0.002		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.359		0		1		0.385	0.394	
18:2 undifferentiated.....g	1.258		0		1		0.357	0.365	
18:3 undifferentiated.....g	0.101		0		1		0.029	0.029	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.107		0		1		0.030	0.031	
Threonine.....g	0.293		0		1		0.083	0.085	
Isoleucine.....g	0.366		0		1		0.104	0.106	
Leucine.....g	0.661		0		1		0.187	0.192	
Lysine.....g	0.273		0		1		0.077	0.079	
Methionine.....g	0.171		0		1		0.048	0.050	
Cystine.....g	0.209		0		1		0.059	0.061	
Phenylalanine.....g	0.464		0		1		0.132	0.135	
Tyrosine.....g	0.261		0		1		0.074	0.076	
Valine.....g	0.435		0		1		0.123	0.126	
Arginine.....g	0.395		0		1		0.112	0.115	
Histidine.....g	0.216		0		1		0.061	0.063	
Alanine.....g	0.356		0		1		0.101	0.103	
Aspartic acid.....g	0.522		0		1		0.148	0.151	
Glutamic acid.....g	2.991		0		1		0.848	0.867	
Glycine.....g	0.370		0		1		0.105	0.107	
Proline.....g	1.044		0		1		0.296	0.303	
Serine.....g	0.459		0		1		0.130	0.133	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.000	0.000	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	48		0	RK	4		13.585	13.897	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 29g: 1 slice (5" x 4" x 3/8")

NDB No. 18045
Bread, pumpernickel, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18047
Bread, raisin, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.294		0		4		0.650	0.734	0.596
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		4		0.002	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	2.288		0		4		0.649	0.732	0.595
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.679		0		4		0.192	0.217	0.177
18:2 undifferentiated.....g	0.641		0		4		0.182	0.205	0.167
18:3 undifferentiated.....g	0.038		0		4		0.011	0.012	0.010
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.024	0.027	0.022
Threonine.....g	0.222		0		1		0.063	0.071	0.058
Isoleucine.....g	0.287		0		1		0.081	0.092	0.075
Leucine.....g	0.516		0		1		0.146	0.165	0.134
Lysine.....g	0.200		0		1		0.057	0.064	0.052
Methionine.....g	0.128		0		1		0.036	0.041	0.033
Cystine.....g	0.152		0		1		0.043	0.049	0.040
Phenylalanine.....g	0.361		0		1		0.102	0.116	0.094
Tyrosine.....g	0.204		0		1		0.058	0.065	0.053
Valine.....g	0.329		0		1		0.093	0.105	0.086
Arginine.....g	0.362		0		1		0.103	0.116	0.094
Histidine.....g	0.167		0		1		0.047	0.053	0.043
Alanine.....g	0.267		0		1		0.076	0.085	0.069
Aspartic acid.....g	0.351		0		1		0.100	0.112	0.091
Glutamic acid.....g	2.355		0		1		0.668	0.754	0.612
Glycine.....g	0.269		0		1		0.076	0.086	0.070
Proline.....g	0.828		0		1		0.235	0.265	0.215
Serine.....g	0.357		0		1		0.101	0.114	0.093
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0		4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	44		0	FLA	4		12.591	14.212	11.547

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 32g: 1 slice, large
- Measure 3 = 26g: 1 slice

NDB No. 18047
Bread, raisin, enriched

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18048
Bread, raisin, toasted, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.494		0		1		0.707	0.723	0.599
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	2.487		0		1		0.705	0.721	0.597
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	0.738		0		1		0.209	0.214	0.177
18:2 undifferentiated.....g	0.697		0		1		0.198	0.202	0.167
18:3 undifferentiated.....g	0.041		0		1		0.012	0.012	0.010
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.090		0		1		0.026	0.026	0.022
Threonine.....g	0.241		0		1		0.068	0.070	0.058
Isoleucine.....g	0.312		0		1		0.088	0.090	0.075
Leucine.....g	0.561		0		1		0.159	0.163	0.135
Lysine.....g	0.217		0		1		0.062	0.063	0.052
Methionine.....g	0.139		0		1		0.039	0.040	0.033
Cystine.....g	0.166		0		1		0.047	0.048	0.040
Phenylalanine.....g	0.392		0		1		0.111	0.114	0.094
Tyrosine.....g	0.222		0		1		0.063	0.064	0.053
Valine.....g	0.358		0		1		0.101	0.104	0.086
Arginine.....g	0.394		0		1		0.112	0.114	0.095
Histidine.....g	0.182		0		1		0.052	0.053	0.044
Alanine.....g	0.290		0		1		0.082	0.084	0.070
Aspartic acid.....g	0.382		0		1		0.108	0.111	0.092
Glutamic acid.....g	2.559		0		1		0.725	0.742	0.614
Glycine.....g	0.293		0		1		0.083	0.085	0.070
Proline.....g	0.899		0		1		0.255	0.261	0.216
Serine.....g	0.388		0		1		0.110	0.113	0.093
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	RK	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	RK	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	RK	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	46		0	RK	4		13.002	13.300	11.007

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 29g: 1 slice, large
- Measure 3 = 24g: 1 slice

NDB No. 18048

Bread, raisin, toasted, enriched

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18414
Bread, raisin, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.294		0		4		0.650	0.734	0.596
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0		4		0.002	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	2.288		0		4		0.649	0.732	0.595
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.679		0		4		0.192	0.217	0.177
18:2 undifferentiated.....g	0.641		0		4		0.182	0.205	0.167
18:3 undifferentiated.....g	0.038		0		4		0.011	0.012	0.010
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.083		0		4		0.024	0.027	0.022
Threonine.....g	0.222		0		4		0.063	0.071	0.058
Isoleucine.....g	0.287		0		4		0.081	0.092	0.075
Leucine.....g	0.516		0		4		0.146	0.165	0.134
Lysine.....g	0.200		0		4		0.057	0.064	0.052
Methionine.....g	0.128		0		4		0.036	0.041	0.033
Cystine.....g	0.152		0		4		0.043	0.049	0.040
Phenylalanine.....g	0.361		0		4		0.102	0.116	0.094
Tyrosine.....g	0.204		0		4		0.058	0.065	0.053
Valine.....g	0.329		0		4		0.093	0.105	0.086
Arginine.....g	0.362		0		4		0.103	0.116	0.094
Histidine.....g	0.167		0		4		0.047	0.053	0.043
Alanine.....g	0.267		0		4		0.076	0.085	0.069
Aspartic acid.....g	0.351		0		4		0.100	0.112	0.091
Glutamic acid.....g	2.355		0		4		0.668	0.754	0.612
Glycine.....g	0.269		0		4		0.076	0.086	0.070
Proline.....g	0.828		0		4		0.235	0.265	0.215
Serine.....g	0.357		0		4		0.101	0.114	0.093
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 = 32g: 1 slice, large
- Measure 3 = 26g: 1 slice

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18049

Bread, reduced-calorie, oat bran

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.684		0		4		0.194	0.157	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		4		0.005	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.663		0		4		0.188	0.152	
20:1.....g	0.002		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.670		0		4		0.473	0.384	
18:2 undifferentiated.....g	1.567		0		4		0.444	0.360	
18:3 undifferentiated.....g	0.102		0		4		0.029	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		4		0.029	0.024	
Threonine.....g	0.257		0		4		0.073	0.059	
Isoleucine.....g	0.321		0		4		0.091	0.074	
Leucine.....g	0.565		0		4		0.160	0.130	
Lysine.....g	0.291		0		4		0.082	0.067	
Methionine.....g	0.140		0		4		0.040	0.032	
Cystine.....g	0.135		0		4		0.038	0.031	
Phenylalanine.....g	0.165		0		4		0.047	0.038	
Tyrosine.....g	0.386		0		4		0.109	0.089	
Valine.....g	0.364		0		4		0.103	0.084	
Arginine.....g	0.384		0		4		0.109	0.088	
Histidine.....g	0.183		0		4		0.052	0.042	
Alanine.....g	0.312		0		4		0.088	0.072	
Aspartic acid.....g	0.527		0		4		0.149	0.121	
Glutamic acid.....g	2.197		0		4		0.623	0.505	
Glycine.....g	0.318		0		4		0.090	0.073	
Proline.....g	0.712		0		4		0.202	0.164	
Serine.....g	0.391		0		4		0.111	0.090	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.382	0.310	
Carotene, alpha.....mcg	0		0	FLA	4		0.020	0.017	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.033	0.027	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	42		0	FLA	4		11.988	9.725	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 23g: 1 slice

NDB No. 18049

Bread, reduced-calorie, oat bran

Calories Factors: Protein 3.6

Fat 8.6

Carbohydrate 3.5

Food Group: 18 Baked Products

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

NDB No. 18050

Bread, reduced-calorie, oat bran, 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	0.814		0		4		0.231	0.155	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		4		0.007	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.789		0		4		0.224	0.150	
20:1.....g	0.002		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.988		0		4		0.564	0.378	
18:2 undifferentiated.....g	1.865		0		4		0.529	0.354	
18:3 undifferentiated.....g	0.122		0		4		0.035	0.023	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0		4		0.035	0.023	
Threonine.....g	0.306		0		4		0.087	0.058	
Isoleucine.....g	0.382		0		4		0.108	0.073	
Leucine.....g	0.673		0		4		0.191	0.128	
Lysine.....g	0.346		0		4		0.098	0.066	
Methionine.....g	0.167		0		4		0.047	0.032	
Cystine.....g	0.160		0		4		0.045	0.030	
Phenylalanine.....g	0.196		0		4		0.056	0.037	
Tyrosine.....g	0.459		0		4		0.130	0.087	
Valine.....g	0.433		0		4		0.123	0.082	
Arginine.....g	0.458		0		4		0.130	0.087	
Histidine.....g	0.217		0		4		0.062	0.041	
Alanine.....g	0.371		0		4		0.105	0.070	
Aspartic acid.....g	0.627		0		4		0.178	0.119	
Glutamic acid.....g	2.616		0		4		0.742	0.497	
Glycine.....g	0.379		0		4		0.107	0.072	
Proline.....g	0.848		0		4		0.240	0.161	
Serine.....g	0.466		0		4		0.132	0.089	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	RK	4		0.432	0.289	
Carotene, alpha.....mcg	0		0	RK	4		0.023	0.015	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.037	0.025	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	48		0	RK	4		13.557	9.086	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 slice

NDB No. 18050

Bread, reduced-calorie, oat bran, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18051
Bread, reduced-calorie, oatmeal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.822		0		4		0.233	0.189	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0		4		0.011	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.783		0		4		0.222	0.180	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.351		0		4		0.383	0.311	
18:2 undifferentiated.....g	1.289		0		4		0.365	0.296	
18:3 undifferentiated.....g	0.063		0		4		0.018	0.014	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.096		0		4		0.027	0.022	
Threonine.....g	0.234		0		4		0.066	0.054	
Isoleucine.....g	0.312		0		4		0.088	0.072	
Leucine.....g	0.562		0		4		0.159	0.129	
Lysine.....g	0.259		0		4		0.073	0.060	
Methionine.....g	0.138		0		4		0.039	0.032	
Cystine.....g	0.161		0		4		0.046	0.037	
Phenylalanine.....g	0.381		0		4		0.108	0.088	
Tyrosine.....g	0.251		0		4		0.071	0.058	
Valine.....g	0.359		0		4		0.102	0.083	
Arginine.....g	0.327		0		4		0.093	0.075	
Histidine.....g	0.170		0		4		0.048	0.039	
Alanine.....g	0.274		0		4		0.078	0.063	
Aspartic acid.....g	0.431		0		4		0.122	0.099	
Glutamic acid.....g	2.235		0		4		0.634	0.514	
Glycine.....g	0.282		0		4		0.080	0.065	
Proline.....g	0.764		0		4		0.217	0.176	
Serine.....g	0.376		0		4		0.107	0.086	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 3.5

Food Group: 18 Baked Products

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

NDB No. 18053
Bread, reduced-calorie, rye

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.672		0		4		0.191	0.155	0.215
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0		4		0.010	0.008	0.011
17:1.....g									
18:1 undifferentiated.....g	0.638		0		4		0.181	0.147	0.204
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.752		0		4		0.213	0.173	0.241
18:2 undifferentiated.....g	0.710		0		4		0.201	0.163	0.227
18:3 undifferentiated.....g	0.041		0		4		0.012	0.009	0.013
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		4		0.031	0.025	0.035
Threonine.....g	0.284		0		4		0.081	0.065	0.091
Isoleucine.....g	0.357		0		4		0.101	0.082	0.114
Leucine.....g	0.638		0		4		0.181	0.147	0.204
Lysine.....g	0.321		0		4		0.091	0.074	0.103
Methionine.....g	0.155		0		4		0.044	0.036	0.050
Cystine.....g	0.180		0		4		0.051	0.041	0.058
Phenylalanine.....g	0.457		0		4		0.130	0.105	0.146
Tyrosine.....g	0.288		0		4		0.082	0.066	0.092
Valine.....g	0.415		0		4		0.118	0.095	0.133
Arginine.....g	0.476		0		4		0.135	0.109	0.152
Histidine.....g	0.208		0		4		0.059	0.048	0.067
Alanine.....g	0.320		0		4		0.091	0.074	0.102
Aspartic acid.....g	0.556		0		4		0.158	0.128	0.178
Glutamic acid.....g	2.629		0		4		0.745	0.605	0.841
Glycine.....g	0.321		0		4		0.091	0.074	0.103
Proline.....g	0.860		0		4		0.244	0.198	0.275
Serine.....g	0.432		0		4		0.122	0.099	0.138
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.590	0.478	0.666
Carotene, alpha.....mcg	0		0	FLA	4		0.020	0.016	0.023
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.190	0.154	0.214
Lycopene.....mcg	0		0	FLA	4		0.015	0.012	0.017
Lutein + zeaxanthin.....mcg	37		0	FLA	4		10.550	8.559	11.908

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 23g: 1 slice

Measure 3 = 32g: 1 slice, thick

NDB No. 18053

Bread, reduced-calorie, rye

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 3.5

Food Group: 18 Baked Products

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

NDB No. 18055
Bread, reduced-calorie, wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		4		0.071	0.058	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		4		0.011	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.215		0		4		0.061	0.049	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.969		0		4		0.275	0.223	
18:2 undifferentiated.....g	0.918		0		4		0.260	0.211	
18:3 undifferentiated.....g	0.050		0		4		0.014	0.012	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.108		0		4		0.031	0.025	
Threonine.....g	0.274		0		4		0.078	0.063	
Isoleucine.....g	0.356		0		4		0.101	0.082	
Leucine.....g	0.638		0		4		0.181	0.147	
Lysine.....g	0.261		0		4		0.074	0.060	
Methionine.....g	0.159		0		4		0.045	0.037	
Cystine.....g	0.188		0		4		0.053	0.043	
Phenylalanine.....g	0.442		0		4		0.125	0.102	
Tyrosine.....g	0.275		0		4		0.078	0.063	
Valine.....g	0.399		0		4		0.113	0.092	
Arginine.....g	0.339		0		4		0.096	0.078	
Histidine.....g	0.197		0		4		0.056	0.045	
Alanine.....g	0.303		0		4		0.086	0.070	
Aspartic acid.....g	0.433		0		4		0.123	0.100	
Glutamic acid.....g	2.861		0		4		0.811	0.658	
Glycine.....g	0.316		0		4		0.090	0.073	
Proline.....g	0.982		0		4		0.278	0.226	
Serine.....g	0.439		0		4		0.124	0.101	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	41		0	FLA	4		11.580	9.394	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 23g: 1 slice

NDB No. 18055

Bread, reduced-calorie, wheat

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 3.3

Food Group: 18 Baked Products

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

NDB No. 18057
Bread, reduced-calorie, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.077		0		4		0.305	0.248	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0		4		0.005	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.061		0		4		0.301	0.244	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0		4		0.158	0.129	
18:2 undifferentiated.....g	0.531		0		4		0.151	0.122	
18:3 undifferentiated.....g	0.028		0		4		0.008	0.006	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.104		0		4		0.029	0.024	
Threonine.....g	0.289		0		4		0.082	0.066	
Isoleucine.....g	0.381		0		4		0.108	0.088	
Leucine.....g	0.657		0		4		0.186	0.151	
Lysine.....g	0.358		0		4		0.101	0.082	
Methionine.....g	0.160		0		4		0.045	0.037	
Cystine.....g	0.151		0		4		0.043	0.035	
Phenylalanine.....g	0.419		0		4		0.119	0.096	
Tyrosine.....g	0.296		0		4		0.084	0.068	
Valine.....g	0.418		0		4		0.119	0.096	
Arginine.....g	0.339		0		4		0.096	0.078	
Histidine.....g	0.198		0		4		0.056	0.046	
Alanine.....g	0.293		0		4		0.083	0.067	
Aspartic acid.....g	0.504		0		4		0.143	0.116	
Glutamic acid.....g	2.440		0		4		0.692	0.561	
Glycine.....g	0.276		0		4		0.078	0.063	
Proline.....g	0.881		0		4		0.250	0.203	
Serine.....g	0.430		0		4		0.122	0.099	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	FLA	4		0.166	0.135	
Carotene, alpha.....mcg	0		0	FLA	4		0.024	0.020	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.039	0.032	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	32		0	FLA	4		9.026	7.323	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 23g: 1 slice

NDB No. 18057

Bread, reduced-calorie, white

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 3.4

Food Group: 18 Baked Products

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

NDB No. 18059
Bread, rice bran

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.654		0		4		0.469	0.447	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		4		0.009	0.009	
17:1.....g									
18:1 undifferentiated.....g	1.621		0		4		0.460	0.438	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.760		0		4		0.499	0.475	
18:2 undifferentiated.....g	1.654		0		4		0.469	0.447	
18:3 undifferentiated.....g	0.106		0		4		0.030	0.029	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.106		0		4		0.030	0.029	
Threonine.....g	0.268		0		4		0.076	0.072	
Isoleucine.....g	0.347		0		4		0.098	0.094	
Leucine.....g	0.624		0		4		0.177	0.168	
Lysine.....g	0.259		0		4		0.073	0.070	
Methionine.....g	0.156		0		4		0.044	0.042	
Cystine.....g	0.190		0		4		0.054	0.051	
Phenylalanine.....g	0.439		0		4		0.124	0.119	
Tyrosine.....g	0.271		0		4		0.077	0.073	
Valine.....g	0.402		0		4		0.114	0.109	
Arginine.....g	0.379		0		4		0.107	0.102	
Histidine.....g	0.197		0		4		0.056	0.053	
Alanine.....g	0.328		0		4		0.093	0.089	
Aspartic acid.....g	0.464		0		4		0.132	0.125	
Glutamic acid.....g	2.703		0		4		0.766	0.730	
Glycine.....g	0.344		0		4		0.098	0.093	
Proline.....g	0.910		0		4		0.258	0.246	
Serine.....g	0.433		0		4		0.123	0.117	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLC	4		0.134	0.128	
Carotene, alpha.....mcg	0		0	FLC	4		0.022	0.021	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.035	0.033	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	49		0	FLC	4		13.899	13.237	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 27g: 1 slice

NDB No. 18059
Bread, rice bran

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18384
Bread, rice bran, 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	1.798		0		1		0.510	0.450	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0		1		0.010	0.009	
17:1.....g									
18:1 undifferentiated.....g	1.762		0		1		0.500	0.441	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.913		0		1		0.542	0.478	
18:2 undifferentiated.....g	1.797		0		1		0.509	0.449	
18:3 undifferentiated.....g	0.115		0		1		0.033	0.029	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.116		0		1		0.033	0.029	
Threonine.....g	0.292		0		1		0.083	0.073	
Isoleucine.....g	0.377		0		1		0.107	0.094	
Leucine.....g	0.679		0		1		0.192	0.170	
Lysine.....g	0.282		0		1		0.080	0.071	
Methionine.....g	0.169		0		1		0.048	0.042	
Cystine.....g	0.206		0		1		0.058	0.052	
Phenylalanine.....g	0.478		0		1		0.136	0.120	
Tyrosine.....g	0.295		0		1		0.084	0.074	
Valine.....g	0.437		0		1		0.124	0.109	
Arginine.....g	0.412		0		1		0.117	0.103	
Histidine.....g	0.215		0		1		0.061	0.054	
Alanine.....g	0.357		0		1		0.101	0.089	
Aspartic acid.....g	0.504		0		1		0.143	0.126	
Glutamic acid.....g	2.938		0		1		0.833	0.735	
Glycine.....g	0.374		0		1		0.106	0.094	
Proline.....g	0.989		0		1		0.280	0.247	
Serine.....g	0.471		0		1		0.134	0.118	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	RA	4		0.139	0.122	
Carotene, alpha.....mcg	0		0	RA	4		0.022	0.020	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.036	0.032	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	51		0	RA	4		14.352	12.656	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

NDB No. 18384
Bread, rice bran, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.311		0		4		0.372	0.420	0.092
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.003	0.004	0.001
17:1.....g									
18:1 undifferentiated.....g	1.296		0		4		0.367	0.415	0.091
20:1.....g	0.003		0		4		0.001	0.001	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.799		0		4		0.227	0.256	0.056
18:2 undifferentiated.....g	0.739		0		4		0.210	0.236	0.052
18:3 undifferentiated.....g	0.060		0		4		0.017	0.019	0.004
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	7		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		4		0.027	0.031	0.007
Threonine.....g	0.255		0		4		0.072	0.082	0.018
Isoleucine.....g	0.319		0		4		0.090	0.102	0.022
Leucine.....g	0.579		0		4		0.164	0.185	0.041
Lysine.....g	0.233		0		4		0.066	0.075	0.016
Methionine.....g	0.139		0		4		0.039	0.044	0.010
Cystine.....g	0.173		0		4		0.049	0.055	0.012
Phenylalanine.....g	0.411		0		4		0.117	0.132	0.029
Tyrosine.....g	0.213		0		4		0.060	0.068	0.015
Valine.....g	0.379		0		4		0.107	0.121	0.027
Arginine.....g	0.325		0		4		0.092	0.104	0.023
Histidine.....g	0.182		0		4		0.052	0.058	0.013
Alanine.....g	0.299		0		4		0.085	0.096	0.021
Aspartic acid.....g	0.442		0		4		0.125	0.141	0.031
Glutamic acid.....g	2.603		0		4		0.738	0.833	0.182
Glycine.....g	0.302		0		4		0.086	0.097	0.021
Proline.....g	0.909		0		4		0.258	0.291	0.064
Serine.....g	0.417		0		4		0.118	0.133	0.029
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	FLC	4		1.136	1.282	0.280
Carotene, alpha.....mcg	0		0	FLC	4		0.033	0.037	0.008
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.365	0.412	0.090
Lycopene.....mcg	0		0	FLC	4		0.030	0.034	0.007
Lutein + zeaxanthin.....mcg	54		0	FLC	4		15.213	17.171	3.756

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 slice

Measure 3 = 7.0g: 1 slice, snack-size

NDB No. 18060
Bread, rye

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18061
Bread, rye, 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	1.440		0		4		0.408	0.418	0.346
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		4		0.004	0.004	0.003
17:1.....g									
18:1 undifferentiated.....g	1.425		0		4		0.404	0.413	0.342
20:1.....g	0.003		0		4		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.879		0		4		0.249	0.255	0.211
18:2 undifferentiated.....g	0.812		0		4		0.230	0.235	0.195
18:3 undifferentiated.....g	0.066		0		4		0.019	0.019	0.016
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0		4		0.030	0.030	0.025
Threonine.....g	0.281		0		4		0.080	0.081	0.067
Isoleucine.....g	0.351		0		4		0.100	0.102	0.084
Leucine.....g	0.637		0		4		0.181	0.185	0.153
Lysine.....g	0.256		0		4		0.073	0.074	0.061
Methionine.....g	0.153		0		4		0.043	0.044	0.037
Cystine.....g	0.190		0		4		0.054	0.055	0.046
Phenylalanine.....g	0.451		0		4		0.128	0.131	0.108
Tyrosine.....g	0.235		0		4		0.067	0.068	0.056
Valine.....g	0.417		0		4		0.118	0.121	0.100
Arginine.....g	0.358		0		4		0.101	0.104	0.086
Histidine.....g	0.200		0		4		0.057	0.058	0.048
Alanine.....g	0.328		0		4		0.093	0.095	0.079
Aspartic acid.....g	0.486		0		4		0.138	0.141	0.117
Glutamic acid.....g	2.861		0		4		0.811	0.830	0.687
Glycine.....g	0.331		0		4		0.094	0.096	0.079
Proline.....g	0.999		0		4		0.283	0.290	0.240
Serine.....g	0.458		0		4		0.130	0.133	0.110
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	RK	4		1.186	1.213	1.004
Carotene, alpha.....mcg	0		0	RK	4		0.034	0.035	0.029
Cryptoxanthin, beta.....mcg	1		0	RK	4		0.381	0.390	0.322
Lycopene.....mcg	0		0	RK	4		0.031	0.032	0.026
Lutein + zeaxanthin.....mcg	56		0	RK	4		15.881	16.246	13.445

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 29g: 1 slice, large

Measure 3 = 24g: 1 slice, regular

NDB No. 18061
Bread, rye, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18064

Bread, wheat (includes wheat berry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.720		0		4		0.488	0.430	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0		4		0.005	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.703		0		4		0.483	0.426	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.908		0		4		0.257	0.227	
18:2 undifferentiated.....g	0.862		0		4		0.244	0.216	
18:3 undifferentiated.....g	0.045		0		4		0.013	0.011	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.250	4		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.033	0.030	
Threonine.....g	0.275		0		1		0.078	0.069	
Isoleucine.....g	0.356		0		1		0.101	0.089	
Leucine.....g	0.643		0		1		0.182	0.161	
Lysine.....g	0.261		0		1		0.074	0.065	
Methionine.....g	0.155		0		1		0.044	0.039	
Cystine.....g	0.198		0		1		0.056	0.050	
Phenylalanine.....g	0.446		0		1		0.126	0.112	
Tyrosine.....g	0.269		0		1		0.076	0.067	
Valine.....g	0.409		0		1		0.116	0.102	
Arginine.....g	0.380		0		1		0.108	0.095	
Histidine.....g	0.205		0		1		0.058	0.051	
Alanine.....g	0.323		0		1		0.092	0.081	
Aspartic acid.....g	0.475		0		1		0.135	0.119	
Glutamic acid.....g	2.906		0		1		0.824	0.727	
Glycine.....g	0.344		0		1		0.098	0.086	
Proline.....g	0.961		0		1		0.272	0.240	
Serine.....g	0.444		0		1		0.126	0.111	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	49		0	FLA	4		13.981	12.329	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 25g: 1 slice

NDB No. 18064

Bread, wheat (includes wheat berry)

Calories Factors: Protein 3.8

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18066
Bread, wheat bran

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.618		0		1		0.459	0.582	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.608		0		1		0.456	0.579	
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	0.649		0		1		0.184	0.234	
18:2 undifferentiated.....g	0.614		0		1		0.174	0.221	
18:3 undifferentiated.....g	0.035		0		1		0.010	0.013	
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		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.111		0		1		0.031	0.040	
Threonine.....g	0.256		0		1		0.073	0.092	
Isoleucine.....g	0.332		0		1		0.094	0.120	
Leucine.....g	0.603		0		1		0.171	0.217	
Lysine.....g	0.235		0		1		0.067	0.085	
Methionine.....g	0.152		0		1		0.043	0.055	
Cystine.....g	0.191		0		1		0.054	0.069	
Phenylalanine.....g	0.419		0		1		0.119	0.151	
Tyrosine.....g	0.252		0		1		0.071	0.091	
Valine.....g	0.385		0		1		0.109	0.139	
Arginine.....g	0.357		0		1		0.101	0.129	
Histidine.....g	0.196		0		1		0.056	0.071	
Alanine.....g	0.311		0		1		0.088	0.112	
Aspartic acid.....g	0.433		0		1		0.123	0.156	
Glutamic acid.....g	2.750		0		1		0.780	0.990	
Glycine.....g	0.334		0		1		0.095	0.120	
Proline.....g	0.918		0		1		0.260	0.330	
Serine.....g	0.419		0		1		0.119	0.151	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	54		0	FLA	4		15.200	19.302	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 36g: 1 slice

NDB No. 18066
Bread, wheat bran

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18068
Bread, wheat germ

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.275		0		1		0.361	0.357	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.265		0		1		0.359	0.354	
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	0.668		0		1		0.189	0.187	
18:2 undifferentiated.....g	0.623		0		1		0.177	0.174	
18:3 undifferentiated.....g	0.045		0		1		0.013	0.013	
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	FLA	4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.114		0		1		0.032	0.032	
Threonine.....g	0.302		0		1		0.086	0.085	
Isoleucine.....g	0.386		0		1		0.109	0.108	
Leucine.....g	0.686		0		1		0.194	0.192	
Lysine.....g	0.326		0		1		0.092	0.091	
Methionine.....g	0.170		0		1		0.048	0.048	
Cystine.....g	0.188		0		1		0.053	0.053	
Phenylalanine.....g	0.458		0		1		0.130	0.128	
Tyrosine.....g	0.293		0		1		0.083	0.082	
Valine.....g	0.438		0		1		0.124	0.123	
Arginine.....g	0.397		0		1		0.113	0.111	
Histidine.....g	0.216		0		1		0.061	0.060	
Alanine.....g	0.343		0		1		0.097	0.096	
Aspartic acid.....g	0.526		0		1		0.149	0.147	
Glutamic acid.....g	2.843		0		1		0.806	0.796	
Glycine.....g	0.346		0		1		0.098	0.097	
Proline.....g	0.971		0		1		0.275	0.272	
Serine.....g	0.468		0		1		0.133	0.131	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2		0	FLC	4		0.493	0.487	
Carotene, alpha.....mcg	0		0	FLC	4		0.032	0.031	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.051	0.051	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	55		0	FLC	4		15.494	15.303	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 28g: 1 slice

NDB No. 18068
Bread, wheat germ

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18385
Bread, wheat germ, 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	1.432		0		4		0.406	0.358	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		4		0.003	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.422		0		4		0.403	0.356	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.751		0		4		0.213	0.188	
18:2 undifferentiated.....g	0.700		0		4		0.198	0.175	
18:3 undifferentiated.....g	0.051		0		4		0.014	0.013	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.128		0		4		0.036	0.032	
Threonine.....g	0.339		0		4		0.096	0.085	
Isoleucine.....g	0.433		0		4		0.123	0.108	
Leucine.....g	0.770		0		4		0.218	0.193	
Lysine.....g	0.367		0		4		0.104	0.092	
Methionine.....g	0.191		0		4		0.054	0.048	
Cystine.....g	0.211		0		4		0.060	0.053	
Phenylalanine.....g	0.515		0		4		0.146	0.129	
Tyrosine.....g	0.330		0		4		0.094	0.083	
Valine.....g	0.493		0		4		0.140	0.123	
Arginine.....g	0.446		0		4		0.126	0.112	
Histidine.....g	0.243		0		4		0.069	0.061	
Alanine.....g	0.385		0		4		0.109	0.096	
Aspartic acid.....g	0.591		0		4		0.168	0.148	
Glutamic acid.....g	3.195		0		4		0.906	0.799	
Glycine.....g	0.389		0		4		0.110	0.097	
Proline.....g	1.091		0		4		0.309	0.273	
Serine.....g	0.526		0		4		0.149	0.132	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2		0	RA	4		0.520	0.459	
Carotene, alpha.....mcg	0		0	RA	4		0.033	0.030	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.054	0.048	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	58		0	RA	4		16.355	14.422	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 25g: 1 slice

NDB No. 18385
Bread, wheat germ, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18065

Bread, wheat, toasted (includes wheat berry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.870		0		1		0.530	0.430	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		1		0.005	0.004	
17:1.....g									
18:1 undifferentiated.....g	1.851		0		1		0.525	0.426	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.987		0		1		0.280	0.227	
18:2 undifferentiated.....g	0.937		0		1		0.266	0.216	
18:3 undifferentiated.....g	0.049		0		1		0.014	0.011	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0		1		0.037	0.030	
Threonine.....g	0.299		0		1		0.085	0.069	
Isoleucine.....g	0.387		0		1		0.110	0.089	
Leucine.....g	0.698		0		1		0.198	0.161	
Lysine.....g	0.283		0		1		0.080	0.065	
Methionine.....g	0.169		0		1		0.048	0.039	
Cystine.....g	0.215		0		1		0.061	0.049	
Phenylalanine.....g	0.485		0		1		0.137	0.112	
Tyrosine.....g	0.292		0		1		0.083	0.067	
Valine.....g	0.445		0		1		0.126	0.102	
Arginine.....g	0.414		0		1		0.117	0.095	
Histidine.....g	0.222		0		1		0.063	0.051	
Alanine.....g	0.351		0		1		0.100	0.081	
Aspartic acid.....g	0.516		0		1		0.146	0.119	
Glutamic acid.....g	3.159		0		1		0.896	0.727	
Glycine.....g	0.374		0		1		0.106	0.086	
Proline.....g	1.044		0		1		0.296	0.240	
Serine.....g	0.483		0		1		0.137	0.111	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	51		0	RA	4		14.437	11.712	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 23g: 1 slice

NDB No. 18065

Bread, wheat, toasted (includes wheat berry)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18069

Bread, white, commercially prepared (includes soft bread crumbs)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	36.44	0.129	8	A	1		16.40	12.75	10.33
Energy.....kcal	266		0	NC	4		120	93	75
Energy.....kj	1113		0	NC	4		501	389	315
Protein (N x 5.7).....g	7.64	0.034	8	A	1		3.44	2.67	2.16
Total lipid (fat).....g	3.29	0.043	8	A	1		1.48	1.15	0.93
Ash.....g	2.03	0.017	8	A	1		0.91	0.71	0.57
Carbohydrate, by difference.....g	50.61		0	NC	4		22.78	17.72	14.35
Fiber, total dietary.....g	2.4	0.047	4	A	1		1.1	0.8	0.7
Sugars, total.....g	4.31	0.050	4	A	1		1.94	1.51	1.22
Sucrose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Glucose (dextrose).....g	1.38	0.024	4	A	1		0.62	0.48	0.39
Fructose.....g	1.83	0.022	4	A	1		0.82	0.64	0.52
Lactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Maltose.....g	1.10	0.028	4	A	1		0.49	0.38	0.31
Galactose.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Starch.....g	40.61	1.286	4	A	1		18.27	14.21	11.51
Minerals:									
Calcium, Ca.....mg	151	2.678	8	A	1		68	53	43
Iron, Fe.....mg	3.74	0.123	8	A	1		1.68	1.31	1.06
Magnesium, Mg.....mg	23	0.521	8	A	1		10	8	6
Phosphorus, P.....mg	99	1.148	8	A	1		44	35	28
Potassium, K.....mg	100	3.120	8	A	1		45	35	28
Sodium, Na.....mg	681	8.561	8	A	1		306	238	193
Zinc, Zn.....mg	0.74	0.046	8	A	1		0.33	0.26	0.21
Copper, Cu.....mg	0.253	0.020	8	A	1		0.114	0.088	0.072
Manganese, Mn.....mg	0.478	0.061	7	A	1		0.215	0.167	0.136
Selenium, Se.....mcg	17.3	0.667	3	A	1		7.8	6.1	4.9
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		2	A	1		0.0	0.0	0.0
Thiamin.....mg	0.455	0.020	4	A	1		0.205	0.159	0.129
Riboflavin.....mg	0.331	0.018	4	A	1		0.149	0.116	0.094
Niacin.....mg	4.385	0.041	4	A	1		1.973	1.535	1.243
Pantothenic acid.....mg	0.203		2	A	1		0.091	0.071	0.057
Vitamin B-6.....mg	0.084	0.002	4	A	1		0.038	0.029	0.024
Folate, total.....mcg	111	5.320	7	A	1		50	39	31
Folic acid.....mcg	86	2.283	7	A	1		39	30	24
Folate, food.....mcg	25	5.281	7	AS	1		11	9	7
Folate, DFE.....mcg_DFE	171		0	NC	4		77	60	49
Vitamin B-12.....mcg	0.00		2	A	1		0.00	0.00	0.00
Vitamin A, IU.....IU	0		1		1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		1		1		0	0	0
Retinol.....mcg	0		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.22		0	FLC	4		0.10	0.08	0.06
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.1		2		1		1.4	1.1	0.9
Lipids:									
Fatty acids, total saturated.....g	0.717		0	NC	4		0.323	0.251	0.203
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		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									
14:0.....g	0.000	0.000	4	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. 18069

Bread, white, commercially prepared (includes soft bread crumbs)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code	Code			
16:0.....g	0.379	0.005	4	A	1		0.170	0.132	0.107
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:0.....g	0.338	0.004	4	A	1		0.152	0.118	0.096
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	0.681		0	NC	4		0.306	0.238	0.193
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:1.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:1 undifferentiated.....g	0.681	0.016	4	A	1		0.306	0.238	0.193
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									
Fatty acids, total polyunsaturated.....g	1.355		0	NC	4		0.610	0.474	0.384
18:2 undifferentiated.....g	1.216	0.034	4	A	1		0.547	0.426	0.345
18:3 undifferentiated.....g	0.139	0.004	4	A	1		0.063	0.049	0.039
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	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		2	A	1		0	0	0
Phytosterols.....mg	0		0	FLC	4		0	0	0
Amino Acids:									
Tryptophan.....g	0.089		0	FLC	4		0.040	0.031	0.025
Threonine.....g	0.225		0	FLC	4		0.101	0.079	0.064
Isoleucine.....g	0.298		0	FLC	4		0.134	0.104	0.085
Leucine.....g	0.533		0	FLC	4		0.240	0.186	0.151
Lysine.....g	0.203		0	FLC	4		0.091	0.071	0.057
Methionine.....g	0.135		0	FLC	4		0.061	0.047	0.038
Cystine.....g	0.162		0	FLC	4		0.073	0.057	0.046
Phenylalanine.....g	0.373		0	FLC	4		0.168	0.130	0.106
Tyrosine.....g	0.220		0	FLC	4		0.099	0.077	0.062
Valine.....g	0.335		0	FLC	4		0.151	0.117	0.095
Arginine.....g	0.281		0	FLC	4		0.127	0.098	0.080
Histidine.....g	0.165		0	FLC	4		0.074	0.058	0.047
Alanine.....g	0.263		0	FLC	4		0.118	0.092	0.075
Aspartic acid.....g	0.361		0	FLC	4		0.163	0.126	0.102
Glutamic acid.....g	2.470		0	FLC	4		1.112	0.865	0.700
Glycine.....g	0.272		0	FLC	4		0.122	0.095	0.077
Proline.....g	0.823		0	FLC	4		0.370	0.288	0.233
Serine.....g	0.367		0	FLC	4		0.165	0.129	0.104
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	44		0	FLC	4		19.753	15.363	12.444

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 18069

Bread, white, commercially prepared (includes soft bread crumbs)

Common Measures:

Measure 1 = 45g: 1 cup, crumbs

Measure 2 = 35g: 1 cup, cubes

Measure 3 = 28.35g: 1 oz

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18416

Bread, white, commercially prepared, low sodium no salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.612		0		4		0.725	0.564	0.457
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		4		0.006	0.005	0.004
17:1.....g									
18:1 undifferentiated.....g	1.599		0		4		0.720	0.560	0.453
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.744		0		4		0.335	0.260	0.211
18:2 undifferentiated.....g	0.709		0		4		0.319	0.248	0.201
18:3 undifferentiated.....g	0.035		0		4		0.016	0.012	0.010
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1	0.281	11		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		4		0.043	0.034	0.027
Threonine.....g	0.243		0		4		0.109	0.085	0.069
Isoleucine.....g	0.322		0		4		0.145	0.113	0.091
Leucine.....g	0.580		0		4		0.261	0.203	0.164
Lysine.....g	0.223		0		4		0.100	0.078	0.063
Methionine.....g	0.144		0		4		0.065	0.050	0.041
Cystine.....g	0.174		0		4		0.078	0.061	0.049
Phenylalanine.....g	0.404		0		4		0.182	0.141	0.115
Tyrosine.....g	0.237		0		4		0.107	0.083	0.067
Valine.....g	0.361		0		4		0.162	0.126	0.102
Arginine.....g	0.315		0		4		0.142	0.110	0.089
Histidine.....g	0.178		0		4		0.080	0.062	0.050
Alanine.....g	0.281		0		4		0.126	0.098	0.080
Aspartic acid.....g	0.409		0		4		0.184	0.143	0.116
Glutamic acid.....g	2.657		0		4		1.196	0.930	0.753
Glycine.....g	0.294		0		4		0.132	0.103	0.083
Proline.....g	0.882		0		4		0.397	0.309	0.250
Serine.....g	0.400		0		4		0.180	0.140	0.113
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	44		0	FLC	4		19.753	15.363	12.444

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

Common Measures:

- Measure 1 = 45g: 1 cup, crumbs
- Measure 2 = 35g: 1 cup, cubes
- Measure 3 = 28.35g: 1 oz

NDB No. 18416

Bread, white, commercially prepared, low sodium no salt

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18070

Bread, white, commercially prepared, 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	0.796		0	RK	4		0.358	0.334	0.226
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0	RK	4		0.014	0.013	0.009
17:1.....g									
18:1 undifferentiated.....g	0.755		0	RK	4		0.340	0.317	0.214
20:1.....g	0.005		0	RK	4		0.002	0.002	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.090		0	RK	4		0.941	0.878	0.593
18:2 undifferentiated.....g	1.868		0	RK	4		0.841	0.785	0.530
18:3 undifferentiated.....g	0.220		0	RK	4		0.099	0.092	0.062
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	1		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.048	0.045	0.030
Threonine.....g	0.267		0		1		0.120	0.112	0.076
Isoleucine.....g	0.354		0		1		0.159	0.149	0.100
Leucine.....g	0.637		0		1		0.287	0.268	0.181
Lysine.....g	0.245		0		1		0.110	0.103	0.069
Methionine.....g	0.158		0		1		0.071	0.066	0.045
Cystine.....g	0.191		0		1		0.086	0.080	0.054
Phenylalanine.....g	0.444		0		1		0.200	0.186	0.126
Tyrosine.....g	0.261		0		1		0.117	0.110	0.074
Valine.....g	0.397		0		1		0.179	0.167	0.113
Arginine.....g	0.346		0		1		0.156	0.145	0.098
Histidine.....g	0.196		0		1		0.088	0.082	0.056
Alanine.....g	0.308		0		1		0.139	0.129	0.087
Aspartic acid.....g	0.449		0		1		0.202	0.189	0.127
Glutamic acid.....g	2.920		0		1		1.314	1.226	0.828
Glycine.....g	0.323		0		1		0.145	0.136	0.092
Proline.....g	0.970		0		1		0.437	0.407	0.275
Serine.....g	0.440		0		1		0.198	0.185	0.125
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	NR	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	NR	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	RK	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	46		0	RK	4		20.621	19.246	12.991

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

Common Measures:

- Measure 1 = 45g: 1 cup, crumbs
- Measure 2 = 42g: 1 cup, cubes
- Measure 3 = 28.35g: 1 oz

NDB No. 18070

Bread, white, commercially prepared, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18432

Bread, white, commercially prepared, toasted, low sodium no salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.771		0		4		0.502	0.407	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.757		0		4		0.498	0.404	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.818		0		4		0.232	0.188	
18:2 undifferentiated.....g	0.779		0		4		0.221	0.179	
18:3 undifferentiated.....g	0.039		0		4		0.011	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	1		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.106		0		4		0.030	0.024	
Threonine.....g	0.267		0		4		0.076	0.061	
Isoleucine.....g	0.354		0		4		0.100	0.081	
Leucine.....g	0.637		0		4		0.181	0.147	
Lysine.....g	0.245		0		4		0.069	0.056	
Methionine.....g	0.158		0		4		0.045	0.036	
Cystine.....g	0.191		0		4		0.054	0.044	
Phenylalanine.....g	0.444		0		4		0.126	0.102	
Tyrosine.....g	0.261		0		4		0.074	0.060	
Valine.....g	0.397		0		4		0.113	0.091	
Arginine.....g	0.346		0		4		0.098	0.080	
Histidine.....g	0.196		0		4		0.056	0.045	
Alanine.....g	0.308		0		4		0.087	0.071	
Aspartic acid.....g	0.449		0		4		0.127	0.103	
Glutamic acid.....g	2.920		0		4		0.828	0.672	
Glycine.....g	0.323		0		4		0.092	0.074	
Proline.....g	0.970		0		4		0.275	0.223	
Serine.....g	0.440		0		4		0.125	0.101	
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 = 23g: 1 slice

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18073

Bread, white, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.298		0		1		0.368	0.545	0.428
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.041		0		1		0.012	0.017	0.014
17:1.....g									
18:1 undifferentiated.....g	1.247		0		1		0.354	0.524	0.412
20:1.....g	0.009		0		1		0.003	0.004	0.003
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.781		0		1		0.788	1.168	0.918
18:2 undifferentiated.....g	2.461		0		1		0.698	1.034	0.812
18:3 undifferentiated.....g	0.319		0		1		0.090	0.134	0.105
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	3		0		1		1	1	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		1		0.028	0.041	0.032
Threonine.....g	0.244		0		1		0.069	0.102	0.081
Isoleucine.....g	0.311		0		1		0.088	0.131	0.103
Leucine.....g	0.576		0		1		0.163	0.242	0.190
Lysine.....g	0.268		0		1		0.076	0.113	0.088
Methionine.....g	0.148		0		1		0.042	0.062	0.049
Cystine.....g	0.147		0		1		0.042	0.062	0.049
Phenylalanine.....g	0.389		0		1		0.110	0.163	0.128
Tyrosine.....g	0.262		0		1		0.074	0.110	0.086
Valine.....g	0.355		0		1		0.101	0.149	0.117
Arginine.....g	0.316		0		1		0.090	0.133	0.104
Histidine.....g	0.181		0		1		0.051	0.076	0.060
Alanine.....g	0.267		0		1		0.076	0.112	0.088
Aspartic acid.....g	0.395		0		1		0.112	0.166	0.130
Glutamic acid.....g	2.387		0		1		0.677	1.003	0.788
Glycine.....g	0.267		0		1		0.076	0.112	0.088
Proline.....g	0.849		0		1		0.241	0.357	0.280
Serine.....g	0.394		0		1		0.112	0.165	0.130
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 = 28.35g: 1 oz

Measure 2 = 42g: 1 slice

Measure 3 = 33g: 1 slice, thin (3-3/4" x 5" x 3/8")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

NDB No. 18071

Bread, white, prepared from recipe, made with nonfat dry milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.527		0		1		0.149	0.232	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.003	0.005	
17:1.....g									
18:1 undifferentiated.....g	0.511		0		1		0.145	0.225	
20:1.....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.401		0		1		0.397	0.616	
18:2 undifferentiated.....g	1.254		0		1		0.356	0.552	
18:3 undifferentiated.....g	0.147		0		1		0.042	0.065	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.027	0.042	
Threonine.....g	0.223		0		1		0.063	0.098	
Isoleucine.....g	0.283		0		1		0.080	0.125	
Leucine.....g	0.544		0		1		0.154	0.239	
Lysine.....g	0.214		0		1		0.061	0.094	
Methionine.....g	0.140		0		1		0.040	0.062	
Cystine.....g	0.154		0		1		0.044	0.068	
Phenylalanine.....g	0.383		0		1		0.109	0.169	
Tyrosine.....g	0.243		0		1		0.069	0.107	
Valine.....g	0.327		0		1		0.093	0.144	
Arginine.....g	0.309		0		1		0.088	0.136	
Histidine.....g	0.174		0		1		0.049	0.077	
Alanine.....g	0.253		0		1		0.072	0.111	
Aspartic acid.....g	0.353		0		1		0.100	0.155	
Glutamic acid.....g	2.459		0		1		0.697	1.082	
Glycine.....g	0.269		0		1		0.076	0.118	
Proline.....g	0.859		0		1		0.244	0.378	
Serine.....g	0.384		0		1		0.109	0.169	
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 = 28.35g: 1 oz

Measure 2 = 44g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18075

Bread, whole-wheat, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.680		0		4		0.476	0.470	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		4		0.007	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.658		0		4		0.470	0.464	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.003		0		4		0.284	0.281	
18:2 undifferentiated.....g	0.952		0		4		0.270	0.267	
18:3 undifferentiated.....g	0.049		0		4		0.014	0.014	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		4		0.001	0.001	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0		1		0.040	0.039	
Threonine.....g	0.296		0		1		0.084	0.083	
Isoleucine.....g	0.376		0		1		0.107	0.105	
Leucine.....g	0.670		0		1		0.190	0.188	
Lysine.....g	0.302		0		1		0.086	0.085	
Methionine.....g	0.155		0		1		0.044	0.043	
Cystine.....g	0.214		0		1		0.061	0.060	
Phenylalanine.....g	0.463		0		1		0.131	0.130	
Tyrosine.....g	0.289		0		1		0.082	0.081	
Valine.....g	0.443		0		1		0.126	0.124	
Arginine.....g	0.449		0		1		0.127	0.126	
Histidine.....g	0.224		0		1		0.064	0.063	
Alanine.....g	0.358		0		1		0.101	0.100	
Aspartic acid.....g	0.536		0		1		0.152	0.150	
Glutamic acid.....g	2.957		0		1		0.838	0.828	
Glycine.....g	0.384		0		1		0.109	0.108	
Proline.....g	0.969		0		1		0.275	0.271	
Serine.....g	0.463		0		1		0.131	0.130	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.469	0.463	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	68		0	FLA	4		19.174	18.937	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 slice

NDB No. 18075

Bread, whole-wheat, commercially prepared

Calories Factors: Protein 3.6

Fat 8.6

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18076

Bread, whole-wheat, commercially prepared, 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	1.888		0		1		0.535	0.472	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.007	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.863		0		1		0.528	0.466	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.127		0		1		0.320	0.282	
18:2 undifferentiated.....g	1.070		0		1		0.303	0.268	
18:3 undifferentiated.....g	0.056		0		1		0.016	0.014	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.158		0		1		0.045	0.040	
Threonine.....g	0.332		0		1		0.094	0.083	
Isoleucine.....g	0.422		0		1		0.120	0.106	
Leucine.....g	0.753		0		1		0.213	0.188	
Lysine.....g	0.340		0		1		0.096	0.085	
Methionine.....g	0.175		0		1		0.050	0.044	
Cystine.....g	0.240		0		1		0.068	0.060	
Phenylalanine.....g	0.520		0		1		0.147	0.130	
Tyrosine.....g	0.325		0		1		0.092	0.081	
Valine.....g	0.497		0		1		0.141	0.124	
Arginine.....g	0.505		0		1		0.143	0.126	
Histidine.....g	0.252		0		1		0.071	0.063	
Alanine.....g	0.402		0		1		0.114	0.101	
Aspartic acid.....g	0.603		0		1		0.171	0.151	
Glutamic acid.....g	3.323		0		1		0.942	0.831	
Glycine.....g	0.432		0		1		0.122	0.108	
Proline.....g	1.089		0		1		0.309	0.272	
Serine.....g	0.520		0		1		0.147	0.130	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	RA	4		0.500	0.441	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	72		0	RA	4		20.466	18.048	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 slice

NDB No. 18076

Bread, whole-wheat, commercially prepared, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18077

Bread, whole-wheat, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.158		0		1		0.328	0.533	0.382
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0		1		0.008	0.013	0.010
17:1.....g									
18:1 undifferentiated.....g	1.120		0		1		0.318	0.515	0.370
20:1.....g	0.009		0		1		0.003	0.004	0.003
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.939		0		1		0.833	1.352	0.970
18:2 undifferentiated.....g	2.621		0		1		0.743	1.206	0.865
18:3 undifferentiated.....g	0.317		0		1		0.090	0.146	0.105
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0		1		0.035	0.056	0.040
Threonine.....g	0.248		0		1		0.070	0.114	0.082
Isoleucine.....g	0.314		0		1		0.089	0.144	0.104
Leucine.....g	0.574		0		1		0.163	0.264	0.189
Lysine.....g	0.244		0		1		0.069	0.112	0.081
Methionine.....g	0.136		0		1		0.039	0.063	0.045
Cystine.....g	0.186		0		1		0.053	0.086	0.061
Phenylalanine.....g	0.403		0		1		0.114	0.185	0.133
Tyrosine.....g	0.252		0		1		0.071	0.116	0.083
Valine.....g	0.375		0		1		0.106	0.173	0.124
Arginine.....g	0.383		0		1		0.109	0.176	0.126
Histidine.....g	0.194		0		1		0.055	0.089	0.064
Alanine.....g	0.304		0		1		0.086	0.140	0.100
Aspartic acid.....g	0.433		0		1		0.123	0.199	0.143
Glutamic acid.....g	2.618		0		1		0.742	1.204	0.864
Glycine.....g	0.333		0		1		0.094	0.153	0.110
Proline.....g	0.869		0		1		0.246	0.400	0.287
Serine.....g	0.402		0		1		0.114	0.185	0.133
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	RA	4		0.590	0.957	0.687
Carotene, alpha.....mcg	0		0	RA	4		0.004	0.006	0.004
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.005	0.008	0.006
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	89		0	RA	4		25.095	40.718	29.211

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 46g: 1 slice

Measure 3 = 33g: 1 slice, thin (3-3/4" x 5" x 3/8")

NDB No. 18077

Bread, whole-wheat, prepared from recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18078

Bread, whole-wheat, prepared from recipe, 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	1.272		0		1		0.361	0.534	0.382
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0		1		0.009	0.013	0.010
17:1.....g									
18:1 undifferentiated.....g	1.230		0		1		0.349	0.517	0.369
20:1.....g	0.010		0		1		0.003	0.004	0.003
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.230		0		1		0.916	1.357	0.969
18:2 undifferentiated.....g	2.880		0		1		0.816	1.210	0.864
18:3 undifferentiated.....g	0.349		0		1		0.099	0.147	0.105
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.038	0.056	0.040
Threonine.....g	0.273		0		1		0.077	0.115	0.082
Isoleucine.....g	0.345		0		1		0.098	0.145	0.104
Leucine.....g	0.631		0		1		0.179	0.265	0.189
Lysine.....g	0.268		0		1		0.076	0.113	0.080
Methionine.....g	0.149		0		1		0.042	0.063	0.045
Cystine.....g	0.204		0		1		0.058	0.086	0.061
Phenylalanine.....g	0.442		0		1		0.125	0.186	0.133
Tyrosine.....g	0.277		0		1		0.079	0.116	0.083
Valine.....g	0.412		0		1		0.117	0.173	0.124
Arginine.....g	0.421		0		1		0.119	0.177	0.126
Histidine.....g	0.213		0		1		0.060	0.089	0.064
Alanine.....g	0.334		0		1		0.095	0.140	0.100
Aspartic acid.....g	0.476		0		1		0.135	0.200	0.143
Glutamic acid.....g	2.877		0		1		0.816	1.208	0.863
Glycine.....g	0.365		0		1		0.103	0.153	0.110
Proline.....g	0.955		0		1		0.271	0.401	0.287
Serine.....g	0.442		0		1		0.125	0.186	0.133
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0		4		0	0	0
Theobromine.....mg	0		0		4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	RA	4		0.648	0.960	0.686
Carotene, alpha.....mcg	0		0	RA	4		0.004	0.006	0.004
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.006	0.008	0.006
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	97		0	RA	4		27.577	40.854	29.182

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 42g: 1 slice

Measure 3 = 30g: 1 slice, thin (3-3/4" x 5" x 3/8")

NDB No. 18078

Bread, whole-wheat, prepared from recipe, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18459
Breakfast tart, 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	3.338			FLC		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003			FLC		4			
17:1.....g									
18:1 undifferentiated.....g	3.332			FLC		4			
20:1.....g	0.007			FLC		4			
22:1 undifferentiated.....g	0.000			FLC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.878			FLC		4			
18:2 undifferentiated.....g	0.856			FLC		4			
18:3 undifferentiated.....g	0.023			FLC		4			
18:4.....g	0.000			FLC		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			FLC		4			
20:5 n-3.....g	0.000			FLC		4			
22:5 n-3.....g	0.000			FLC		4			
22:6 n-3.....g	0.000			FLC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0			FLC		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z		7			
Caffeine.....mg	0		0	FLM		4			
Theobromine.....mg	0		0	FLM		4			
Carotenoids:									
Carotene, beta.....mcg	3		0	FLM		4			
Carotene, alpha.....mcg	0		0	FLM		4			
Cryptoxanthin, beta.....mcg	1		0	FLM		4			
Lycopene.....mcg	0		0	FLM		4			
Lutein + zeaxanthin.....mcg	4		0	FLM		4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18604
 CAMPIONE D'ITALIA FOODS, CAMPIONE Garlic Bread, frozen

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	28.60		1	A	1		8.01		
Energy.....kcal	362		0	NC	4		101		
Energy.....kj	1516				4		425		
Protein.....g	8.50		1	A	1		2.38		
Total lipid (fat).....g	16.80		1	A	1		4.70		
Ash.....g	1.80		1	A	1		0.50		
Carbohydrate, by difference.....g	44.30		0	NC	4		12.40		
Fiber, total dietary.....g	4.7		1	A	1		1.3		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.08		1	A	1		0.30		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	550		1	A	1		154		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.700		1	A	1		0.756		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18600
CONAGRA, BANQUET Apple Pie, frozen, ready to bake

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.281		1	A	1		0.315		
17:1.....g	0.048		1	A	1		0.054		
18:1 undifferentiated.....g	4.685		1	A	1		5.247		
20:1.....g	0.086		1	A	1		0.096		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.220		1	MA	12		1.366		
18:2 undifferentiated.....g	1.124		1	A	1		1.259		
18:3 undifferentiated.....g	0.053		1	A	1		0.059		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.005		1	A	1		0.005		
20:4 undifferentiated.....g	0.010		1	A	1		0.011		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		9		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 112g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18610

CONTINENTAL MILLS, KRUSTEAZ Almond Poppseed Muffin Mix, Artificially Flavored, dry

Continental Mills, Inc.

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	5.70		1	A	1		2.28		
Energy.....kcal	418		0	NC	4		167		
Energy.....kj	1747				4		699		
Protein.....g	6.00		1	A	1		2.40		
Total lipid (fat).....g	9.90		1	A	1		3.96		
Ash.....g	2.30		1	A	1		0.92		
Carbohydrate, by difference.....g	76.10		0	NC	4		30.44		
Fiber, total dietary.....g									
Sugars, total.....g	37.10		1	A	1		14.84		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	604		1	A	1		242		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.840		1	A	1		1.136		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	A	1		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 40g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18611

CONTINENTAL MILLS, KRUSTEAZ Buttermilk Mini Pancakes, frozen, ready to microwave

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 = 54g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18625

CPC FOOD SERVICE, OROWEAT Seasoned Dressing Mix, dry

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 = 30g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18086

Cake, angelfood, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.071		0		4		0.020	0.241	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.001	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.068		0		4		0.019	0.231	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.367		0		4		0.103	1.248	
18:2 undifferentiated.....g	0.346		0		4		0.097	1.176	
18:3 undifferentiated.....g	0.021		0		4		0.006	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		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.075		0		4		0.021	0.255	
Threonine.....g	0.248		0		4		0.069	0.843	
Isoleucine.....g	0.312		0		4		0.087	1.061	
Leucine.....g	0.481		0		4		0.135	1.635	
Lysine.....g	0.364		0		4		0.102	1.238	
Methionine.....g	0.183		0		4		0.051	0.622	
Cystine.....g	0.149		0		4		0.042	0.507	
Phenylalanine.....g	0.334		0		4		0.094	1.136	
Tyrosine.....g	0.218		0		4		0.061	0.741	
Valine.....g	0.354		0		4		0.099	1.204	
Arginine.....g	0.303		0		4		0.085	1.030	
Histidine.....g	0.131		0		4		0.037	0.445	
Alanine.....g	0.310		0		4		0.087	1.054	
Aspartic acid.....g	0.532		0		4		0.149	1.809	
Glutamic acid.....g	1.025		0		4		0.287	3.485	
Glycine.....g	0.206		0		4		0.058	0.700	
Proline.....g	0.317		0		4		0.089	1.078	
Serine.....g	0.389		0		4		0.109	1.323	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 2 = 340g: 1 cake (9" dia x 4")

Calories Factors: Protein 4.3

Fat 8.4

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18087
Cake, angelfood, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.038		0		4		0.011	0.156	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.037		0		4		0.010	0.152	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		4		0.051	0.740	
18:2 undifferentiated.....g	0.170		0		4		0.048	0.699	
18:3 undifferentiated.....g	0.010		0		4		0.003	0.041	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.112		0		4		0.032	0.460	
Threonine.....g	0.376		0		4		0.107	1.545	
Isoleucine.....g	0.470		0		4		0.133	1.932	
Leucine.....g	0.721		0		4		0.204	2.963	
Lysine.....g	0.552		0		4		0.156	2.269	
Methionine.....g	0.279		0		4		0.079	1.147	
Cystine.....g	0.223		0		4		0.063	0.917	
Phenylalanine.....g	0.497		0		4		0.141	2.043	
Tyrosine.....g	0.327		0		4		0.093	1.344	
Valine.....g	0.533		0		4		0.151	2.191	
Arginine.....g	0.457		0		4		0.130	1.878	
Histidine.....g	0.194		0		4		0.055	0.797	
Alanine.....g	0.470		0		4		0.133	1.932	
Aspartic acid.....g	0.813		0		4		0.230	3.341	
Glutamic acid.....g	1.441		0		4		0.409	5.923	
Glycine.....g	0.306		0		4		0.087	1.258	
Proline.....g	0.443		0		4		0.126	1.821	
Serine.....g	0.583		0		4		0.165	2.396	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.008	0.114	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.019	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.026	0.379	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.332	4.816	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 411g: 1 package (14.5 oz)

NDB No. 18087

Cake, angelfood, dry mix

Calories Factors: Protein 4.3

Fat 8.4

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18088

Cake, angelfood, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.026		0		4		0.013	0.155	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.025		0		4		0.013	0.149	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.124		0		4		0.062	0.739	
18:2 undifferentiated.....g	0.117		0		4		0.059	0.697	
18:3 undifferentiated.....g	0.007		0		4		0.004	0.042	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		4		0.039	0.459	
Threonine.....g	0.259		0		4		0.130	1.544	
Isoleucine.....g	0.324		0		4		0.162	1.931	
Leucine.....g	0.497		0		4		0.249	2.962	
Lysine.....g	0.380		0		4		0.190	2.265	
Methionine.....g	0.192		0		4		0.096	1.144	
Cystine.....g	0.154		0		4		0.077	0.918	
Phenylalanine.....g	0.343		0		4		0.172	2.044	
Tyrosine.....g	0.226		0		4		0.113	1.347	
Valine.....g	0.368		0		4		0.184	2.193	
Arginine.....g	0.315		0		4		0.158	1.877	
Histidine.....g	0.134		0		4		0.067	0.799	
Alanine.....g	0.324		0		4		0.162	1.931	
Aspartic acid.....g	0.561		0		4		0.281	3.344	
Glutamic acid.....g	0.994		0		4		0.497	5.924	
Glycine.....g	0.211		0		4		0.106	1.258	
Proline.....g	0.306		0		4		0.153	1.824	
Serine.....g	0.402		0		4		0.201	2.396	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	RA	4		0.364	4.339	

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Common Measures:

Measure 1 = 50g: 1 piece (1/12 of 10" dia)

Measure 2 = 596g: 1 tube cake (10" dia, 4-3/8" high)

NDB No. 18088

Cake, angelfood, dry mix, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18090

Cake, boston cream pie, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.544		0	FLA	4		1.288	4.180	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.009	0.029	
17:1.....g									
18:1 undifferentiated.....g	4.504		0	FLA	4		1.277	4.144	
20:1.....g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.009		0	FLA	4		0.286	0.928	
18:2 undifferentiated.....g	0.941		0	FLA	4		0.267	0.866	
18:3 undifferentiated.....g	0.055		0	FLA	4		0.016	0.051	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	FLA	4		0.003	0.009	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.003		0	FLA	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	37		1		1		10	34	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0		1		0.010	0.031	
Threonine.....g	0.093		0		1		0.026	0.086	
Isoleucine.....g	0.115		0		1		0.033	0.106	
Leucine.....g	0.190		0		1		0.054	0.175	
Lysine.....g	0.136		0		1		0.039	0.125	
Methionine.....g	0.054		0		1		0.015	0.050	
Cystine.....g	0.046		0		1		0.013	0.042	
Phenylalanine.....g	0.119		0		1		0.034	0.109	
Tyrosine.....g	0.089		0		1		0.025	0.082	
Valine.....g	0.132		0		1		0.037	0.121	
Arginine.....g	0.113		0		1		0.032	0.104	
Histidine.....g	0.054		0		1		0.015	0.050	
Alanine.....g	0.098		0		1		0.028	0.090	
Aspartic acid.....g	0.175		0		1		0.050	0.161	
Glutamic acid.....g	0.546		0		1		0.155	0.502	
Glycine.....g	0.078		0		1		0.022	0.072	
Proline.....g	0.191		0		1		0.054	0.176	
Serine.....g	0.143		0		1		0.041	0.132	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	6		0	FLA	4		2	6	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.561	1.820	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.001	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.213	0.690	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	27		0	FLA	4		7.795	25.296	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 92g: 1 piece (1/6 of pie)

NDB No. 18090

Cake, boston cream pie, commercially prepared

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18092

Cake, carrot, dry mix, pudding-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	4.036		0	FLA	4		1.144	20.584	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLA	4		0.011	0.199	
17:1.....g									
18:1 undifferentiated.....g	3.988		0	FLA	4		1.131	20.339	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.702		0	FLA	4		1.050	18.880	
18:2 undifferentiated.....g	3.437		0	FLA	4		0.974	17.529	
18:3 undifferentiated.....g	0.255		0	FLA	4		0.072	1.301	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.061		0		1		0.017	0.311	
Threonine.....g	0.149		0		1		0.042	0.760	
Isoleucine.....g	0.186		0		1		0.053	0.949	
Leucine.....g	0.336		0		1		0.095	1.714	
Lysine.....g	0.142		0		1		0.040	0.724	
Methionine.....g	0.083		0		1		0.024	0.423	
Cystine.....g	0.093		0		1		0.026	0.474	
Phenylalanine.....g	0.238		0		1		0.067	1.214	
Tyrosine.....g	0.150		0		1		0.043	0.765	
Valine.....g	0.212		0		1		0.060	1.081	
Arginine.....g	0.201		0		1		0.057	1.025	
Histidine.....g	0.109		0		1		0.031	0.556	
Alanine.....g	0.180		0		1		0.051	0.918	
Aspartic acid.....g	0.286		0		1		0.081	1.459	
Glutamic acid.....g	1.546		0		1		0.438	7.885	
Glycine.....g	0.170		0		1		0.048	0.867	
Proline.....g	0.513		0		1		0.145	2.616	
Serine.....g	0.240		0		1		0.068	1.224	
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 = 510g: 1 package (18 oz)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18095

Cake, cherry fudge with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.400		0	FLA	4		1.247	3.124	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.183		0	FLA	4		0.052	0.130	
17:1.....g									
18:1 undifferentiated.....g	4.113		0	FLA	4		1.166	2.920	
20:1.....g	0.001		0	FLA	4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.340		0	FLA	4		0.663	1.661	
18:2 undifferentiated.....g	2.084		0	FLA	4		0.591	1.480	
18:3 undifferentiated.....g	0.240		0	FLA	4		0.068	0.170	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.008		0	FLA	4		0.002	0.006	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	FLA	4		12	30	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		4		0.009	0.021	
Threonine.....g	0.104		0		4		0.029	0.074	
Isoleucine.....g	0.109		0		4		0.031	0.077	
Leucine.....g	0.180		0		4		0.051	0.128	
Lysine.....g	0.148		0		4		0.042	0.105	
Methionine.....g	0.047		0		4		0.013	0.033	
Cystine.....g	0.040		0		4		0.011	0.028	
Phenylalanine.....g	0.098		0		4		0.028	0.070	
Tyrosine.....g	0.074		0		4		0.021	0.053	
Valine.....g	0.124		0		4		0.035	0.088	
Arginine.....g	0.111		0		4		0.031	0.079	
Histidine.....g	0.046		0		4		0.013	0.033	
Alanine.....g	0.118		0		4		0.033	0.084	
Aspartic acid.....g	0.232		0		4		0.066	0.165	
Glutamic acid.....g	0.420		0		4		0.119	0.298	
Glycine.....g	0.116		0		4		0.033	0.082	
Proline.....g	0.170		0		4		0.048	0.121	
Serine.....g	0.126		0		4		0.036	0.089	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	5		0	FLC	4		1	4	
Carotenoids:									
Carotene, beta.....mcg	131		0	FLC	4		37.195	93.151	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.137	0.344	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	33		0	FLC	4		9.238	23.136	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 71g: 1 piece (1/8 cake)

NDB No. 18095

Cake, cherry fudge with chocolate frosting

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18096

Cake, chocolate, commercially prepared with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.760		0	FLA	4		2.483	5.606	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.009	0.020	
17:1.....g									
18:1 undifferentiated.....g	8.726		0	FLA	4		2.474	5.585	
20:1.....g	0.003		0	FLA	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.845		0	FLA	4		0.523	1.181	
18:2 undifferentiated.....g	1.741		0	FLA	4		0.494	1.114	
18:3 undifferentiated.....g	0.086		0	FLA	4		0.024	0.055	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	FLA	4		0.004	0.009	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.004		0	FLA	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	FLA	4		12	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		4		0.016	0.036	
Threonine.....g	0.166		0		4		0.047	0.106	
Isoleucine.....g	0.192		0		4		0.054	0.123	
Leucine.....g	0.310		0		4		0.088	0.198	
Lysine.....g	0.236		0		4		0.067	0.151	
Methionine.....g	0.085		0		4		0.024	0.054	
Cystine.....g	0.073		0		4		0.021	0.047	
Phenylalanine.....g	0.203		0		4		0.058	0.130	
Tyrosine.....g	0.155		0		4		0.044	0.099	
Valine.....g	0.236		0		4		0.067	0.151	
Arginine.....g	0.208		0		4		0.059	0.133	
Histidine.....g	0.088		0		4		0.025	0.056	
Alanine.....g	0.180		0		4		0.051	0.115	
Aspartic acid.....g	0.341		0		4		0.097	0.218	
Glutamic acid.....g	0.799		0		4		0.227	0.511	
Glycine.....g	0.145		0		4		0.041	0.093	
Proline.....g	0.268		0		4		0.076	0.172	
Serine.....g	0.235		0		4		0.067	0.150	
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 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18097

Cake, chocolate, dry mix, pudding-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	3.688		0	FLA	4		1.046	19.067	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.009	0.160	
17:1.....g									
18:1 undifferentiated.....g	3.649		0	FLA	4		1.034	18.865	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.985		0	FLA	4		0.846	15.432	
18:2 undifferentiated.....g	2.775		0	FLA	4		0.787	14.347	
18:3 undifferentiated.....g	0.202		0	FLA	4		0.057	1.044	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		4		0.019	0.341	
Threonine.....g	0.156		0		4		0.044	0.807	
Isoleucine.....g	0.188		0		4		0.053	0.972	
Leucine.....g	0.315		0		4		0.089	1.629	
Lysine.....g	0.208		0		4		0.059	1.075	
Methionine.....g	0.071		0		4		0.020	0.367	
Cystine.....g	0.077		0		4		0.022	0.398	
Phenylalanine.....g	0.218		0		4		0.062	1.127	
Tyrosine.....g	0.156		0		4		0.044	0.807	
Valine.....g	0.240		0		4		0.068	1.241	
Arginine.....g	0.204		0		4		0.058	1.055	
Histidine.....g	0.092		0		4		0.026	0.476	
Alanine.....g	0.167		0		4		0.047	0.863	
Aspartic acid.....g	0.303		0		4		0.086	1.567	
Glutamic acid.....g	1.151		0		4		0.326	5.951	
Glycine.....g	0.165		0		4		0.047	0.853	
Proline.....g	0.390		0		4		0.111	2.016	
Serine.....g	0.227		0		4		0.064	1.174	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	6		0	FLA	4		2	31	
Theobromine.....mg	207		0	FLA	4		59	1070	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.010	0.176	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.015	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.017	0.306	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	FLC	4		1.057	19.276	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 517g: 1 package (18.25 oz)

NDB No. 18097

Cake, chocolate, dry mix, pudding-type

Calories Factors: Protein 3.3

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18099
Cake, chocolate, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.310		0	FLA	4		1.789	33.064	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.051		0	FLA	4		0.014	0.267	
17:1.....g									
18:1 undifferentiated.....g	6.246		0	FLA	4		1.771	32.729	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.044		0	FLA	4		1.430	26.431	
18:2 undifferentiated.....g	4.689		0	FLA	4		1.329	24.570	
18:3 undifferentiated.....g	0.342		0	FLA	4		0.097	1.792	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		4		0.023	0.419	
Threonine.....g	0.195		0		4		0.055	1.022	
Isoleucine.....g	0.227		0		4		0.064	1.189	
Leucine.....g	0.402		0		4		0.114	2.106	
Lysine.....g	0.225		0		4		0.064	1.179	
Methionine.....g	0.086		0		4		0.024	0.451	
Cystine.....g	0.101		0		4		0.029	0.529	
Phenylalanine.....g	0.297		0		4		0.084	1.556	
Tyrosine.....g	0.201		0		4		0.057	1.053	
Valine.....g	0.288		0		4		0.082	1.509	
Arginine.....g	0.307		0		4		0.087	1.609	
Histidine.....g	0.127		0		4		0.036	0.665	
Alanine.....g	0.229		0		4		0.065	1.200	
Aspartic acid.....g	0.439		0		4		0.124	2.300	
Glutamic acid.....g	1.499		0		4		0.425	7.855	
Glycine.....g	0.239		0		4		0.068	1.252	
Proline.....g	0.487		0		4		0.138	2.552	
Serine.....g	0.287		0		4		0.081	1.504	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	11		0	FLA	4		3	58	
Theobromine.....mg	356		0	FLA	4		101	1865	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.013	0.244	
Carotene, alpha.....mcg	0		0	FLC	4		0.006	0.114	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.009	0.162	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11		0	FLC	4		3.189	58.943	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 524g: 1 package (18.50 oz)

NDB No. 18099

Cake, chocolate, dry mix, regular

Calories Factors: Protein 3.2

Fat 8.8

Carbohydrate 3.7

Food Group: 18 Baked Products

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

NDB No. 18101

Cake, chocolate, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.039		0		4		68.663	5.737	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.051		0		4		0.580	0.048	
17:1.....g									
18:1 undifferentiated.....g	5.982		0		4		68.015	5.683	
20:1.....g	0.004		0		4		0.045	0.004	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.761		0		4		31.393	2.623	
18:2 undifferentiated.....g	2.576		0		4		29.289	2.447	
18:3 undifferentiated.....g	0.161		0		4		1.831	0.153	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		4		0.216	0.018	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.005		0		4		0.057	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		4		659	55	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0		4		0.773	0.065	
Threonine.....g	0.202		0		4		2.297	0.192	
Isoleucine.....g	0.240		0		4		2.729	0.228	
Leucine.....g	0.407		0		4		4.628	0.387	
Lysine.....g	0.268		0		4		3.047	0.255	
Methionine.....g	0.116		0		4		1.319	0.110	
Cystine.....g	0.098		0		4		1.114	0.093	
Phenylalanine.....g	0.265		0		4		3.013	0.252	
Tyrosine.....g	0.197		0		4		2.240	0.187	
Valine.....g	0.283		0		4		3.218	0.269	
Arginine.....g	0.253		0		4		2.877	0.240	
Histidine.....g	0.120		0		4		1.364	0.114	
Alanine.....g	0.220		0		4		2.501	0.209	
Aspartic acid.....g	0.390		0		4		4.434	0.371	
Glutamic acid.....g	1.177		0		4		13.382	1.118	
Glycine.....g	0.179		0		4		2.035	0.170	
Proline.....g	0.411		0		4		4.673	0.390	
Serine.....g	0.301		0		4		3.422	0.286	
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 = 1137g: 1 cake, 2-layer (8" or 9" dia)

Measure 2 = 95g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18110

Cake, fruitcake, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.200		0	FLA	4		1.191	1.806	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLA	4		0.012	0.019	
17:1.....g									
18:1 undifferentiated.....g	4.100		0	FLA	4		1.162	1.763	
20:1.....g	0.032		0	FLA	4		0.009	0.014	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.323		0	FLA	4		0.942	1.429	
18:2 undifferentiated.....g	2.959		0	FLA	4		0.839	1.272	
18:3 undifferentiated.....g	0.336		0	FLA	4		0.095	0.144	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1		1		1	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.012	0.018	
Threonine.....g	0.102		0		1		0.029	0.044	
Isoleucine.....g	0.121		0		1		0.034	0.052	
Leucine.....g	0.206		0		1		0.058	0.089	
Lysine.....g	0.121		0		1		0.034	0.052	
Methionine.....g	0.059		0		1		0.017	0.025	
Cystine.....g	0.062		0		1		0.018	0.027	
Phenylalanine.....g	0.140		0		1		0.040	0.060	
Tyrosine.....g	0.095		0		1		0.027	0.041	
Valine.....g	0.144		0		1		0.041	0.062	
Arginine.....g	0.262		0		1		0.074	0.113	
Histidine.....g	0.071		0		1		0.020	0.031	
Alanine.....g	0.125		0		1		0.035	0.054	
Aspartic acid.....g	0.270		0		1		0.077	0.116	
Glutamic acid.....g	0.639		0		1		0.181	0.275	
Glycine.....g	0.124		0		1		0.035	0.053	
Proline.....g	0.167		0		1		0.047	0.072	
Serine.....g	0.159		0		1		0.045	0.068	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLA	4		0.831	1.260	
Carotene, alpha.....mcg	1		0	FLA	4		0.200	0.304	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.269	0.408	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	21		0	FLA	4		6.093	9.241	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 piece

NDB No. 18110

Cake, fruitcake, commercially prepared

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18112

Cake, german chocolate, dry mix, pudding-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	3.781		0	FLA	4		1.072	19.548	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	3.780		0	FLA	4		1.072	19.543	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.823		0	FLA	4		0.517	9.425	
18:2 undifferentiated.....g	1.717		0	FLA	4		0.487	8.877	
18:3 undifferentiated.....g	0.106		0	FLA	4		0.030	0.548	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.300	
Threonine.....g	0.128		0		1		0.036	0.662	
Isoleucine.....g	0.151		0		1		0.043	0.781	
Leucine.....g	0.258		0		1		0.073	1.334	
Lysine.....g	0.162		0		1		0.046	0.838	
Methionine.....g	0.056		0		1		0.016	0.290	
Cystine.....g	0.071		0		1		0.020	0.367	
Phenylalanine.....g	0.188		0		1		0.053	0.972	
Tyrosine.....g	0.127		0		1		0.036	0.657	
Valine.....g	0.199		0		1		0.056	1.029	
Arginine.....g	0.180		0		1		0.051	0.931	
Histidine.....g	0.076		0		1		0.022	0.393	
Alanine.....g	0.144		0		1		0.041	0.744	
Aspartic acid.....g	0.255		0		1		0.072	1.318	
Glutamic acid.....g	1.029		0		1		0.292	5.320	
Glycine.....g	0.151		0		1		0.043	0.781	
Proline.....g	0.335		0		1		0.095	1.732	
Serine.....g	0.193		0		1		0.055	0.998	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	7		0	FLA	4		2	36	
Theobromine.....mg	242		0	FLA	4		69	1251	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.005	0.088	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.015	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.016	0.295	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	FLC	4		1.190	21.702	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 517g: 1 package (18.25 oz)

NDB No. 18112

Cake, german chocolate, dry mix, pudding-type

Calories Factors: Protein 3.2

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18114
Cake, gingerbread, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.791		0		1		2.209	32.021	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.004	
17:1.....g									
18:1 undifferentiated.....g	7.820		0	FLA	4		2.217	32.140	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.804		0		1		0.511	7.414	
18:2 undifferentiated.....g	1.675		0	FLA	4		0.475	6.884	
18:3 undifferentiated.....g	0.091		0	FLA	4		0.026	0.374	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.062		0		1		0.018	0.255	
Threonine.....g	0.138		0		1		0.039	0.567	
Isoleucine.....g	0.175		0		1		0.050	0.719	
Leucine.....g	0.309		0		1		0.088	1.270	
Lysine.....g	0.187		0		1		0.053	0.769	
Methionine.....g	0.068		0		1		0.019	0.279	
Cystine.....g	0.087		0		1		0.025	0.358	
Phenylalanine.....g	0.209		0		1		0.059	0.859	
Tyrosine.....g	0.134		0		1		0.038	0.551	
Valine.....g	0.196		0		1		0.056	0.806	
Arginine.....g	0.211		0		1		0.060	0.867	
Histidine.....g	0.096		0		1		0.027	0.395	
Alanine.....g	0.150		0		1		0.043	0.617	
Aspartic acid.....g	0.282		0		1		0.080	1.159	
Glutamic acid.....g	1.256		0		1		0.356	5.162	
Glycine.....g	0.161		0		1		0.046	0.662	
Proline.....g	0.415		0		1		0.118	1.706	
Serine.....g	0.233		0		1		0.066	0.958	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	FLC	4		0.373	5.403	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.012	
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.383	5.545	
Lycopene.....mcg	0		0	FLC	4		0.041	0.600	
Lutein + zeaxanthin.....mcg	3		0	FLC	4		0.809	11.725	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 411g: 1 package (14.5 oz)

NDB No. 18114
Cake, gingerbread, dry mix

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18116

Cake, gingerbread, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.124		0		1		2.020	5.272	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.006	0.016	
17:1.....g									
18:1 undifferentiated.....g	7.099		0		1		2.013	5.253	
20:1.....g	0.002		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.216		0		1		1.195	3.120	
18:2 undifferentiated.....g	3.948		0		1		1.119	2.922	
18:3 undifferentiated.....g	0.254		0		1		0.072	0.188	
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	0.011		0		1		0.003	0.008	
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	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0		1		9	24	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		1		0.013	0.035	
Threonine.....g	0.124		0		1		0.035	0.092	
Isoleucine.....g	0.151		0		1		0.043	0.112	
Leucine.....g	0.279		0		1		0.079	0.206	
Lysine.....g	0.131		0		1		0.037	0.097	
Methionine.....g	0.080		0		1		0.023	0.059	
Cystine.....g	0.083		0		1		0.024	0.061	
Phenylalanine.....g	0.195		0		1		0.055	0.144	
Tyrosine.....g	0.125		0		1		0.035	0.093	
Valine.....g	0.173		0		1		0.049	0.128	
Arginine.....g	0.173		0		1		0.049	0.128	
Histidine.....g	0.087		0		1		0.025	0.064	
Alanine.....g	0.145		0		1		0.041	0.107	
Aspartic acid.....g	0.217		0		1		0.062	0.161	
Glutamic acid.....g	1.096		0		1		0.311	0.811	
Glycine.....g	0.136		0		1		0.039	0.101	
Proline.....g	0.372		0		1		0.105	0.275	
Serine.....g	0.214		0		1		0.061	0.158	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 74g: 1 piece (1/9 of 8" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18117

Cake, marble, dry mix, pudding-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	4.750		0	FLA	4		1.347	24.558	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLA	4		0.011	0.202	
17:1.....g									
18:1 undifferentiated.....g	4.701		0	FLA	4		1.333	24.304	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.779		0	FLA	4		1.071	19.537	
18:2 undifferentiated.....g	3.513		0	FLA	4		0.996	18.162	
18:3 undifferentiated.....g	0.256		0	FLA	4		0.073	1.324	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.014	0.253	
Threonine.....g	0.105		0		1		0.030	0.543	
Isoleucine.....g	0.127		0		1		0.036	0.657	
Leucine.....g	0.220		0		1		0.062	1.137	
Lysine.....g	0.133		0		1		0.038	0.688	
Methionine.....g	0.049		0		1		0.014	0.253	
Cystine.....g	0.062		0		1		0.018	0.321	
Phenylalanine.....g	0.158		0		1		0.045	0.817	
Tyrosine.....g	0.105		0		1		0.030	0.543	
Valine.....g	0.164		0		1		0.046	0.848	
Arginine.....g	0.147		0		1		0.042	0.760	
Histidine.....g	0.065		0		1		0.018	0.336	
Alanine.....g	0.118		0		1		0.033	0.610	
Aspartic acid.....g	0.201		0		1		0.057	1.039	
Glutamic acid.....g	0.909		0		1		0.258	4.700	
Glycine.....g	0.125		0		1		0.035	0.646	
Proline.....g	0.298		0		1		0.084	1.541	
Serine.....g	0.166		0		1		0.047	0.858	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	7		0	FLA	4		2	37	
Theobromine.....mg	240		0	FLA	4		68	1242	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.003	0.060	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.010	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.011	0.199	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	FLA	4		1.115	20.339	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 517g: 1 package (18.25 oz)

NDB No. 18117

Cake, marble, dry mix, pudding-type

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18119

Cake, pineapple upside-down, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.194		0		1		1.472	5.973	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0		1		0.006	0.025	
17:1.....g									
18:1 undifferentiated.....g	5.169		0		1		1.465	5.944	
20:1.....g	0.001		0		1		0.000	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.282		0		1		0.930	3.774	
18:2 undifferentiated.....g	3.094		0		1		0.877	3.558	
18:3 undifferentiated.....g	0.179		0		1		0.051	0.206	
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	0.007		0		1		0.002	0.008	
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	0.002		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	22		0		1		6	25	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0		1		0.012	0.049	
Threonine.....g	0.117		0		1		0.033	0.135	
Isoleucine.....g	0.147		0		1		0.042	0.169	
Leucine.....g	0.264		0		1		0.075	0.304	
Lysine.....g	0.143		0		1		0.041	0.164	
Methionine.....g	0.074		0		1		0.021	0.085	
Cystine.....g	0.066		0		1		0.019	0.076	
Phenylalanine.....g	0.173		0		1		0.049	0.199	
Tyrosine.....g	0.121		0		1		0.034	0.139	
Valine.....g	0.167		0		1		0.047	0.192	
Arginine.....g	0.148		0		1		0.042	0.170	
Histidine.....g	0.081		0		1		0.023	0.093	
Alanine.....g	0.128		0		1		0.036	0.147	
Aspartic acid.....g	0.216		0		1		0.061	0.248	
Glutamic acid.....g	0.949		0		1		0.269	1.091	
Glycine.....g	0.114		0		1		0.032	0.131	
Proline.....g	0.338		0		1		0.096	0.389	
Serine.....g	0.190		0		1		0.054	0.219	
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 = 28.35g: 1 oz

Measure 2 = 115g: 1 piece (1/9 of 8" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

NDB No. 18120

Cake, pound, commercially prepared, butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.900		0	FLA	4		1.770	1.652	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.457		0	FLA	4		0.137	0.128	
17:1.....g									
18:1 undifferentiated.....g	5.176		0	FLA	4		1.553	1.449	
20:1.....g	0.006		0	FLA	4		0.002	0.002	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.067		0	FLA	4		0.320	0.299	
18:2 undifferentiated.....g	0.759		0	FLA	4		0.228	0.213	
18:3 undifferentiated.....g	0.267		0	FLA	4		0.080	0.075	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.032		0	FLA	4		0.010	0.009	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.008		0	FLA	4		0.002	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	221		2		1		66	62	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.022	0.020	
Threonine.....g	0.211		0		1		0.063	0.059	
Isoleucine.....g	0.261		0		1		0.078	0.073	
Leucine.....g	0.430		0		1		0.129	0.120	
Lysine.....g	0.307		0		1		0.092	0.086	
Methionine.....g	0.133		0		1		0.040	0.037	
Cystine.....g	0.115		0		1		0.035	0.032	
Phenylalanine.....g	0.274		0		1		0.082	0.077	
Tyrosine.....g	0.197		0		1		0.059	0.055	
Valine.....g	0.296		0		1		0.089	0.083	
Arginine.....g	0.260		0		1		0.078	0.073	
Histidine.....g	0.123		0		1		0.037	0.034	
Alanine.....g	0.231		0		1		0.069	0.065	
Aspartic acid.....g	0.393		0		1		0.118	0.110	
Glutamic acid.....g	1.229		0		1		0.369	0.344	
Glycine.....g	0.176		0		1		0.053	0.049	
Proline.....g	0.418		0		1		0.125	0.117	
Serine.....g	0.341		0		1		0.102	0.095	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 30g: 1 piece (1/10 of cake)

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18451

Cake, pound, commercially prepared, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.166		0		1		0.047	0.564	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.002	0.024	
17:1.....g									
18:1 undifferentiated.....g	0.159		0		1		0.045	0.541	
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	0.424		0		1		0.120	1.442	
18:2 undifferentiated.....g	0.398		0		1		0.113	1.353	
18:3 undifferentiated.....g	0.026		0		1		0.007	0.088	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.020	0.238	
Threonine.....g	0.214		0		1		0.061	0.728	
Isoleucine.....g	0.275		0		1		0.078	0.935	
Leucine.....g	0.434		0		1		0.123	1.476	
Lysine.....g	0.318		0		1		0.090	1.081	
Methionine.....g	0.149		0		1		0.042	0.507	
Cystine.....g	0.122		0		1		0.035	0.415	
Phenylalanine.....g	0.288		0		1		0.082	0.979	
Tyrosine.....g	0.197		0		1		0.056	0.670	
Valine.....g	0.312		0		1		0.088	1.061	
Arginine.....g	0.256		0		1		0.073	0.870	
Histidine.....g	0.120		0		1		0.034	0.408	
Alanine.....g	0.251		0		1		0.071	0.853	
Aspartic acid.....g	0.434		0		1		0.123	1.476	
Glutamic acid.....g	1.069		0		1		0.303	3.635	
Glycine.....g	0.178		0		1		0.050	0.605	
Proline.....g	0.358		0		1		0.101	1.217	
Serine.....g	0.333		0		1		0.094	1.132	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.016	0.189	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.009	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.016	0.187	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	FLA	4		0.522	6.259	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 340g: 1 cake

NDB No. 18451

Cake, pound, commercially prepared, fat-free

Calories Factors: Protein 4.2

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18121

Cake, pound, commercially prepared, other than all butter, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.935		0	FLA	4		2.981	2.782	7.054
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0	FLA	4		0.015	0.014	0.035
17:1.....g									
18:1 undifferentiated.....g	9.880		0	FLA	4		2.964	2.766	7.015
20:1.....g	0.004		0	FLA	4		0.001	0.001	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.251		0	FLA	4		0.675	0.630	1.598
18:2 undifferentiated.....g	2.114		0	FLA	4		0.634	0.592	1.501
18:3 undifferentiated.....g	0.108		0	FLA	4		0.032	0.030	0.077
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	FLA	4		0.007	0.006	0.016
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.000	0.001
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.006		0	FLA	4		0.002	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	58	25.910	6		1		17	16	41
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1		0.021	0.019	0.049
Threonine.....g	0.196		0		1		0.059	0.055	0.139
Isoleucine.....g	0.244		0		1		0.073	0.068	0.173
Leucine.....g	0.403		0		1		0.121	0.113	0.286
Lysine.....g	0.283		0		1		0.085	0.079	0.201
Methionine.....g	0.125		0		1		0.038	0.035	0.089
Cystine.....g	0.111		0		1		0.033	0.031	0.079
Phenylalanine.....g	0.259		0		1		0.078	0.073	0.184
Tyrosine.....g	0.184		0		1		0.055	0.052	0.131
Valine.....g	0.276		0		1		0.083	0.077	0.196
Arginine.....g	0.247		0		1		0.074	0.069	0.175
Histidine.....g	0.115		0		1		0.035	0.032	0.082
Alanine.....g	0.216		0		1		0.065	0.060	0.153
Aspartic acid.....g	0.367		0		1		0.110	0.103	0.261
Glutamic acid.....g	1.194		0		1		0.358	0.334	0.848
Glycine.....g	0.170		0		1		0.051	0.048	0.121
Proline.....g	0.402		0		1		0.121	0.113	0.285
Serine.....g	0.323		0		1		0.097	0.090	0.229
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 = 30g: 1 piece (1/10 of 10.6 oz cake)
- Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)
- Measure 3 = 71g: 1 snack cake (2.5 oz)

Calories Factors: Protein 4.2 Fat 8.8 Carbohydrate 4

Food Group: 18 Baked Products

NDB No. 18418

Cake, pound, commercially prepared, other than all butter, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.935		0	BFZN	4		2.981	2.782	7.054
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0	BFZN	4		0.015	0.014	0.035
17:1.....g									
18:1 undifferentiated.....g	9.880		0	BFZN	4		2.964	2.766	7.015
20:1.....g	0.004		0		4		0.001	0.001	0.003
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.251		0	BFZN	4		0.675	0.630	1.598
18:2 undifferentiated.....g	2.114		0	BFZN	4		0.634	0.592	1.501
18:3 undifferentiated.....g	0.108		0	BFZN	4		0.032	0.030	0.077
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFZN	4		0.007	0.006	0.016
20:5 n-3.....g	0.001		0		4		0.000	0.000	0.001
22:5 n-3.....g									
22:6 n-3.....g	0.006		0		4		0.002	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	58	25.910	6		1		17	16	41
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		4		0.021	0.019	0.049
Threonine.....g	0.196		0		4		0.059	0.055	0.139
Isoleucine.....g	0.244		0		4		0.073	0.068	0.173
Leucine.....g	0.403		0		4		0.121	0.113	0.286
Lysine.....g	0.283		0		4		0.085	0.079	0.201
Methionine.....g	0.125		0		4		0.038	0.035	0.089
Cystine.....g	0.111		0		4		0.033	0.031	0.079
Phenylalanine.....g	0.259		0		4		0.078	0.073	0.184
Tyrosine.....g	0.184		0		4		0.055	0.052	0.131
Valine.....g	0.276		0		4		0.083	0.077	0.196
Arginine.....g	0.247		0		4		0.074	0.069	0.175
Histidine.....g	0.115		0		4		0.035	0.032	0.082
Alanine.....g	0.216		0		4		0.065	0.060	0.153
Aspartic acid.....g	0.367		0		4		0.110	0.103	0.261
Glutamic acid.....g	1.194		0		4		0.358	0.334	0.848
Glycine.....g	0.170		0		4		0.051	0.048	0.121
Proline.....g	0.402		0		4		0.121	0.113	0.285
Serine.....g	0.323		0		4		0.097	0.090	0.229
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 = 30g: 1 piece (1/10 of 10.6 oz cake)

Measure 2 = 28g: 1 piece (1/12 of 12 oz cake)

Measure 3 = 71g: 1 snack cake (2.5 oz)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18126

Cake, shortcake, biscuit-type, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.045		0		1		1.714		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	6.028		0		1		1.709		
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	3.632		0		1		1.030		
18:2 undifferentiated.....g	3.402		0		1		0.964		
18:3 undifferentiated.....g	0.230		0		1		0.065		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		1		1		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.022		
Threonine.....g	0.184		0		1		0.052		
Isoleucine.....g	0.238		0		1		0.067		
Leucine.....g	0.449		0		1		0.127		
Lysine.....g	0.197		0		1		0.056		
Methionine.....g	0.115		0		1		0.033		
Cystine.....g	0.115		0		1		0.033		
Phenylalanine.....g	0.302		0		1		0.086		
Tyrosine.....g	0.203		0		1		0.058		
Valine.....g	0.273		0		1		0.077		
Arginine.....g	0.240		0		1		0.068		
Histidine.....g	0.140		0		1		0.040		
Alanine.....g	0.197		0		1		0.056		
Aspartic acid.....g	0.292		0		1		0.083		
Glutamic acid.....g	1.897		0		1		0.538		
Glycine.....g	0.201		0		1		0.057		
Proline.....g	0.681		0		1		0.193		
Serine.....g	0.307		0		1		0.087		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18127

Cake, snack cakes, creme-filled, chocolate with frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.690		0	FLA	4		1.613	2.845	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.098		0	FLA	4		0.028	0.049	
17:1.....g									
18:1 undifferentiated.....g	5.463		0	FLA	4		1.549	2.732	
20:1.....g	0.075		0	FLA	4		0.021	0.038	
22:1 undifferentiated.....g	0.026		0	FLA	4		0.007	0.013	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.237		0	FLA	4		1.485	2.619	
18:2 undifferentiated.....g	4.694		0	FLA	4		1.331	2.347	
18:3 undifferentiated.....g	0.527		0	FLA	4		0.149	0.264	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		0	FLA	4		0.001	0.003	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.001		0		1		0.000	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	17	2.382	11		1		5	9	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.014	0.024	
Threonine.....g	0.112		0		1		0.032	0.056	
Isoleucine.....g	0.136		0		1		0.039	0.068	
Leucine.....g	0.234		0		1		0.066	0.117	
Lysine.....g	0.145		0		1		0.041	0.073	
Methionine.....g	0.057		0		1		0.016	0.029	
Cystine.....g	0.065		0		1		0.018	0.033	
Phenylalanine.....g	0.157		0		1		0.045	0.079	
Tyrosine.....g	0.106		0		1		0.030	0.053	
Valine.....g	0.164		0		1		0.046	0.082	
Arginine.....g	0.142		0		1		0.040	0.071	
Histidine.....g	0.068		0		1		0.019	0.034	
Alanine.....g	0.119		0		1		0.034	0.060	
Aspartic acid.....g	0.199		0		1		0.056	0.100	
Glutamic acid.....g	0.909		0		1		0.258	0.455	
Glycine.....g	0.117		0		1		0.033	0.059	
Proline.....g	0.305		0		1		0.086	0.153	
Serine.....g	0.175		0		1		0.050	0.088	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	3		0	FLA	4		1	2	
Theobromine.....mg	112		0	FLA	4		32	56	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.035	0.062	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.037	0.066	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5		0	FLC	4		1.380	2.433	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 50g: 1 cupcake

NDB No. 18127

Cake, snack cakes, creme-filled, chocolate with frosting

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18128

Cake, snack cakes, creme-filled, sponge

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.073		0	FLA	4		1.155	1.751	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.156		0	FLA	4		0.044	0.067	
17:1.....g									
18:1 undifferentiated.....g	3.843		0	FLA	4		1.089	1.652	
20:1.....g	0.033		0	FLA	4		0.009	0.014	
22:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.303		0	FLA	4		0.936	1.420	
18:2 undifferentiated.....g	2.912		0	FLA	4		0.826	1.252	
18:3 undifferentiated.....g	0.369		0	FLA	4		0.105	0.159	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.003	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		2		1		5	7	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.012	0.019	
Threonine.....g	0.111		0		1		0.031	0.048	
Isoleucine.....g	0.144		0		1		0.041	0.062	
Leucine.....g	0.244		0		1		0.069	0.105	
Lysine.....g	0.160		0		1		0.045	0.069	
Methionine.....g	0.064		0		1		0.018	0.028	
Cystine.....g	0.059		0		1		0.017	0.025	
Phenylalanine.....g	0.149		0		1		0.042	0.064	
Tyrosine.....g	0.108		0		1		0.031	0.046	
Valine.....g	0.161		0		1		0.046	0.069	
Arginine.....g	0.125		0		1		0.035	0.054	
Histidine.....g	0.069		0		1		0.020	0.030	
Alanine.....g	0.108		0		1		0.031	0.046	
Aspartic acid.....g	0.183		0		1		0.052	0.079	
Glutamic acid.....g	0.856		0		1		0.243	0.368	
Glycine.....g	0.095		0		1		0.027	0.041	
Proline.....g	0.307		0		1		0.087	0.132	
Serine.....g	0.173		0		1		0.049	0.074	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.082	0.125	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.079	0.119	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	FLA	4		2.540	3.853	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 cake

NDB No. 18128

Cake, snack cakes, creme-filled, sponge

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18452

Cake, snack cakes, cupcakes, chocolate, with frosting, 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	1.849		0		1		0.524	0.795	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.848		0		1		0.524	0.795	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.487		0		1		0.138	0.209	
18:2 undifferentiated.....g	0.462		0		1		0.131	0.199	
18:3 undifferentiated.....g	0.025		0		1		0.007	0.011	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.017	0.026	
Threonine.....g	0.165		0		1		0.047	0.071	
Isoleucine.....g	0.207		0		1		0.059	0.089	
Leucine.....g	0.332		0		1		0.094	0.143	
Lysine.....g	0.232		0		1		0.066	0.100	
Methionine.....g	0.105		0		1		0.030	0.045	
Cystine.....g	0.096		0		1		0.027	0.041	
Phenylalanine.....g	0.229		0		1		0.065	0.098	
Tyrosine.....g	0.153		0		1		0.043	0.066	
Valine.....g	0.242		0		1		0.069	0.104	
Arginine.....g	0.206		0		1		0.058	0.089	
Histidine.....g	0.093		0		1		0.026	0.040	
Alanine.....g	0.192		0		1		0.054	0.083	
Aspartic acid.....g	0.329		0		1		0.093	0.141	
Glutamic acid.....g	0.973		0		1		0.276	0.418	
Glycine.....g	0.153		0		1		0.043	0.066	
Proline.....g	0.319		0		1		0.090	0.137	
Serine.....g	0.257		0		1		0.073	0.111	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	2		0	FLA	4		1	1	
Theobromine.....mg	83		0	FLA	4		24	36	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 cupcake

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

NDB No. 18133

Cake, sponge, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.949		0		4		0.269	0.361	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0		4		0.021	0.028	
17:1.....g									
18:1 undifferentiated.....g	0.867		0		4		0.246	0.329	
20:1.....g	0.007		0		4		0.002	0.003	
22:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.448		0		4		0.127	0.170	
18:2 undifferentiated.....g	0.389		0		4		0.110	0.148	
18:3 undifferentiated.....g	0.015		0		4		0.004	0.006	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.034		0		4		0.010	0.013	
20:5 n-3.....g	0.001		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.009		0		4		0.003	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		29	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.020	0.027	
Threonine.....g	0.213		0		1		0.060	0.081	
Isoleucine.....g	0.251		0		1		0.071	0.095	
Leucine.....g	0.419		0		1		0.119	0.159	
Lysine.....g	0.297		0		1		0.084	0.113	
Methionine.....g	0.126		0		1		0.036	0.048	
Cystine.....g	0.119		0		1		0.034	0.045	
Phenylalanine.....g	0.263		0		1		0.075	0.100	
Tyrosine.....g	0.187		0		1		0.053	0.071	
Valine.....g	0.281		0		1		0.080	0.107	
Arginine.....g	0.264		0		1		0.075	0.100	
Histidine.....g	0.119		0		1		0.034	0.045	
Alanine.....g	0.231		0		1		0.065	0.088	
Aspartic acid.....g	0.391		0		1		0.111	0.149	
Glutamic acid.....g	1.223		0		1		0.347	0.465	
Glycine.....g	0.178		0		1		0.050	0.068	
Proline.....g	0.403		0		1		0.114	0.153	
Serine.....g	0.342		0		1		0.097	0.130	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		1.002	1.343	
Carotene, alpha.....mcg	1		0	FLA	4		0.179	0.239	
Cryptoxanthin, beta.....mcg	2		0	FLA	4		0.679	0.911	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	85		0	FLA	4		24.125	32.336	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 38g: 1 piece (1/12 of 16 oz cake)

NDB No. 18133

Cake, sponge, commercially prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18134

Cake, sponge, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.576		0		1		0.447	0.993	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.122		0		1		0.035	0.077	
17:1.....g									
18:1 undifferentiated.....g	1.439		0		1		0.408	0.907	
20:1.....g	0.011		0		1		0.003	0.007	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.649		0		1		0.184	0.409	
18:2 undifferentiated.....g	0.556		0		1		0.158	0.350	
18:3 undifferentiated.....g	0.019		0		1		0.005	0.012	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.058		0		1		0.016	0.037	
20:5 n-3.....g	0.001		0		1		0.000	0.001	
22:5 n-3.....g									
22:6 n-3.....g	0.015		0		1		0.004	0.009	
Fatty acids, total trans.....g									
Cholesterol.....mg	170		0		1		48	107	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.089		0		1		0.025	0.056	
Threonine.....g	0.308		0		1		0.087	0.194	
Isoleucine.....g	0.350		0		1		0.099	0.221	
Leucine.....g	0.590		0		1		0.167	0.372	
Lysine.....g	0.418		0		1		0.119	0.263	
Methionine.....g	0.192		0		1		0.054	0.121	
Cystine.....g	0.161		0		1		0.046	0.101	
Phenylalanine.....g	0.374		0		1		0.106	0.236	
Tyrosine.....g	0.277		0		1		0.079	0.175	
Valine.....g	0.395		0		1		0.112	0.249	
Arginine.....g	0.404		0		1		0.115	0.255	
Histidine.....g	0.172		0		1		0.049	0.108	
Alanine.....g	0.350		0		1		0.099	0.221	
Aspartic acid.....g	0.600		0		1		0.170	0.378	
Glutamic acid.....g	1.427		0		1		0.405	0.899	
Glycine.....g	0.250		0		1		0.071	0.158	
Proline.....g	0.468		0		1		0.133	0.295	
Serine.....g	0.498		0		1		0.141	0.314	
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 = 63g: 1 piece (1/12 of 16 oz cake)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18135

Cake, white, dry mix, pudding-type, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.092		0	FLA	4		1.160	21.442	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	4.091		0	FLA	4		1.160	21.437	
20:1.....g	0.000		0	RA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.544		0	FLA	4		0.721	13.331	
18:2 undifferentiated.....g	1.180		0		4		0.335	6.183	
18:3 undifferentiated.....g	0.064		0		4		0.018	0.335	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		4		0.016	0.288	
Threonine.....g	0.119		0		4		0.034	0.624	
Isoleucine.....g	0.162		0		4		0.046	0.849	
Leucine.....g	0.284		0		4		0.081	1.488	
Lysine.....g	0.165		0		4		0.047	0.865	
Methionine.....g	0.071		0		4		0.020	0.372	
Cystine.....g	0.075		0		4		0.021	0.393	
Phenylalanine.....g	0.183		0		4		0.052	0.959	
Tyrosine.....g	0.123		0		4		0.035	0.645	
Valine.....g	0.185		0		4		0.052	0.969	
Arginine.....g	0.146		0		4		0.041	0.765	
Histidine.....g	0.083		0		4		0.024	0.435	
Alanine.....g	0.119		0		4		0.034	0.624	
Aspartic acid.....g	0.184		0		4		0.052	0.964	
Glutamic acid.....g	1.194		0		4		0.338	6.257	
Glycine.....g	0.122		0		4		0.035	0.639	
Proline.....g	0.421		0		4		0.119	2.206	
Serine.....g	0.204		0		4		0.058	1.069	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.010	0.187	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.020	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.022	0.407	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.280	5.169	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 524g: 1 package (18.50 oz)

NDB No. 18135

Cake, white, dry mix, pudding-type, enriched

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18419

Cake, white, dry mix, pudding-type, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.092		0	BFZN	4		1.160	21.442	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFZN	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	4.091		0	BFZN	4		1.160	21.437	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.544		0	BFZN	4		0.721	13.331	
18:2 undifferentiated.....g	2.389		0	BFZN	4		0.677	12.518	
18:3 undifferentiated.....g	0.156		0	BFZN	4		0.044	0.817	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.055		0		4		0.016	0.288	
Threonine.....g	0.119		0		4		0.034	0.624	
Isoleucine.....g	0.162		0		4		0.046	0.849	
Leucine.....g	0.284		0		4		0.081	1.488	
Lysine.....g	0.165		0		4		0.047	0.865	
Methionine.....g	0.071		0		4		0.020	0.372	
Cystine.....g	0.075		0		4		0.021	0.393	
Phenylalanine.....g	0.183		0		4		0.052	0.959	
Tyrosine.....g	0.123		0		4		0.035	0.645	
Valine.....g	0.185		0		4		0.052	0.969	
Arginine.....g	0.146		0		4		0.041	0.765	
Histidine.....g	0.083		0		4		0.024	0.435	
Alanine.....g	0.119		0		4		0.034	0.624	
Aspartic acid.....g	0.184		0		4		0.052	0.964	
Glutamic acid.....g	1.194		0		4		0.338	6.257	
Glycine.....g	0.122		0		4		0.035	0.639	
Proline.....g	0.421		0		4		0.119	2.206	
Serine.....g	0.204		0		4		0.058	1.069	
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 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18137
Cake, white, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.585		0	FLA	4		1.300	24.025	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLA	4		0.012	0.231	
17:1.....g									
18:1 undifferentiated.....g	4.530		0	FLA	4		1.284	23.737	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.101		0	FLA	4		1.163	21.489	
18:2 undifferentiated.....g	3.808		0	FLA	4		1.080	19.954	
18:3 undifferentiated.....g	0.282		0	FLA	4		0.080	1.478	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.060		0		1		0.017	0.314	
Threonine.....g	0.138		0		1		0.039	0.723	
Isoleucine.....g	0.182		0		1		0.052	0.954	
Leucine.....g	0.332		0		1		0.094	1.740	
Lysine.....g	0.165		0		1		0.047	0.865	
Methionine.....g	0.084		0		1		0.024	0.440	
Cystine.....g	0.087		0		1		0.025	0.456	
Phenylalanine.....g	0.221		0		1		0.063	1.158	
Tyrosine.....g	0.148		0		1		0.042	0.776	
Valine.....g	0.208		0		1		0.059	1.090	
Arginine.....g	0.176		0		1		0.050	0.922	
Histidine.....g	0.101		0		1		0.029	0.529	
Alanine.....g	0.143		0		1		0.041	0.749	
Aspartic acid.....g	0.218		0		1		0.062	1.142	
Glutamic acid.....g	1.397		0		1		0.396	7.320	
Glycine.....g	0.146		0		1		0.041	0.765	
Proline.....g	0.498		0		1		0.141	2.610	
Serine.....g	0.231		0		1		0.065	1.210	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.025	0.455	
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.057	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.011	0.212	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	3		0	FLA	4		0.792	14.639	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 524g: 1 package (18.50 oz)

NDB No. 18137

Cake, white, dry mix, regular

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18131

Cake, white, dry mix, special dietary (includes lemon-flavored)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.480		0	FLA	4		0.987	7.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0	FLA	4		0.009	0.075	
17:1.....g									
18:1 undifferentiated.....g	3.439		0	FLA	4		0.975	7.807	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.183		0	FLA	4		0.902	7.225	
18:2 undifferentiated.....g	2.957		0	FLA	4		0.838	6.712	
18:3 undifferentiated.....g	0.218		0	FLA	4		0.062	0.495	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		4		0.012	0.100	
Threonine.....g	0.084		0		4		0.024	0.191	
Isoleucine.....g	0.115		0		4		0.033	0.261	
Leucine.....g	0.206		0		4		0.058	0.468	
Lysine.....g	0.105		0		4		0.030	0.238	
Methionine.....g	0.051		0		4		0.014	0.116	
Cystine.....g	0.066		0		4		0.019	0.150	
Phenylalanine.....g	0.144		0		4		0.041	0.327	
Tyrosine.....g	0.087		0		4		0.025	0.197	
Valine.....g	0.133		0		4		0.038	0.302	
Arginine.....g	0.116		0		4		0.033	0.263	
Histidine.....g	0.062		0		4		0.018	0.141	
Alanine.....g	0.092		0		4		0.026	0.209	
Aspartic acid.....g	0.127		0		4		0.036	0.288	
Glutamic acid.....g	1.002		0		4		0.284	2.275	
Glycine.....g	0.103		0		4		0.029	0.234	
Proline.....g	0.338		0		4		0.096	0.767	
Serine.....g	0.160		0		4		0.045	0.363	
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 = 227g: 1 package (8 oz)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18102

Cake, white, prepared from recipe with coconut frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.692		0		1		1.047	4.135	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002	0.009	
17:1.....g									
18:1 undifferentiated.....g	3.683		0		1		1.044	4.125	
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	2.162		0		1		0.613	2.421	
18:2 undifferentiated.....g	2.026		0		1		0.574	2.269	
18:3 undifferentiated.....g	0.135		0		1		0.038	0.151	
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	1		0		1		0	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.015	0.060	
Threonine.....g	0.157		0		1		0.045	0.176	
Isoleucine.....g	0.199		0		1		0.056	0.223	
Leucine.....g	0.338		0		1		0.096	0.379	
Lysine.....g	0.204		0		1		0.058	0.228	
Methionine.....g	0.107		0		1		0.030	0.120	
Cystine.....g	0.091		0		1		0.026	0.102	
Phenylalanine.....g	0.228		0		1		0.065	0.255	
Tyrosine.....g	0.154		0		1		0.044	0.172	
Valine.....g	0.229		0		1		0.065	0.256	
Arginine.....g	0.213		0		1		0.060	0.239	
Histidine.....g	0.099		0		1		0.028	0.111	
Alanine.....g	0.183		0		1		0.052	0.205	
Aspartic acid.....g	0.303		0		1		0.086	0.339	
Glutamic acid.....g	1.035		0		1		0.293	1.159	
Glycine.....g	0.146		0		1		0.041	0.164	
Proline.....g	0.354		0		1		0.100	0.396	
Serine.....g	0.247		0		1		0.070	0.277	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	RA	4		0.208	0.820	
Carotene, alpha.....mcg	0		0	RA	4		0.004	0.016	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.006	0.023	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	RA	4		1.055	4.167	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 piece (1/12 of 9" dia)

NDB No. 18102

Cake, white, prepared from recipe with coconut frosting

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18139

Cake, white, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.309		0		1		47.091	3.929	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.106	0.009	
17:1.....g									
18:1 undifferentiated.....g	5.296		0		1		46.976	3.919	
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	3.148		0		1		27.923	2.330	
18:2 undifferentiated.....g	2.949		0		1		26.158	2.182	
18:3 undifferentiated.....g	0.199		0		1		1.765	0.147	
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	2		0		1		18	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.594	0.050	
Threonine.....g	0.190		0		1		1.685	0.141	
Isoleucine.....g	0.243		0		1		2.155	0.180	
Leucine.....g	0.419		0		1		3.717	0.310	
Lysine.....g	0.241		0		1		2.138	0.178	
Methionine.....g	0.128		0		1		1.135	0.095	
Cystine.....g	0.111		0		1		0.985	0.082	
Phenylalanine.....g	0.281		0		1		2.492	0.208	
Tyrosine.....g	0.191		0		1		1.694	0.141	
Valine.....g	0.276		0		1		2.448	0.204	
Arginine.....g	0.235		0		1		2.084	0.174	
Histidine.....g	0.124		0		1		1.100	0.092	
Alanine.....g	0.215		0		1		1.907	0.159	
Aspartic acid.....g	0.350		0		1		3.105	0.259	
Glutamic acid.....g	1.373		0		1		12.179	1.016	
Glycine.....g	0.179		0		1		1.588	0.132	
Proline.....g	0.483		0		1		4.284	0.357	
Serine.....g	0.302		0		1		2.679	0.223	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	RA	4		8.024	0.669	
Carotene, alpha.....mcg	0		0	RA	4		0.157	0.013	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.225	0.019	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5		0	RA	4		40.766	3.401	

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 = 887g: 1 cake, 2-layer (8" or 9" dia)

Measure 2 = 74g: 1 piece (1/12 of 9" dia)

NDB No. 18139

Cake, white, prepared from recipe without frosting

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18140

Cake, yellow, commercially prepared, with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.593		0	FLA	4		2.720	6.140	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0	FLA	4		0.013	0.029	
17:1.....g									
18:1 undifferentiated.....g	9.540		0	FLA	4		2.705	6.106	
20:1.....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.113		0	FLA	4		0.599	1.352	
18:2 undifferentiated.....g	1.985		0	FLA	4		0.563	1.270	
18:3 undifferentiated.....g	0.100		0	FLA	4		0.028	0.064	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	FLA	4		0.006	0.014	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.006		0	FLA	4		0.002	0.004	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		2		1		16	35	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.014	0.032	
Threonine.....g	0.146		0		1		0.041	0.093	
Isoleucine.....g	0.173		0		1		0.049	0.111	
Leucine.....g	0.284		0		1		0.081	0.182	
Lysine.....g	0.209		0		1		0.059	0.134	
Methionine.....g	0.082		0		1		0.023	0.052	
Cystine.....g	0.073		0		1		0.021	0.047	
Phenylalanine.....g	0.185		0		1		0.052	0.118	
Tyrosine.....g	0.137		0		1		0.039	0.088	
Valine.....g	0.207		0		1		0.059	0.132	
Arginine.....g	0.185		0		1		0.052	0.118	
Histidine.....g	0.081		0		1		0.023	0.052	
Alanine.....g	0.161		0		1		0.046	0.103	
Aspartic acid.....g	0.290		0		1		0.082	0.186	
Glutamic acid.....g	0.781		0		1		0.221	0.500	
Glycine.....g	0.128		0		1		0.036	0.082	
Proline.....g	0.260		0		1		0.074	0.166	
Serine.....g	0.222		0		1		0.063	0.142	
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 = 28.35g: 1 oz

Measure 2 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

NDB No. 18141

Cake, yellow, commercially prepared, with vanilla frosting

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.107		0	FLA	4		1.731	3.908	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.092		0	FLA	4		0.026	0.059	
17:1.....g									
18:1 undifferentiated.....g	5.998		0	FLA	4		1.700	3.839	
20:1.....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.150		0	FLA	4		1.460	3.296	
18:2 undifferentiated.....g	4.766		0	FLA	4		1.351	3.050	
18:3 undifferentiated.....g	0.347		0	FLA	4		0.098	0.222	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	FLA	4		0.005	0.012	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3.....g									
22:6 n-3.....g	0.005		0	FLA	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		0	FLA	4		16	35	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.029	
Threonine.....g	0.142		0		1		0.040	0.091	
Isoleucine.....g	0.177		0		1		0.050	0.113	
Leucine.....g	0.290		0		1		0.082	0.186	
Lysine.....g	0.216		0		1		0.061	0.138	
Methionine.....g	0.087		0		1		0.025	0.056	
Cystine.....g	0.067		0		1		0.019	0.043	
Phenylalanine.....g	0.174		0		1		0.049	0.111	
Tyrosine.....g	0.136		0		1		0.039	0.087	
Valine.....g	0.199		0		1		0.056	0.127	
Arginine.....g	0.163		0		1		0.046	0.104	
Histidine.....g	0.082		0		1		0.023	0.052	
Alanine.....g	0.147		0		1		0.042	0.094	
Aspartic acid.....g	0.263		0		1		0.075	0.168	
Glutamic acid.....g	0.751		0		1		0.213	0.481	
Glycine.....g	0.106		0		1		0.030	0.068	
Proline.....g	0.271		0		1		0.077	0.173	
Serine.....g	0.216		0		1		0.061	0.138	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 64g: 1 piece (1/8 of 18 oz cake)

Calories Factors: Protein 4.2

Fat 8.9

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18453
Cake, yellow, dry mix, light

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.973		0	FLA	4		0.843	15.579	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	2.971		0	FLA	4		0.842	15.568	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.796		0	FLA	4		0.226	4.171	
18:2 undifferentiated.....g	0.754		0	FLA	4		0.214	3.951	
18:3 undifferentiated.....g	0.042		0	FLA	4		0.012	0.220	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0		1		0.018	0.341	
Threonine.....g	0.140		0		1		0.040	0.734	
Isoleucine.....g	0.185		0		1		0.052	0.969	
Leucine.....g	0.324		0		1		0.092	1.698	
Lysine.....g	0.191		0		1		0.054	1.001	
Methionine.....g	0.074		0		1		0.021	0.388	
Cystine.....g	0.090		0		1		0.026	0.472	
Phenylalanine.....g	0.221		0		1		0.063	1.158	
Tyrosine.....g	0.141		0		1		0.040	0.739	
Valine.....g	0.208		0		1		0.059	1.090	
Arginine.....g	0.207		0		1		0.059	1.085	
Histidine.....g	0.098		0		1		0.028	0.514	
Alanine.....g	0.150		0		1		0.043	0.786	
Aspartic acid.....g	0.264		0		1		0.075	1.383	
Glutamic acid.....g	1.352		0		1		0.383	7.084	
Glycine.....g	0.160		0		1		0.045	0.838	
Proline.....g	0.448		0		1		0.127	2.348	
Serine.....g	0.241		0		1		0.068	1.263	
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 = 28.35g: 1 oz

Measure 2 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18142

Cake, yellow, dry mix, pudding-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	5.496		0	FLA	4		1.558	28.799	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	5.494		0	FLA	4		1.558	28.789	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.295		0	FLA	4		0.367	6.786	
18:2 undifferentiated.....g	1.229		0	FLA	4		0.348	6.440	
18:3 undifferentiated.....g	0.066		0	FLA	4		0.019	0.346	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.016	0.293	
Threonine.....g	0.120		0		1		0.034	0.629	
Isoleucine.....g	0.163		0		1		0.046	0.854	
Leucine.....g	0.286		0		1		0.081	1.499	
Lysine.....g	0.162		0		1		0.046	0.849	
Methionine.....g	0.072		0		1		0.020	0.377	
Cystine.....g	0.079		0		1		0.022	0.414	
Phenylalanine.....g	0.188		0		1		0.053	0.985	
Tyrosine.....g	0.124		0		1		0.035	0.650	
Valine.....g	0.186		0		1		0.053	0.975	
Arginine.....g	0.150		0		1		0.043	0.786	
Histidine.....g	0.084		0		1		0.024	0.440	
Alanine.....g	0.122		0		1		0.035	0.639	
Aspartic acid.....g	0.184		0		1		0.052	0.964	
Glutamic acid.....g	1.239		0		1		0.351	6.492	
Glycine.....g	0.127		0		1		0.036	0.665	
Proline.....g	0.433		0		1		0.123	2.269	
Serine.....g	0.209		0		1		0.059	1.095	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.011	0.200	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.021	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.022	0.410	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.282	5.209	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 524g: 1 package (18.50 oz)

NDB No. 18142

Cake, yellow, dry mix, pudding-type

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18144

Cake, yellow, dry mix, regular, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.860		0	FLA	4		1.378	25.466	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0	FLA	4		0.013	0.246	
17:1.....g									
18:1 undifferentiated.....g	4.802		0	FLA	4		1.361	25.162	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.378		0	FLA	4		1.241	22.941	
18:2 undifferentiated.....g	4.066		0	FLA	4		1.153	21.306	
18:3 undifferentiated.....g	0.301		0	FLA	4		0.085	1.577	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		2		1		1	10	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.017	0.320	
Threonine.....g	0.137		0		1		0.039	0.718	
Isoleucine.....g	0.187		0		1		0.053	0.980	
Leucine.....g	0.325		0		1		0.092	1.703	
Lysine.....g	0.197		0		1		0.056	1.032	
Methionine.....g	0.081		0		1		0.023	0.424	
Cystine.....g	0.079		0		1		0.022	0.414	
Phenylalanine.....g	0.204		0		1		0.058	1.069	
Tyrosine.....g	0.144		0		1		0.041	0.755	
Valine.....g	0.213		0		1		0.060	1.116	
Arginine.....g	0.162		0		1		0.046	0.849	
Histidine.....g	0.094		0		1		0.027	0.493	
Alanine.....g	0.134		0		1		0.038	0.702	
Aspartic acid.....g	0.216		0		1		0.061	1.132	
Glutamic acid.....g	1.288		0		1		0.365	6.749	
Glycine.....g	0.132		0		1		0.037	0.692	
Proline.....g	0.463		0		1		0.131	2.426	
Serine.....g	0.228		0		1		0.065	1.195	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.016	0.291	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.020	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.021	0.395	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.271	5.013	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 524g: 1 package (18.50 oz)

NDB No. 18144

Cake, yellow, dry mix, regular, enriched

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18420

Cake, yellow, dry mix, regular, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.860		0	BFZN	4		1.378	25.466	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0	BFZN	4		0.013	0.246	
17:1.....g									
18:1 undifferentiated.....g	4.802		0	BFZN	4		1.361	25.162	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.378		0	BFZN	4		1.241	22.941	
18:2 undifferentiated.....g	4.066		0	BFZN	4		1.153	21.306	
18:3 undifferentiated.....g	0.301		0	BFZN	4		0.085	1.577	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		2		1		1	10	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.061		0		4		0.017	0.320	
Threonine.....g	0.137		0		4		0.039	0.718	
Isoleucine.....g	0.187		0		4		0.053	0.980	
Leucine.....g	0.325		0		4		0.092	1.703	
Lysine.....g	0.197		0		4		0.056	1.032	
Methionine.....g	0.081		0		4		0.023	0.424	
Cystine.....g	0.079		0		4		0.022	0.414	
Phenylalanine.....g	0.204		0		4		0.058	1.069	
Tyrosine.....g	0.144		0		4		0.041	0.755	
Valine.....g	0.213		0		4		0.060	1.116	
Arginine.....g	0.162		0		4		0.046	0.849	
Histidine.....g	0.094		0		4		0.027	0.493	
Alanine.....g	0.134		0		4		0.038	0.702	
Aspartic acid.....g	0.216		0		4		0.061	1.132	
Glutamic acid.....g	1.288		0		4		0.365	6.749	
Glycine.....g	0.132		0		4		0.037	0.692	
Proline.....g	0.463		0		4		0.131	2.426	
Serine.....g	0.228		0		4		0.065	1.195	
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 = 524g: 1 package (18.50 oz)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18146

Cake, yellow, prepared from recipe without frosting

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.229		0		1		50.891	4.236	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.409	0.034	
17:1.....g									
18:1 undifferentiated.....g	6.173		0		1		50.433	4.198	
20:1.....g	0.003		0		1		0.025	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.570		0		1		29.167	2.428	
18:2 undifferentiated.....g	3.328		0		1		27.190	2.263	
18:3 undifferentiated.....g	0.219		0		1		1.789	0.149	
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	0.017		0		1		0.139	0.012	
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	0.005		0		1		0.041	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	54		0		1		441	37	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.539	0.045	
Threonine.....g	0.191		0		1		1.560	0.130	
Isoleucine.....g	0.236		0		1		1.928	0.160	
Leucine.....g	0.414		0		1		3.382	0.282	
Lysine.....g	0.246		0		1		2.010	0.167	
Methionine.....g	0.120		0		1		0.980	0.082	
Cystine.....g	0.103		0		1		0.842	0.070	
Phenylalanine.....g	0.266		0		1		2.173	0.181	
Tyrosine.....g	0.191		0		1		1.560	0.130	
Valine.....g	0.268		0		1		2.190	0.182	
Arginine.....g	0.238		0		1		1.944	0.162	
Histidine.....g	0.124		0		1		1.013	0.084	
Alanine.....g	0.206		0		1		1.683	0.140	
Aspartic acid.....g	0.342		0		1		2.794	0.233	
Glutamic acid.....g	1.329		0		1		10.858	0.904	
Glycine.....g	0.171		0		1		1.397	0.116	
Proline.....g	0.473		0		1		3.864	0.322	
Serine.....g	0.303		0		1		2.476	0.206	
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 = 817g: 1 cake, 2-layer (8" dia)

Measure 2 = 68g: 1 piece (1/12 of 8" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18147

Cheesecake commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.634		0	FLA	4		2.448	6.907	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.346		0	FLA	4		0.098	0.277	
17:1.....g									
18:1 undifferentiated.....g	8.119		0	FLA	4		2.302	6.495	
20:1.....g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.602		0	FLA	4		0.454	1.282	
18:2 undifferentiated.....g	1.364		0	FLA	4		0.387	1.091	
18:3 undifferentiated.....g	0.223		0	FLA	4		0.063	0.178	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0	FLA	4		0.003	0.010	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.005		0		1		0.001	0.004	
Fatty acids, total trans.....g									
Cholesterol.....mg	55		2		1		16	44	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		1		0.018	0.051	
Threonine.....g	0.222		0		1		0.063	0.178	
Isoleucine.....g	0.281		0		1		0.080	0.225	
Leucine.....g	0.464		0		1		0.132	0.371	
Lysine.....g	0.372		0		1		0.105	0.298	
Methionine.....g	0.136		0		1		0.039	0.109	
Cystine.....g	0.071		0		1		0.020	0.057	
Phenylalanine.....g	0.258		0		1		0.073	0.206	
Tyrosine.....g	0.222		0		1		0.063	0.178	
Valine.....g	0.314		0		1		0.089	0.251	
Arginine.....g	0.251		0		1		0.071	0.201	
Histidine.....g	0.133		0		1		0.038	0.106	
Alanine.....g	0.252		0		1		0.071	0.202	
Aspartic acid.....g	0.406		0		1		0.115	0.325	
Glutamic acid.....g	1.022		0		1		0.290	0.818	
Glycine.....g	0.221		0		1		0.063	0.177	
Proline.....g	0.481		0		1		0.136	0.385	
Serine.....g	0.307		0		1		0.087	0.246	
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 = 28.35g: 1 oz

Measure 2 = 80g: 1 piece (1/6 of 17 oz cake)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

NDB No. 18148

Cheesecake prepared from mix, no-bake 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	4.519		0	FLA	4		1.281	4.474	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.242		0	FLA	4		0.069	0.240	
17:1.....g									
18:1 undifferentiated.....g	4.145		0	FLA	4		1.175	4.104	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.808		0	FLA	4		0.229	0.800	
18:2 undifferentiated.....g	0.650		0	FLA	4		0.184	0.644	
18:3 undifferentiated.....g	0.157		0	FLA	4		0.045	0.155	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0	FLA	4		8	29	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.019	0.065	
Threonine.....g	0.209		0		1		0.059	0.207	
Isoleucine.....g	0.269		0		1		0.076	0.266	
Leucine.....g	0.468		0		1		0.133	0.463	
Lysine.....g	0.363		0		1		0.103	0.359	
Methionine.....g	0.116		0		1		0.033	0.115	
Cystine.....g	0.069		0		1		0.020	0.068	
Phenylalanine.....g	0.264		0		1		0.075	0.261	
Tyrosine.....g	0.220		0		1		0.062	0.218	
Valine.....g	0.302		0		1		0.086	0.299	
Arginine.....g	0.202		0		1		0.057	0.200	
Histidine.....g	0.147		0		1		0.042	0.146	
Alanine.....g	0.172		0		1		0.049	0.170	
Aspartic acid.....g	0.345		0		1		0.098	0.342	
Glutamic acid.....g	1.325		0		1		0.376	1.312	
Glycine.....g	0.132		0		1		0.037	0.131	
Proline.....g	0.519		0		1		0.147	0.514	
Serine.....g	0.279		0		1		0.079	0.276	
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 = 99g: 1 piece (1/12 of 9" dia)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18103
Coffeecake, cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.129		0	FLA	4		2.021	5.418	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.166		0	FLA	4		0.047	0.126	
17:1.....g									
18:1 undifferentiated.....g	6.903		0	FLA	4		1.957	5.246	
20:1.....g	0.005		0	FLA	4		0.001	0.004	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.645		0	FLA	4		0.466	1.250	
18:2 undifferentiated.....g	1.488		0	FLA	4		0.422	1.131	
18:3 undifferentiated.....g	0.125		0	FLA	4		0.035	0.095	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.025		0	FLA	4		0.007	0.019	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.006		0	FLA	4		0.002	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0	FLA	4		24	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.022	0.058	
Threonine.....g	0.260		0		1		0.074	0.198	
Isoleucine.....g	0.326		0		1		0.092	0.248	
Leucine.....g	0.568		0		1		0.161	0.432	
Lysine.....g	0.401		0		1		0.114	0.305	
Methionine.....g	0.144		0		1		0.041	0.109	
Cystine.....g	0.110		0		1		0.031	0.084	
Phenylalanine.....g	0.352		0		1		0.100	0.268	
Tyrosine.....g	0.263		0		1		0.075	0.200	
Valine.....g	0.361		0		1		0.102	0.274	
Arginine.....g	0.299		0		1		0.085	0.227	
Histidine.....g	0.186		0		1		0.053	0.141	
Alanine.....g	0.255		0		1		0.072	0.194	
Aspartic acid.....g	0.470		0		1		0.133	0.357	
Glutamic acid.....g	1.751		0		1		0.496	1.331	
Glycine.....g	0.212		0		1		0.060	0.161	
Proline.....g	0.625		0		1		0.177	0.475	
Serine.....g	0.373		0		1		0.106	0.283	
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 = 28.35g: 1 oz

Measure 2 = 76g: 1 piece (1/6 of 16 oz cake)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

NDB No. 18104

Coffeecake, cinnamon with crumb topping, commercially prepared, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.976		0	FLA	4		3.679	7.396	8.175
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059		0	FLA	4		0.017	0.034	0.037
17:1.....g									
18:1 undifferentiated.....g	12.905		0	FLA	4		3.659	7.356	8.130
20:1.....g	0.005		0	FLA	4		0.001	0.003	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.120		0	FLA	4		0.885	1.778	1.966
18:2 undifferentiated.....g	2.944		0	FLA	4		0.835	1.678	1.855
18:3 undifferentiated.....g	0.151		0	FLA	4		0.043	0.086	0.095
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0	FLA	4		0.005	0.011	0.012
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.005		0	FLA	4		0.001	0.003	0.003
Fatty acids, total trans.....g									
Cholesterol.....mg	32	1.155	3		1		9	18	20
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0		1		0.023	0.047	0.052
Threonine.....g	0.227		0		1		0.064	0.129	0.143
Isoleucine.....g	0.287		0		1		0.081	0.164	0.181
Leucine.....g	0.500		0		1		0.142	0.285	0.315
Lysine.....g	0.260		0		1		0.074	0.148	0.164
Methionine.....g	0.122		0		1		0.035	0.070	0.077
Cystine.....g	0.127		0		1		0.036	0.072	0.080
Phenylalanine.....g	0.324		0		1		0.092	0.185	0.204
Tyrosine.....g	0.218		0		1		0.062	0.124	0.137
Valine.....g	0.318		0		1		0.090	0.181	0.200
Arginine.....g	0.310		0		1		0.088	0.177	0.195
Histidine.....g	0.154		0		1		0.044	0.088	0.097
Alanine.....g	0.248		0		1		0.070	0.141	0.156
Aspartic acid.....g	0.415		0		1		0.118	0.237	0.261
Glutamic acid.....g	1.897		0		1		0.538	1.081	1.195
Glycine.....g	0.237		0		1		0.067	0.135	0.149
Proline.....g	0.634		0		1		0.180	0.361	0.399
Serine.....g	0.346		0		1		0.098	0.197	0.218
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 = 28.35g: 1 oz

Measure 2 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

NDB No. 18417

Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.976		0	BFZN	4		3.679	7.396	8.175
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059		0	BFZN	4		0.017	0.034	0.037
17:1.....g									
18:1 undifferentiated.....g	12.905		0	BFZN	4		3.659	7.356	8.130
20:1.....g	0.005		0	BFZN	4		0.001	0.003	0.003
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.120		0	BFZN	4		0.885	1.778	1.966
18:2 undifferentiated.....g	2.944		0	BFZN	4		0.835	1.678	1.855
18:3 undifferentiated.....g	0.151		0	BFZN	4		0.043	0.086	0.095
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0	BFZN	4		0.005	0.011	0.012
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g									
22:6 n-3.....g	0.005		0	BFZN	4		0.001	0.003	0.003
Fatty acids, total trans.....g									
Cholesterol.....mg	32	1.155	3		1		9	18	20
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0		4		0.023	0.047	0.052
Threonine.....g	0.227		0		4		0.064	0.129	0.143
Isoleucine.....g	0.287		0		4		0.081	0.164	0.181
Leucine.....g	0.500		0		4		0.142	0.285	0.315
Lysine.....g	0.260		0		4		0.074	0.148	0.164
Methionine.....g	0.122		0		4		0.035	0.070	0.077
Cystine.....g	0.127		0		4		0.036	0.072	0.080
Phenylalanine.....g	0.324		0		4		0.092	0.185	0.204
Tyrosine.....g	0.218		0		4		0.062	0.124	0.137
Valine.....g	0.318		0		4		0.090	0.181	0.200
Arginine.....g	0.310		0		4		0.088	0.177	0.195
Histidine.....g	0.154		0		4		0.044	0.088	0.097
Alanine.....g	0.248		0		4		0.070	0.141	0.156
Aspartic acid.....g	0.415		0		4		0.118	0.237	0.261
Glutamic acid.....g	1.897		0		4		0.538	1.081	1.195
Glycine.....g	0.237		0		4		0.067	0.135	0.149
Proline.....g	0.634		0		4		0.180	0.361	0.399
Serine.....g	0.346		0		4		0.098	0.197	0.218
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 = 57g: 1 individual cake

Measure 3 = 63g: 1 piece (1/9 of 20 oz cake)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18107

Coffeecake, cinnamon with crumb topping, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.172		0	FLA	4		1.466	15.413	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.172		0	FLA	4		1.466	15.413	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.204		0	FLA	4		0.908	9.548	
18:2 undifferentiated.....g	3.009		0	FLA	4		0.853	8.967	
18:3 undifferentiated.....g	0.195		0	FLA	4		0.055	0.581	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.016	0.167	
Threonine.....g	0.128		0		1		0.036	0.381	
Isoleucine.....g	0.178		0		1		0.050	0.530	
Leucine.....g	0.332		0		1		0.094	0.989	
Lysine.....g	0.093		0		1		0.026	0.277	
Methionine.....g	0.084		0		1		0.024	0.250	
Cystine.....g	0.108		0		1		0.031	0.322	
Phenylalanine.....g	0.237		0		1		0.067	0.706	
Tyrosine.....g	0.131		0		1		0.037	0.390	
Valine.....g	0.201		0		1		0.057	0.599	
Arginine.....g	0.167		0		1		0.047	0.498	
Histidine.....g	0.102		0		1		0.029	0.304	
Alanine.....g	0.147		0		1		0.042	0.438	
Aspartic acid.....g	0.194		0		1		0.055	0.578	
Glutamic acid.....g	1.683		0		1		0.477	5.015	
Glycine.....g	0.164		0		1		0.046	0.489	
Proline.....g	0.565		0		1		0.160	1.684	
Serine.....g	0.233		0		1		0.066	0.694	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.079	0.826	
Carotene, alpha.....mcg	0		0	FLA	4		0.009	0.097	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.404	4.247	
Lycopene.....mcg	0		0	FLA	4		0.044	0.465	
Lutein + zeaxanthin.....mcg	11		0	FLA	4		3.030	31.853	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 298g: 1 package (10.5 oz)

NDB No. 18107

Coffeecake, cinnamon with crumb topping, dry mix

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18108

Coffeecake, cinnamon with crumb topping, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.851		0		4		1.092	2.157	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.075		0		4		0.021	0.042	
17:1.....g									
18:1 undifferentiated.....g	3.770		0		4		1.069	2.111	
20:1.....g	0.003		0		4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.165		0		4		0.897	1.772	
18:2 undifferentiated.....g	2.928		0		4		0.830	1.640	
18:3 undifferentiated.....g	0.217		0		4		0.062	0.122	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0		4		0.005	0.009	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.004		0		4		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	49		0		4		14	27	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		4		0.019	0.037	
Threonine.....g	0.190		0		4		0.054	0.106	
Isoleucine.....g	0.245		0		4		0.069	0.137	
Leucine.....g	0.422		0		4		0.120	0.236	
Lysine.....g	0.229		0		4		0.065	0.128	
Methionine.....g	0.120		0		4		0.034	0.067	
Cystine.....g	0.111		0		4		0.031	0.062	
Phenylalanine.....g	0.271		0		4		0.077	0.152	
Tyrosine.....g	0.185		0		4		0.052	0.104	
Valine.....g	0.275		0		4		0.078	0.154	
Arginine.....g	0.224		0		4		0.064	0.125	
Histidine.....g	0.123		0		4		0.035	0.069	
Alanine.....g	0.203		0		4		0.058	0.114	
Aspartic acid.....g	0.332		0		4		0.094	0.186	
Glutamic acid.....g	1.472		0		4		0.417	0.824	
Glycine.....g	0.173		0		4		0.049	0.097	
Proline.....g	0.511		0		4		0.145	0.286	
Serine.....g	0.303		0		4		0.086	0.170	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	RA	4		0.611	1.208	
Carotene, alpha.....mcg	0		0	RA	4		0.006	0.012	
Cryptoxanthin, beta.....mcg	2		0	RA	4		0.548	1.082	
Lycopene.....mcg	0		0	RA	4		0.029	0.058	
Lutein + zeaxanthin.....mcg	44		0	RA	4		12.414	24.522	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 56g: 1 piece (1/8 of 8" x 5-3/4" cake)

NDB No. 18108

Coffeecake, cinnamon with crumb topping, dry mix, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18105

Coffeecake, creme-filled with chocolate frosting

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.664		0	FLA	4		1.606	5.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0	FLA	4		0.015	0.049	
17:1.....g									
18:1 undifferentiated.....g	5.603		0	FLA	4		1.588	5.043	
20:1.....g	0.005		0	FLA	4		0.001	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.465		0	FLA	4		0.415	1.319	
18:2 undifferentiated.....g	1.365		0	FLA	4		0.387	1.229	
18:3 undifferentiated.....g	0.069		0	FLA	4		0.020	0.062	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	FLA	4		0.007	0.022	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3.....g									
22:6 n-3.....g	0.006		0	FLA	4		0.002	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0	FLA	4		20	62	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.052	
Threonine.....g	0.161		0		1		0.046	0.145	
Isoleucine.....g	0.203		0		1		0.058	0.183	
Leucine.....g	0.362		0		1		0.103	0.326	
Lysine.....g	0.168		0		1		0.048	0.151	
Methionine.....g	0.092		0		1		0.026	0.083	
Cystine.....g	0.102		0		1		0.029	0.092	
Phenylalanine.....g	0.242		0		1		0.069	0.218	
Tyrosine.....g	0.154		0		1		0.044	0.139	
Valine.....g	0.229		0		1		0.065	0.206	
Arginine.....g	0.207		0		1		0.059	0.186	
Histidine.....g	0.112		0		1		0.032	0.101	
Alanine.....g	0.182		0		1		0.052	0.164	
Aspartic acid.....g	0.279		0		1		0.079	0.251	
Glutamic acid.....g	1.498		0		1		0.425	1.348	
Glycine.....g	0.178		0		1		0.050	0.160	
Proline.....g	0.500		0		1		0.142	0.450	
Serine.....g	0.256		0		1		0.073	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 = 28.35g: 1 oz

Measure 2 = 90g: 1 piece (1/6 of 19 oz cake)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18106
Coffeecake, fruit

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.557		0	FLA	4		1.575	2.779	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.003	0.006	
17:1.....g									
18:1 undifferentiated.....g	5.543		0	FLA	4		1.571	2.772	
20:1.....g	0.001		0	FLA	4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.473		0	FLA	4		0.418	0.737	
18:2 undifferentiated.....g	1.390		0	FLA	4		0.394	0.695	
18:3 undifferentiated.....g	0.079		0	FLA	4		0.022	0.040	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	FLA	4		2	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.029	
Threonine.....g	0.165		0		1		0.047	0.083	
Isoleucine.....g	0.207		0		1		0.059	0.104	
Leucine.....g	0.364		0		1		0.103	0.182	
Lysine.....g	0.187		0		1		0.053	0.094	
Methionine.....g	0.094		0		1		0.027	0.047	
Cystine.....g	0.098		0		1		0.028	0.049	
Phenylalanine.....g	0.249		0		1		0.071	0.125	
Tyrosine.....g	0.153		0		1		0.043	0.077	
Valine.....g	0.238		0		1		0.067	0.119	
Arginine.....g	0.253		0		1		0.072	0.127	
Histidine.....g	0.112		0		1		0.032	0.056	
Alanine.....g	0.226		0		1		0.064	0.113	
Aspartic acid.....g	0.328		0		1		0.093	0.164	
Glutamic acid.....g	1.435		0		1		0.407	0.718	
Glycine.....g	0.274		0		1		0.078	0.137	
Proline.....g	0.516		0		1		0.146	0.258	
Serine.....g	0.261		0		1		0.074	0.131	
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 = 28.35g: 1 oz

Measure 2 = 50g: 1 piece (1/8 cake)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

NDB No. 18150

Cookies, animal crackers (includes arrowroot, tea biscuits)

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						
Fatty acids, total monounsaturated.....g	7.666		0	FLA	4		2.173	0.376	0.192
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	7.663		0	FLA	4		2.172	0.375	0.192
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.873		0	FLA	4		0.531	0.092	0.047
18:2 undifferentiated.....g	1.776		0	FLA	4		0.503	0.087	0.044
18:3 undifferentiated.....g	0.096		0	FLA	4		0.027	0.005	0.002
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.028	0.005	0.002
Threonine.....g	0.193		0		1		0.055	0.009	0.005
Isoleucine.....g	0.263		0		1		0.075	0.013	0.007
Leucine.....g	0.470		0		1		0.133	0.023	0.012
Lysine.....g	0.242		0		1		0.069	0.012	0.006
Methionine.....g	0.116		0		1		0.033	0.006	0.003
Cystine.....g	0.149		0		1		0.042	0.007	0.004
Phenylalanine.....g	0.324		0		1		0.092	0.016	0.008
Tyrosine.....g	0.196		0		1		0.056	0.010	0.005
Valine.....g	0.303		0		1		0.086	0.015	0.008
Arginine.....g	0.263		0		1		0.075	0.013	0.007
Histidine.....g	0.140		0		1		0.040	0.007	0.004
Alanine.....g	0.209		0		1		0.059	0.010	0.005
Aspartic acid.....g	0.292		0		1		0.083	0.014	0.007
Glutamic acid.....g	2.262		0		1		0.641	0.111	0.057
Glycine.....g	0.231		0		1		0.065	0.011	0.006
Proline.....g	0.763		0		1		0.216	0.037	0.019
Serine.....g	0.362		0		1		0.103	0.018	0.009
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.016	0.003	0.001
Carotene, alpha.....mcg	0		0	FLA	4		0.002	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.040	0.007	0.004
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	FLA	4		0.511	0.088	0.045

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 4.9g: 1 Arrowroot biscuit (include Arrowroot cookie)

Measure 3 = 2.5g: 1 cracker

NDB No. 18150

Cookies, animal crackers (includes arrowroot, tea biscuits)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18151

Cookies, brownies, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.965		0	FLA	4		2.542	5.020	5.469
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0	FLA	4		0.003	0.006	0.007
17:1.....g									
18:1 undifferentiated.....g	8.946		0	FLA	4		2.536	5.010	5.457
20:1.....g	0.006		0	FLA	4		0.002	0.003	0.004
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.259		0	FLA	4		0.640	1.265	1.378
18:2 undifferentiated.....g	2.090		0	FLA	4		0.593	1.170	1.275
18:3 undifferentiated.....g	0.159		0	FLA	4		0.045	0.089	0.097
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		0	FLA	4		0.001	0.002	0.002
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	17	8.577	4		1		5	10	10
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		1		0.018	0.036	0.039
Threonine.....g	0.189		0		1		0.054	0.106	0.115
Isoleucine.....g	0.224		0		1		0.064	0.125	0.137
Leucine.....g	0.361		0		1		0.102	0.202	0.220
Lysine.....g	0.260		0		1		0.074	0.146	0.159
Methionine.....g	0.112		0		1		0.032	0.063	0.068
Cystine.....g	0.105		0		1		0.030	0.059	0.064
Phenylalanine.....g	0.241		0		1		0.068	0.135	0.147
Tyrosine.....g	0.166		0		1		0.047	0.093	0.101
Valine.....g	0.264		0		1		0.075	0.148	0.161
Arginine.....g	0.256		0		1		0.073	0.143	0.156
Histidine.....g	0.102		0		1		0.029	0.057	0.062
Alanine.....g	0.219		0		1		0.062	0.123	0.134
Aspartic acid.....g	0.392		0		1		0.111	0.220	0.239
Glutamic acid.....g	0.952		0		1		0.270	0.533	0.581
Glycine.....g	0.171		0		1		0.048	0.096	0.104
Proline.....g	0.298		0		1		0.084	0.167	0.182
Serine.....g	0.285		0		1		0.081	0.160	0.174
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4		1	1	1
Theobromine.....mg	78		0	FLA	4		22	44	48
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.100	0.198	0.216
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.002	0.002
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.054	0.106	0.115
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	6		0	FLA	4		1.751	3.458	3.767

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 56g: 1 square, large (2-3/4" sq x 7/8")

Measure 3 = 61g: 1 package, Little Debbie (twin wrapped)

NDB No. 18151

Cookies, brownies, commercially prepared

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18152
Cookies, brownies, dry mix, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.158		0	FLA	4		1.462	31.464	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0	FLA	4		0.013	0.281	
17:1.....g									
18:1 undifferentiated.....g	5.045		0	FLA	4		1.430	30.775	
20:1.....g	0.042		0	FLA	4		0.012	0.256	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.373		0	FLA	4		1.807	38.875	
18:2 undifferentiated.....g	5.549		0	FLA	4		1.573	33.849	
18:3 undifferentiated.....g	0.771		0	FLA	4		0.219	4.703	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.012	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.354	
Threonine.....g	0.134		0		1		0.038	0.817	
Isoleucine.....g	0.154		0		1		0.044	0.939	
Leucine.....g	0.261		0		1		0.074	1.592	
Lysine.....g	0.165		0		1		0.047	1.007	
Methionine.....g	0.057		0		1		0.016	0.348	
Cystine.....g	0.071		0		1		0.020	0.433	
Phenylalanine.....g	0.191		0		1		0.054	1.165	
Tyrosine.....g	0.132		0		1		0.037	0.805	
Valine.....g	0.209		0		1		0.059	1.275	
Arginine.....g	0.228		0		1		0.065	1.391	
Histidine.....g	0.078		0		1		0.022	0.476	
Alanine.....g	0.155		0		1		0.044	0.946	
Aspartic acid.....g	0.297		0		1		0.084	1.812	
Glutamic acid.....g	0.952		0		1		0.270	5.807	
Glycine.....g	0.163		0		1		0.046	0.994	
Proline.....g	0.296		0		1		0.084	1.806	
Serine.....g	0.195		0		1		0.055	1.190	
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 = 610g: 1 package (21.5 oz)

Calories Factors: Protein 3

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18196

Cookies, brownies, dry mix, special dietary

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.233		0	FLA	4		1.484	12.612	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0	FLA	4		0.014	0.116	
17:1.....g									
18:1 undifferentiated.....g	5.173		0	FLA	4		1.467	12.467	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.577		0	FLA	4		1.298	11.031	
18:2 undifferentiated.....g	4.251		0	FLA	4		1.205	10.245	
18:3 undifferentiated.....g	0.315		0	FLA	4		0.089	0.759	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.012	0.099	
Threonine.....g	0.087		0		1		0.025	0.210	
Isoleucine.....g	0.109		0		1		0.031	0.263	
Leucine.....g	0.189		0		1		0.054	0.455	
Lysine.....g	0.109		0		1		0.031	0.263	
Methionine.....g	0.044		0		1		0.012	0.106	
Cystine.....g	0.056		0		1		0.016	0.135	
Phenylalanine.....g	0.136		0		1		0.039	0.328	
Tyrosine.....g	0.087		0		1		0.025	0.210	
Valine.....g	0.136		0		1		0.039	0.328	
Arginine.....g	0.121		0		1		0.034	0.292	
Histidine.....g	0.056		0		1		0.016	0.135	
Alanine.....g	0.096		0		1		0.027	0.231	
Aspartic acid.....g	0.156		0		1		0.044	0.376	
Glutamic acid.....g	0.830		0		1		0.235	2.000	
Glycine.....g	0.104		0		1		0.029	0.251	
Proline.....g	0.275		0		1		0.078	0.663	
Serine.....g	0.144		0		1		0.041	0.347	
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 = 28.35g: 1 oz

Measure 2 = 241g: 1 package (8.5 oz)

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18197

Cookies, brownies, dry mix, special dietary, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.573		0		4		1.296	1.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	4.570		0		4		1.296	1.005	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.806		0		4		0.229	0.177	
18:2 undifferentiated.....g	0.759		0		4		0.215	0.167	
18:3 undifferentiated.....g	0.046		0		4		0.013	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.053		0		4		0.015	0.012	
Threonine.....g	0.136		0		4		0.039	0.030	
Isoleucine.....g	0.169		0		4		0.048	0.037	
Leucine.....g	0.277		0		4		0.079	0.061	
Lysine.....g	0.185		0		4		0.052	0.041	
Methionine.....g	0.083		0		4		0.024	0.018	
Cystine.....g	0.083		0		4		0.024	0.018	
Phenylalanine.....g	0.195		0		4		0.055	0.043	
Tyrosine.....g	0.127		0		4		0.036	0.028	
Valine.....g	0.202		0		4		0.057	0.044	
Arginine.....g	0.177		0		4		0.050	0.039	
Histidine.....g	0.079		0		4		0.022	0.017	
Alanine.....g	0.160		0		4		0.045	0.035	
Aspartic acid.....g	0.270		0		4		0.077	0.059	
Glutamic acid.....g	0.906		0		4		0.257	0.199	
Glycine.....g	0.137		0		4		0.039	0.030	
Proline.....g	0.293		0		4		0.083	0.064	
Serine.....g	0.217		0		4		0.062	0.048	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		1	0	
Theobromine.....mg	51		0	BFZN	4		14	11	
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.000	0.000	
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 28.35g: 1 oz

Measure 2 = 22g: 1 brownie (2" square)

NDB No. 18197

Cookies, brownies, dry mix, special dietary, prepared

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18154

Cookies, brownies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.839		0		1		3.073	2.601	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.068		0		1		0.019	0.016	
17:1.....g									
18:1 undifferentiated.....g	10.710		0		1		3.036	2.570	
20:1.....g	0.059		0		1		0.017	0.014	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.412		0		1		2.668	2.259	
18:2 undifferentiated.....g	8.446		0		1		2.394	2.027	
18:3 undifferentiated.....g	0.932		0		1		0.264	0.224	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0		1		0.008	0.006	
20:5 n-3.....g	0.001		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.006		0		1		0.002	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		1		21	18	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.022	0.019	
Threonine.....g	0.228		0		1		0.065	0.055	
Isoleucine.....g	0.265		0		1		0.075	0.064	
Leucine.....g	0.447		0		1		0.127	0.107	
Lysine.....g	0.283		0		1		0.080	0.068	
Methionine.....g	0.132		0		1		0.037	0.032	
Cystine.....g	0.125		0		1		0.035	0.030	
Phenylalanine.....g	0.298		0		1		0.084	0.072	
Tyrosine.....g	0.215		0		1		0.061	0.052	
Valine.....g	0.323		0		1		0.092	0.078	
Arginine.....g	0.433		0		1		0.123	0.104	
Histidine.....g	0.136		0		1		0.039	0.033	
Alanine.....g	0.271		0		1		0.077	0.065	
Aspartic acid.....g	0.516		0		1		0.146	0.124	
Glutamic acid.....g	1.203		0		1		0.341	0.289	
Glycine.....g	0.238		0		1		0.067	0.057	
Proline.....g	0.362		0		1		0.103	0.087	
Serine.....g	0.352		0		1		0.100	0.084	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	174		0	RP	4		49.329	41.760	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 brownie (2" square)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18154

Cookies, brownies, prepared from recipe

Food Group: 18 Baked Products

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

NDB No. 18155

Cookies, butter, commercially prepared, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.522		0	FLA	4		1.565	0.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0	FLA	4		0.119	0.021	
17:1.....g									
18:1 undifferentiated.....g	4.845		0	FLA	4		1.374	0.242	
20:1.....g	0.005		0	FLA	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.982		0	FLA	4		0.278	0.049	
18:2 undifferentiated.....g	0.681		0	FLA	4		0.193	0.034	
18:3 undifferentiated.....g	0.256		0	FLA	4		0.073	0.013	
18:4.....g	0.002		0	FLA	4		0.001	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	FLA	4		0.007	0.001	
20:5 n-3.....g	0.011		0	FLA	4		0.003	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.007		0	FLA	4		0.002	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	117		0	FLA	4		33	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.024	0.004	
Threonine.....g	0.215		0		1		0.061	0.011	
Isoleucine.....g	0.277		0		1		0.079	0.014	
Leucine.....g	0.471		0		1		0.134	0.024	
Lysine.....g	0.308		0		1		0.087	0.015	
Methionine.....g	0.131		0		1		0.037	0.007	
Cystine.....g	0.122		0		1		0.035	0.006	
Phenylalanine.....g	0.299		0		1		0.085	0.015	
Tyrosine.....g	0.211		0		1		0.060	0.011	
Valine.....g	0.315		0		1		0.089	0.016	
Arginine.....g	0.261		0		1		0.074	0.013	
Histidine.....g	0.136		0		1		0.039	0.007	
Alanine.....g	0.224		0		1		0.064	0.011	
Aspartic acid.....g	0.371		0		1		0.105	0.019	
Glutamic acid.....g	1.618		0		1		0.459	0.081	
Glycine.....g	0.194		0		1		0.055	0.010	
Proline.....g	0.566		0		1		0.160	0.028	
Serine.....g	0.354		0		1		0.100	0.018	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	35		0	FLA	4		9.917	1.749	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.189	0.033	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	22		0	FLA	4		6.288	1.109	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 5.0g: 1 cookie

NDB No. 18155

Cookies, butter, commercially prepared, enriched

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18421

Cookies, butter, commercially prepared, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.522		0	BFZN	4		1.565	0.276	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.420		0	BFZN	4		0.119	0.021	
17:1.....g									
18:1 undifferentiated.....g	4.845		0	BFZN	4		1.374	0.242	
20:1.....g	0.005		0	BFZN	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.982		0	BFZN	4		0.278	0.049	
18:2 undifferentiated.....g	0.681		0	BFZN	4		0.193	0.034	
18:3 undifferentiated.....g	0.256		0	BFZN	4		0.073	0.013	
18:4.....g	0.002		0	BFZN	4		0.001	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.023		0	BFZN	4		0.007	0.001	
20:5 n-3.....g	0.011		0	BFZN	4		0.003	0.001	
22:5 n-3.....g									
22:6 n-3.....g	0.007		0	BFZN	4		0.002	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	117		0	BFZN	4		33	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		4		0.024	0.004	
Threonine.....g	0.215		0		4		0.061	0.011	
Isoleucine.....g	0.277		0		4		0.079	0.014	
Leucine.....g	0.471		0		4		0.134	0.024	
Lysine.....g	0.308		0		4		0.087	0.015	
Methionine.....g	0.131		0		4		0.037	0.007	
Cystine.....g	0.122		0		4		0.035	0.006	
Phenylalanine.....g	0.299		0		4		0.085	0.015	
Tyrosine.....g	0.211		0		4		0.060	0.011	
Valine.....g	0.315		0		4		0.089	0.016	
Arginine.....g	0.261		0		4		0.074	0.013	
Histidine.....g	0.136		0		4		0.039	0.007	
Alanine.....g	0.224		0		4		0.064	0.011	
Aspartic acid.....g	0.371		0		4		0.105	0.019	
Glutamic acid.....g	1.618		0		4		0.459	0.081	
Glycine.....g	0.194		0		4		0.055	0.010	
Proline.....g	0.566		0		4		0.160	0.028	
Serine.....g	0.354		0		4		0.100	0.018	
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 = 5.0g: 1 cookie

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18159

Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.671		0	FLA	4		3.309	1.401	4.668
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	FLA	4		0.005	0.002	0.007
17:1.....g									
18:1 undifferentiated.....g	11.656		0	FLA	4		3.304	1.399	4.662
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.367		0	FLA	4		0.671	0.284	0.947
18:2 undifferentiated.....g	2.246		0	FLA	4		0.637	0.270	0.898
18:3 undifferentiated.....g	0.122		0	FLA	4		0.035	0.015	0.049
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.073		0		1		0.021	0.009	0.029
Threonine.....g	0.168		0		1		0.048	0.020	0.067
Isoleucine.....g	0.222		0		1		0.063	0.027	0.089
Leucine.....g	0.396		0		1		0.112	0.048	0.158
Lysine.....g	0.219		0		1		0.062	0.026	0.088
Methionine.....g	0.095		0		1		0.027	0.011	0.038
Cystine.....g	0.095		0		1		0.027	0.011	0.038
Phenylalanine.....g	0.261		0		1		0.074	0.031	0.104
Tyrosine.....g	0.173		0		1		0.049	0.021	0.069
Valine.....g	0.261		0		1		0.074	0.031	0.104
Arginine.....g	0.191		0		1		0.054	0.023	0.076
Histidine.....g	0.102		0		1		0.029	0.012	0.041
Alanine.....g	0.168		0		1		0.048	0.020	0.067
Aspartic acid.....g	0.277		0		1		0.079	0.033	0.111
Glutamic acid.....g	1.602		0		1		0.454	0.192	0.641
Glycine.....g	0.168		0		1		0.048	0.020	0.067
Proline.....g	0.557		0		1		0.158	0.067	0.223
Serine.....g	0.272		0		1		0.077	0.033	0.109
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	11		0	FLA	4		3	1	4
Theobromine.....mg	83		0	FLA	4		24	10	33
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.008	0.003	0.011
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.000	0.002
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.022	0.009	0.032
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.284	0.120	0.401

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 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie Pepperidge Farm Chocolate Chunk Pecan

Measure 3 = 40g: 1 cookie, big (3-1/2" - 4" dia) (include Grandma brand)

NDB No. 18159

Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18422

Cookies, chocolate chip, commercially prepared, reg, higher fat, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.671		0	BFZN	4		3.309	1.167	0.257
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		0	BFZN	4		0.005	0.002	0.000
17:1.....g									
18:1 undifferentiated.....g	11.656		0	BFZN	4		3.304	1.166	0.256
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.367		0	BFZN	4		0.671	0.237	0.052
18:2 undifferentiated.....g	2.246		0	BFZN	4		0.637	0.225	0.049
18:3 undifferentiated.....g	0.122		0	BFZN	4		0.035	0.012	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		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.073		0		4		0.021	0.007	0.002
Threonine.....g	0.168		0		4		0.048	0.017	0.004
Isoleucine.....g	0.222		0		4		0.063	0.022	0.005
Leucine.....g	0.396		0		4		0.112	0.040	0.009
Lysine.....g	0.219		0		4		0.062	0.022	0.005
Methionine.....g	0.095		0		4		0.027	0.010	0.002
Cystine.....g	0.095		0		4		0.027	0.010	0.002
Phenylalanine.....g	0.261		0		4		0.074	0.026	0.006
Tyrosine.....g	0.173		0		4		0.049	0.017	0.004
Valine.....g	0.261		0		4		0.074	0.026	0.006
Arginine.....g	0.191		0		4		0.054	0.019	0.004
Histidine.....g	0.102		0		4		0.029	0.010	0.002
Alanine.....g	0.168		0		4		0.048	0.017	0.004
Aspartic acid.....g	0.277		0		4		0.079	0.028	0.006
Glutamic acid.....g	1.602		0		4		0.454	0.160	0.035
Glycine.....g	0.168		0		4		0.048	0.017	0.004
Proline.....g	0.557		0		4		0.158	0.056	0.012
Serine.....g	0.272		0		4		0.077	0.027	0.006
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	11		0	BFZN	4		3	1	0
Theobromine.....mg	83		0	BFZN	4		24	8	2

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Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 10.0g: 1 cookie, medium (2-1/4" dia)
- Measure 3 = 2.2g: 1 cookie, bite size (include Mini Chips Ahoy!)

Calories Factors: Protein 3.9 Fat 8.8 Carbohydrate 3.9

Food Group: 18 Baked Products

NDB No. 18158

Cookies, chocolate chip, commercially prepared, regular, lower 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	6.095		0	FLA	4		1.728	0.610	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.058		0	FLA	4		0.016	0.006	
17:1.....g									
18:1 undifferentiated.....g	6.027		0	FLA	4		1.709	0.603	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.649		0	FLA	4		1.318	0.465	
18:2 undifferentiated.....g	4.320		0	FLA	4		1.225	0.432	
18:3 undifferentiated.....g	0.318		0	FLA	4		0.090	0.032	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.024	0.008	
Threonine.....g	0.174		0		1		0.049	0.017	
Isoleucine.....g	0.234		0		1		0.066	0.023	
Leucine.....g	0.418		0		1		0.119	0.042	
Lysine.....g	0.223		0		1		0.063	0.022	
Methionine.....g	0.103		0		1		0.029	0.010	
Cystine.....g	0.114		0		1		0.032	0.011	
Phenylalanine.....g	0.282		0		1		0.080	0.028	
Tyrosine.....g	0.181		0		1		0.051	0.018	
Valine.....g	0.274		0		1		0.078	0.027	
Arginine.....g	0.216		0		1		0.061	0.022	
Histidine.....g	0.115		0		1		0.033	0.012	
Alanine.....g	0.180		0		1		0.051	0.018	
Aspartic acid.....g	0.279		0		1		0.079	0.028	
Glutamic acid.....g	1.829		0		1		0.519	0.183	
Glycine.....g	0.190		0		1		0.054	0.019	
Proline.....g	0.628		0		1		0.178	0.063	
Serine.....g	0.302		0		1		0.086	0.030	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	7		0	FLA	4		2	1	
Theobromine.....mg	55		0	FLA	4		16	6	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

NDB No. 18160

Cookies, chocolate chip, commercially prepared, soft-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	13.034		0	FLA	4		3.695	1.955	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	13.023		0	FLA	4		3.692	1.953	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.500		0	FLA	4		0.992	0.525	
18:2 undifferentiated.....g	2.556		0	FLA	4		0.725	0.383	
18:3 undifferentiated.....g	0.137		0	FLA	4		0.039	0.021	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.014	0.008	
Threonine.....g	0.117		0		1		0.033	0.018	
Isoleucine.....g	0.154		0		1		0.044	0.023	
Leucine.....g	0.268		0		1		0.076	0.040	
Lysine.....g	0.156		0		1		0.044	0.023	
Methionine.....g	0.069		0		1		0.020	0.010	
Cystine.....g	0.069		0		1		0.020	0.010	
Phenylalanine.....g	0.177		0		1		0.050	0.027	
Tyrosine.....g	0.118		0		1		0.033	0.018	
Valine.....g	0.179		0		1		0.051	0.027	
Arginine.....g	0.140		0		1		0.040	0.021	
Histidine.....g	0.073		0		1		0.021	0.011	
Alanine.....g	0.119		0		1		0.034	0.018	
Aspartic acid.....g	0.195		0		1		0.055	0.029	
Glutamic acid.....g	1.061		0		1		0.301	0.159	
Glycine.....g	0.116		0		1		0.033	0.017	
Proline.....g	0.367		0		1		0.104	0.055	
Serine.....g	0.193		0		1		0.055	0.029	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	7		0	FLA	4		2	1	
Theobromine.....mg	58		0	FLA	4		16	9	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.730		0	FLA	4		1.908	0.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0	FLA	4		0.018	0.004	
17:1.....g									
18:1 undifferentiated.....g	6.655		0	FLA	4		1.887	0.466	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.035		0	FLA	4		1.427	0.352	
18:2 undifferentiated.....g	4.677		0	FLA	4		1.326	0.327	
18:3 undifferentiated.....g	0.346		0	FLA	4		0.098	0.024	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		1		0.016	0.004	
Threonine.....g	0.120		0		1		0.034	0.008	
Isoleucine.....g	0.160		0		1		0.045	0.011	
Leucine.....g	0.285		0		1		0.081	0.020	
Lysine.....g	0.154		0		1		0.044	0.011	
Methionine.....g	0.069		0		1		0.020	0.005	
Cystine.....g	0.075		0		1		0.021	0.005	
Phenylalanine.....g	0.191		0		1		0.054	0.013	
Tyrosine.....g	0.125		0		1		0.035	0.009	
Valine.....g	0.188		0		1		0.053	0.013	
Arginine.....g	0.144		0		1		0.041	0.010	
Histidine.....g	0.077		0		1		0.022	0.005	
Alanine.....g	0.122		0		1		0.035	0.009	
Aspartic acid.....g	0.194		0		1		0.055	0.014	
Glutamic acid.....g	1.213		0		1		0.344	0.085	
Glycine.....g	0.127		0		1		0.036	0.009	
Proline.....g	0.418		0		1		0.119	0.029	
Serine.....g	0.202		0		1		0.057	0.014	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	8		0	FLA	4		2	1	
Theobromine.....mg	61		0	FLA	4		17	4	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.006	0.002	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.021	0.005	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	3		0	FLC	4		0.918	0.227	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

NDB No. 18198

Cookies, chocolate chip, commercially prepared, special dietary

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18161
Cookies, chocolate chip, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.077		0	FLA	4		3.707	64.862	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0	FLA	4		0.005	0.089	
17:1.....g									
18:1 undifferentiated.....g	13.061		0	FLA	4		3.703	64.783	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.620		0	FLA	4		0.743	12.995	
18:2 undifferentiated.....g	2.486		0	FLA	4		0.705	12.331	
18:3 undifferentiated.....g	0.134		0	FLA	4		0.038	0.665	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.064		0		4		0.018	0.317	
Threonine.....g	0.141		0		4		0.040	0.699	
Isoleucine.....g	0.189		0		4		0.054	0.937	
Leucine.....g	0.337		0		4		0.096	1.672	
Lysine.....g	0.184		0		4		0.052	0.913	
Methionine.....g	0.081		0		4		0.023	0.402	
Cystine.....g	0.084		0		4		0.024	0.417	
Phenylalanine.....g	0.224		0		4		0.064	1.111	
Tyrosine.....g	0.148		0		4		0.042	0.734	
Valine.....g	0.222		0		4		0.063	1.101	
Arginine.....g	0.166		0		4		0.047	0.823	
Histidine.....g	0.089		0		4		0.025	0.441	
Alanine.....g	0.143		0		4		0.041	0.709	
Aspartic acid.....g	0.232		0		4		0.066	1.151	
Glutamic acid.....g	1.397		0		4		0.396	6.929	
Glycine.....g	0.146		0		4		0.041	0.724	
Proline.....g	0.484		0		4		0.137	2.401	
Serine.....g	0.235		0		4		0.067	1.166	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	12		0	FLA	4		3	60	
Theobromine.....mg	91		0	FLA	4		26	451	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 496g: 1 package (17.5 oz)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18378

Cookies, chocolate chip, prepared from recipe, made with butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.241		0		1		2.336	1.319	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.352		0		1		0.100	0.056	
17:1.....g									
18:1 undifferentiated.....g	7.629		0		1		2.163	1.221	
20:1.....g	0.050		0		1		0.014	0.008	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.541		0		1		1.287	0.727	
18:2 undifferentiated.....g	3.682		0		1		1.044	0.589	
18:3 undifferentiated.....g	0.843		0		1		0.239	0.135	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0		1		0.004	0.002	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	70		0		1		20	11	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.020	0.012	
Threonine.....g	0.191		0		1		0.054	0.031	
Isoleucine.....g	0.224		0		1		0.064	0.036	
Leucine.....g	0.391		0		1		0.111	0.063	
Lysine.....g	0.214		0		1		0.061	0.034	
Methionine.....g	0.106		0		1		0.030	0.017	
Cystine.....g	0.111		0		1		0.031	0.018	
Phenylalanine.....g	0.270		0		1		0.077	0.043	
Tyrosine.....g	0.188		0		1		0.053	0.030	
Valine.....g	0.279		0		1		0.079	0.045	
Arginine.....g	0.377		0		1		0.107	0.060	
Histidine.....g	0.123		0		1		0.035	0.020	
Alanine.....g	0.227		0		1		0.064	0.036	
Aspartic acid.....g	0.424		0		1		0.120	0.068	
Glutamic acid.....g	1.283		0		1		0.364	0.205	
Glycine.....g	0.223		0		1		0.063	0.036	
Proline.....g	0.398		0		1		0.113	0.064	
Serine.....g	0.297		0		1		0.084	0.048	
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 = 16g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.377		0		1		2.942	3.321	1.660
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.011	0.012	0.006
17:1.....g									
18:1 undifferentiated.....g	10.288		0		1		2.917	3.292	1.646
20:1.....g	0.050		0		1		0.014	0.016	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	8.410		0		1		2.384	2.691	1.346
18:2 undifferentiated.....g	7.565		0		1		2.145	2.421	1.210
18:3 undifferentiated.....g	0.829		0		1		0.235	0.265	0.133
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	0.013		0		1		0.004	0.004	0.002
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	0.003		0		1		0.001	0.001	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0		1		9	10	5
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.020	0.023	0.012
Threonine.....g	0.191		0		1		0.054	0.061	0.031
Isoleucine.....g	0.224		0		1		0.064	0.072	0.036
Leucine.....g	0.392		0		1		0.111	0.125	0.063
Lysine.....g	0.214		0		1		0.061	0.068	0.034
Methionine.....g	0.106		0		1		0.030	0.034	0.017
Cystine.....g	0.111		0		1		0.031	0.036	0.018
Phenylalanine.....g	0.271		0		1		0.077	0.087	0.043
Tyrosine.....g	0.188		0		1		0.053	0.060	0.030
Valine.....g	0.279		0		1		0.079	0.089	0.045
Arginine.....g	0.377		0		1		0.107	0.121	0.060
Histidine.....g	0.123		0		1		0.035	0.039	0.020
Alanine.....g	0.227		0		1		0.064	0.073	0.036
Aspartic acid.....g	0.424		0		1		0.120	0.136	0.068
Glutamic acid.....g	1.285		0		1		0.364	0.411	0.206
Glycine.....g	0.223		0		1		0.063	0.071	0.036
Proline.....g	0.399		0		1		0.113	0.128	0.064
Serine.....g	0.298		0		1		0.084	0.095	0.048
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	16		0	RK	4		5	5	3
Theobromine.....mg	127		0	RK	4		36	41	20
Carotenoids:									
Carotene, beta.....mcg	150		0	RK	4		42.525	48.000	24.000
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 32g: 1 bar (2" square)

Measure 3 = 16g: 1 cookie, medium (2-1/4" dia)

NDB No. 18165

Cookies, chocolate chip, prepared from recipe, made with margarine

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18163

Cookies, chocolate chip, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.414		0	FLA	4		3.020	2.952	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0	FLA	4		0.010	0.010	
17:1.....g									
18:1 undifferentiated.....g	10.378		0	FLA	4		3.010	2.942	
20:1.....g	0.002		0	FLA	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.172		0	FLA	4		0.630	0.616	
18:2 undifferentiated.....g	2.042		0	FLA	4		0.592	0.579	
18:3 undifferentiated.....g	0.108		0	FLA	4		0.031	0.031	
18:4.....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	FLA	4		0.003	0.003	
20:5 n-3.....g	0.006		0	FLA	4		0.002	0.002	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.004		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	24	1.539	18		1		7	7	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.017	0.017	
Threonine.....g	0.149		0		1		0.043	0.042	
Isoleucine.....g	0.190		0		1		0.055	0.054	
Leucine.....g	0.328		0		1		0.095	0.093	
Lysine.....g	0.200		0		1		0.058	0.057	
Methionine.....g	0.089		0		1		0.026	0.025	
Cystine.....g	0.088		0		1		0.026	0.025	
Phenylalanine.....g	0.218		0		1		0.063	0.062	
Tyrosine.....g	0.146		0		1		0.042	0.041	
Valine.....g	0.220		0		1		0.064	0.062	
Arginine.....g	0.181		0		1		0.052	0.051	
Histidine.....g	0.090		0		1		0.026	0.026	
Alanine.....g	0.158		0		1		0.046	0.045	
Aspartic acid.....g	0.260		0		1		0.075	0.074	
Glutamic acid.....g	1.202		0		1		0.349	0.341	
Glycine.....g	0.143		0		1		0.041	0.041	
Proline.....g	0.409		0		1		0.119	0.116	
Serine.....g	0.246		0		1		0.071	0.070	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	9		0	FLA	4		3	3	
Theobromine.....mg	72		0	FLA	4		21	20	

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Common Measures:

Measure 1 = 29g: 1 portion, dough spoon from roll

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

NDB No. 18164

Cookies, chocolate chip, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.258		0		4		3.192	1.351	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		0		4		0.012	0.005	
17:1.....g									
18:1 undifferentiated.....g	11.213		0		4		3.179	1.346	
20:1.....g	0.003		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.319		0		4		0.657	0.278	
18:2 undifferentiated.....g	2.190		0		4		0.621	0.263	
18:3 undifferentiated.....g	0.111		0		4		0.031	0.013	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0		4		0.004	0.002	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.004		0		4		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	27		0		4		8	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		4		0.019	0.008	
Threonine.....g	0.166		0		4		0.047	0.020	
Isoleucine.....g	0.212		0		4		0.060	0.025	
Leucine.....g	0.365		0		4		0.103	0.044	
Lysine.....g	0.222		0		4		0.063	0.027	
Methionine.....g	0.099		0		4		0.028	0.012	
Cystine.....g	0.098		0		4		0.028	0.012	
Phenylalanine.....g	0.242		0		4		0.069	0.029	
Tyrosine.....g	0.162		0		4		0.046	0.019	
Valine.....g	0.244		0		4		0.069	0.029	
Arginine.....g	0.202		0		4		0.057	0.024	
Histidine.....g	0.100		0		4		0.028	0.012	
Alanine.....g	0.176		0		4		0.050	0.021	
Aspartic acid.....g	0.289		0		4		0.082	0.035	
Glutamic acid.....g	1.336		0		4		0.379	0.160	
Glycine.....g	0.159		0		4		0.045	0.019	
Proline.....g	0.454		0		4		0.129	0.054	
Serine.....g	0.274		0		4		0.078	0.033	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 12.0g: 1 cookie, medium (2-1/4" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18166

Cookies, chocolate sandwich, with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.557		0	FLA	4		2.426	0.856	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.076		0	FLA	4		0.022	0.008	
17:1.....g									
18:1 undifferentiated.....g	8.462		0	FLA	4		2.399	0.846	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.245		0	FLA	4		2.054	0.725	
18:2 undifferentiated.....g	6.731		0	FLA	4		1.908	0.673	
18:3 undifferentiated.....g	0.495		0	FLA	4		0.140	0.050	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0		1		0.019	0.007	
Threonine.....g	0.150		0		1		0.043	0.015	
Isoleucine.....g	0.182		0		1		0.052	0.018	
Leucine.....g	0.321		0		1		0.091	0.032	
Lysine.....g	0.187		0		1		0.053	0.019	
Methionine.....g	0.072		0		1		0.020	0.007	
Cystine.....g	0.091		0		1		0.026	0.009	
Phenylalanine.....g	0.220		0		1		0.062	0.022	
Tyrosine.....g	0.146		0		1		0.041	0.015	
Valine.....g	0.226		0		1		0.064	0.023	
Arginine.....g	0.200		0		1		0.057	0.020	
Histidine.....g	0.093		0		1		0.026	0.009	
Alanine.....g	0.166		0		1		0.047	0.017	
Aspartic acid.....g	0.273		0		1		0.077	0.027	
Glutamic acid.....g	1.307		0		1		0.371	0.131	
Glycine.....g	0.170		0		1		0.048	0.017	
Proline.....g	0.435		0		1		0.123	0.044	
Serine.....g	0.236		0		1		0.067	0.024	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	13		0	FLA	4		4	1	
Theobromine.....mg	430		0	FLA	4		122	43	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.023	0.008	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.026	0.009	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	FLA	4		1.007	0.355	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

NDB No. 18166

Cookies, chocolate sandwich, with creme filling, regular

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.584		0	FLA	4		4.135	2.479	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.582		0	FLA	4		4.134	2.479	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.001		0	FLA	4		0.851	0.510	
18:2 undifferentiated.....g	2.855		0	FLA	4		0.809	0.485	
18:3 undifferentiated.....g	0.146		0	FLA	4		0.041	0.025	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.016	0.010	
Threonine.....g	0.149		0		1		0.042	0.025	
Isoleucine.....g	0.155		0		1		0.044	0.026	
Leucine.....g	0.258		0		1		0.073	0.044	
Lysine.....g	0.185		0		1		0.052	0.031	
Methionine.....g	0.051		0		1		0.014	0.009	
Cystine.....g	0.062		0		1		0.018	0.011	
Phenylalanine.....g	0.176		0		1		0.050	0.030	
Tyrosine.....g	0.128		0		1		0.036	0.022	
Valine.....g	0.207		0		1		0.059	0.035	
Arginine.....g	0.182		0		1		0.052	0.031	
Histidine.....g	0.070		0		1		0.020	0.012	
Alanine.....g	0.160		0		1		0.045	0.027	
Aspartic acid.....g	0.311		0		1		0.088	0.053	
Glutamic acid.....g	0.793		0		1		0.225	0.135	
Glycine.....g	0.148		0		1		0.042	0.025	
Proline.....g	0.253		0		1		0.072	0.043	
Serine.....g	0.178		0		1		0.050	0.030	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	1		0	FLA	4		0	0	
Theobromine.....mg	26		0	FLA	4		7	4	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.009	0.005	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.006	0.003	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		0.201	0.121	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 17g: 1 cookie

NDB No. 18167

Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 3.6

Food Group: 18 Baked Products

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

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.228		0	FLA	4		2.616	0.923	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.084		0	FLA	4		0.024	0.008	
17:1.....g									
18:1 undifferentiated.....g	9.123		0	FLA	4		2.586	0.912	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.940		0	FLA	4		2.251	0.794	
18:2 undifferentiated.....g	7.375		0	FLA	4		2.091	0.738	
18:3 undifferentiated.....g	0.544		0	FLA	4		0.154	0.054	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.019	0.007	
Threonine.....g	0.152		0		1		0.043	0.015	
Isoleucine.....g	0.180		0		1		0.051	0.018	
Leucine.....g	0.308		0		1		0.087	0.031	
Lysine.....g	0.193		0		1		0.055	0.019	
Methionine.....g	0.069		0		1		0.020	0.007	
Cystine.....g	0.082		0		1		0.023	0.008	
Phenylalanine.....g	0.213		0		1		0.060	0.021	
Tyrosine.....g	0.146		0		1		0.041	0.015	
Valine.....g	0.228		0		1		0.065	0.023	
Arginine.....g	0.194		0		1		0.055	0.019	
Histidine.....g	0.087		0		1		0.025	0.009	
Alanine.....g	0.163		0		1		0.046	0.016	
Aspartic acid.....g	0.290		0		1		0.082	0.029	
Glutamic acid.....g	1.187		0		1		0.337	0.119	
Glycine.....g	0.163		0		1		0.046	0.016	
Proline.....g	0.392		0		1		0.111	0.039	
Serine.....g	0.223		0		1		0.063	0.022	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	3		0	FLA	4		1	0	
Theobromine.....mg	20		0	FLA	4		6	2	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.015	0.005	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.028	0.010	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	FLC	4		0.670	0.236	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

NDB No. 18199

Cookies, chocolate sandwich, with creme filling, special dietary

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate 3.7

Food Group: 18 Baked Products

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

NDB No. 18168

Cookies, chocolate sandwich, with extra creme filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.679		0	FLA	4		3.027	1.388	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0	FLA	4		0.028	0.013	
17:1.....g									
18:1 undifferentiated.....g	10.555		0	FLA	4		2.992	1.372	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.392		0	FLA	4		2.663	1.221	
18:2 undifferentiated.....g	8.721		0	FLA	4		2.472	1.134	
18:3 undifferentiated.....g	0.647		0	FLA	4		0.183	0.084	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.014	0.007	
Threonine.....g	0.114		0		1		0.032	0.015	
Isoleucine.....g	0.138		0		1		0.039	0.018	
Leucine.....g	0.248		0		1		0.070	0.032	
Lysine.....g	0.141		0		1		0.040	0.018	
Methionine.....g	0.056		0		1		0.016	0.007	
Cystine.....g	0.070		0		1		0.020	0.009	
Phenylalanine.....g	0.170		0		1		0.048	0.022	
Tyrosine.....g	0.111		0		1		0.031	0.014	
Valine.....g	0.173		0		1		0.049	0.022	
Arginine.....g	0.153		0		1		0.043	0.020	
Histidine.....g	0.073		0		1		0.021	0.009	
Alanine.....g	0.129		0		1		0.037	0.017	
Aspartic acid.....g	0.205		0		1		0.058	0.027	
Glutamic acid.....g	1.019		0		1		0.289	0.132	
Glycine.....g	0.130		0		1		0.037	0.017	
Proline.....g	0.340		0		1		0.096	0.044	
Serine.....g	0.182		0		1		0.052	0.024	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	5		0	FLA	4		1	1	
Theobromine.....mg	169		0	FLA	4		48	22	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.014	0.007	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.027	0.012	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	FLA	4		0.558	0.256	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 13.0g: 1 cookie

NDB No. 18168

Cookies, chocolate sandwich, with extra creme filling

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18157
Cookies, chocolate wafers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.865		0	FLA	4		5.449	1.379	0.292
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.048		0	FLA	4		0.054	0.014	0.003
17:1.....g									
18:1 undifferentiated.....g	4.807		0	FLA	4		5.384	1.363	0.288
20:1.....g	0.001		0	FLA	4		0.001	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.153		0	FLA	4		4.651	1.177	0.249
18:2 undifferentiated.....g	3.866		0	FLA	4		4.330	1.096	0.232
18:3 undifferentiated.....g	0.268		0	FLA	4		0.300	0.076	0.016
18:4.....g	0.001		0	FLA	4		0.001	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.007	0.002	0.000
20:5 n-3.....g	0.003		0	FLA	4		0.003	0.001	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.002		0	FLA	4		0.002	0.001	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		2	1	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.108	0.027	0.006
Threonine.....g	0.220		0		1		0.246	0.062	0.013
Isoleucine.....g	0.261		0		1		0.292	0.074	0.016
Leucine.....g	0.447		0		1		0.501	0.127	0.027
Lysine.....g	0.281		0		1		0.315	0.080	0.017
Methionine.....g	0.105		0		1		0.118	0.030	0.006
Cystine.....g	0.127		0		1		0.142	0.036	0.008
Phenylalanine.....g	0.308		0		1		0.345	0.087	0.018
Tyrosine.....g	0.205		0		1		0.230	0.058	0.012
Valine.....g	0.323		0		1		0.362	0.092	0.019
Arginine.....g	0.286		0		1		0.320	0.081	0.017
Histidine.....g	0.128		0		1		0.143	0.036	0.008
Alanine.....g	0.238		0		1		0.267	0.067	0.014
Aspartic acid.....g	0.407		0		1		0.456	0.115	0.024
Glutamic acid.....g	1.753		0		1		1.963	0.497	0.105
Glycine.....g	0.236		0		1		0.264	0.067	0.014
Proline.....g	0.577		0		1		0.646	0.164	0.035
Serine.....g	0.335		0		1		0.375	0.095	0.020
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	7		0	FLA	4		8	2	0
Theobromine.....mg	223		0	FLA	4		250	63	13
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.305	0.077	0.016
Carotene, alpha.....mcg	0		0	FLA	4		0.004	0.001	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.300	0.076	0.016
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	11		0	FLA	4		12.570	3.182	0.673

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Common Measures:

- Measure 1 = 112g: 1 cup, crumbs
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 6.0g: 1 wafer

NDB No. 18157

Cookies, chocolate wafers

Calories Factors: Protein 3.5

Fat 8.9

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18169

Cookies, coconut macaroons, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.549		0		1		0.156	0.132	
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	0.549		0		1		0.156	0.132	
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	0.141		0		1		0.040	0.034	
18:2 undifferentiated.....g	0.141		0		1		0.040	0.034	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.012	0.010	
Threonine.....g	0.143		0		1		0.041	0.034	
Isoleucine.....g	0.171		0		1		0.048	0.041	
Leucine.....g	0.273		0		1		0.077	0.066	
Lysine.....g	0.203		0		1		0.058	0.049	
Methionine.....g	0.099		0		1		0.028	0.024	
Cystine.....g	0.081		0		1		0.023	0.019	
Phenylalanine.....g	0.188		0		1		0.053	0.045	
Tyrosine.....g	0.122		0		1		0.035	0.029	
Valine.....g	0.211		0		1		0.060	0.051	
Arginine.....g	0.303		0		1		0.086	0.073	
Histidine.....g	0.076		0		1		0.022	0.018	
Alanine.....g	0.187		0		1		0.053	0.045	
Aspartic acid.....g	0.338		0		1		0.096	0.081	
Glutamic acid.....g	0.552		0		1		0.156	0.132	
Glycine.....g	0.131		0		1		0.037	0.031	
Proline.....g	0.133		0		1		0.038	0.032	
Serine.....g	0.213		0		1		0.060	0.051	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 24g: 1 cookie, medium (2" dia)

NDB No. 18169

Cookies, coconut macaroons, prepared from recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18170
Cookies, fig bars

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.003		0	FLA	4		0.851	1.291	0.480
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.029		0	FLA	4		0.008	0.012	0.005
17:1.....g									
18:1 undifferentiated.....g	2.966		0	FLA	4		0.841	1.275	0.475
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.772		0	FLA	4		0.786	1.192	0.444
18:2 undifferentiated.....g	2.583		0	FLA	4		0.732	1.111	0.413
18:3 undifferentiated.....g	0.182		0	FLA	4		0.052	0.078	0.029
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.046		0		1		0.013	0.020	0.007
Threonine.....g	0.113		0		1		0.032	0.049	0.018
Isoleucine.....g	0.132		0		1		0.037	0.057	0.021
Leucine.....g	0.224		0		1		0.064	0.096	0.036
Lysine.....g	0.140		0		1		0.040	0.060	0.022
Methionine.....g	0.053		0		1		0.015	0.023	0.008
Cystine.....g	0.073		0		1		0.021	0.031	0.012
Phenylalanine.....g	0.145		0		1		0.041	0.062	0.023
Tyrosine.....g	0.122		0		1		0.035	0.052	0.020
Valine.....g	0.155		0		1		0.044	0.067	0.025
Arginine.....g	0.121		0		1		0.034	0.052	0.019
Histidine.....g	0.067		0		1		0.019	0.029	0.011
Alanine.....g	0.148		0		1		0.042	0.064	0.024
Aspartic acid.....g	0.387		0		1		0.110	0.166	0.062
Glutamic acid.....g	0.914		0		1		0.259	0.393	0.146
Glycine.....g	0.122		0		1		0.035	0.052	0.020
Proline.....g	0.347		0		1		0.098	0.149	0.056
Serine.....g	0.189		0		1		0.054	0.081	0.030
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	FLA	4		0.394	0.598	0.222
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.001	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.013	0.020	0.007
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	8		0	FLA	4		2.134	3.236	1.204

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 Figaroo (2 square halves)

Measure 3 = 16g: 1 cookie

NDB No. 18170
Cookies, fig bars

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18171
Cookies, fortune

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.345		0		1		0.381	0.108	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.337		0		1		0.379	0.107	
20:1.....g	0.001		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	0.466		0		1		0.132	0.037	
18:2 undifferentiated.....g	0.438		0		1		0.124	0.035	
18:3 undifferentiated.....g	0.024		0		1		0.007	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.001	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.001		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLA	4		1	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.061		0		1		0.017	0.005	
Threonine.....g	0.123		0		1		0.035	0.010	
Isoleucine.....g	0.165		0		1		0.047	0.013	
Leucine.....g	0.295		0		1		0.084	0.024	
Lysine.....g	0.157		0		1		0.045	0.013	
Methionine.....g	0.076		0		1		0.022	0.006	
Cystine.....g	0.093		0		1		0.026	0.007	
Phenylalanine.....g	0.203		0		1		0.058	0.016	
Tyrosine.....g	0.125		0		1		0.035	0.010	
Valine.....g	0.192		0		1		0.054	0.015	
Arginine.....g	0.168		0		1		0.048	0.013	
Histidine.....g	0.088		0		1		0.025	0.007	
Alanine.....g	0.135		0		1		0.038	0.011	
Aspartic acid.....g	0.193		0		1		0.055	0.015	
Glutamic acid.....g	1.359		0		1		0.385	0.109	
Glycine.....g	0.144		0		1		0.041	0.012	
Proline.....g	0.457		0		1		0.130	0.037	
Serine.....g	0.230		0		1		0.065	0.018	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.022	0.006	
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.039	0.011	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	3		0	FLA	4		0.807	0.228	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 8.0g: 1 cookie

NDB No. 18171
Cookies, fortune

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18156

Cookies, fudge, cake-type (includes trolley cakes)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.813		0		1		0.514	0.381	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.807		0		1		0.512	0.379	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.466		0		1		0.132	0.098	
18:2 undifferentiated.....g	0.453		0		1		0.128	0.095	
18:3 undifferentiated.....g	0.013		0		1		0.004	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		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.055		0		1		0.016	0.012	
Threonine.....g	0.148		0		1		0.042	0.031	
Isoleucine.....g	0.174		0		1		0.049	0.037	
Leucine.....g	0.305		0		1		0.086	0.064	
Lysine.....g	0.225		0		1		0.064	0.047	
Methionine.....g	0.071		0		1		0.020	0.015	
Cystine.....g	0.067		0		1		0.019	0.014	
Phenylalanine.....g	0.207		0		1		0.059	0.043	
Tyrosine.....g	0.131		0		1		0.037	0.028	
Valine.....g	0.225		0		1		0.064	0.047	
Arginine.....g	0.269		0		1		0.076	0.056	
Histidine.....g	0.088		0		1		0.025	0.018	
Alanine.....g	0.263		0		1		0.075	0.055	
Aspartic acid.....g	0.314		0		1		0.089	0.066	
Glutamic acid.....g	1.162		0		1		0.329	0.244	
Glycine.....g	0.448		0		1		0.127	0.094	
Proline.....g	0.553		0		1		0.157	0.116	
Serine.....g	0.233		0		1		0.066	0.049	
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 = 21g: 1 cookie

Calories Factors: Protein 3.6

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18172
Cookies, gingersnaps

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.365		0	FLA	4		1.521	0.376	1.717
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	5.363		0	FLA	4		1.520	0.375	1.716
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.372		0	FLA	4		0.389	0.096	0.439
18:2 undifferentiated.....g	1.298		0	FLA	4		0.368	0.091	0.415
18:3 undifferentiated.....g	0.073		0	FLA	4		0.021	0.005	0.023
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.006	0.026
Threonine.....g	0.155		0		1		0.044	0.011	0.050
Isoleucine.....g	0.212		0		1		0.060	0.015	0.068
Leucine.....g	0.380		0		1		0.108	0.027	0.122
Lysine.....g	0.195		0		1		0.055	0.014	0.062
Methionine.....g	0.094		0		1		0.027	0.007	0.030
Cystine.....g	0.120		0		1		0.034	0.008	0.038
Phenylalanine.....g	0.263		0		1		0.075	0.018	0.084
Tyrosine.....g	0.159		0		1		0.045	0.011	0.051
Valine.....g	0.248		0		1		0.070	0.017	0.079
Arginine.....g	0.213		0		1		0.060	0.015	0.068
Histidine.....g	0.114		0		1		0.032	0.008	0.036
Alanine.....g	0.169		0		1		0.048	0.012	0.054
Aspartic acid.....g	0.248		0		1		0.070	0.017	0.079
Glutamic acid.....g	1.825		0		1		0.517	0.128	0.584
Glycine.....g	0.189		0		1		0.054	0.013	0.060
Proline.....g	0.614		0		1		0.174	0.043	0.196
Serine.....g	0.292		0		1		0.083	0.020	0.093
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.318	0.079	0.359
Carotene, alpha.....mcg	0		0	FLA	4		0.002	0.000	0.002
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.034	0.008	0.039
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	FLA	4		0.434	0.107	0.490

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie

Measure 3 = 32g: 1 large (approx 3-1/2" to 4" dia)

NDB No. 18172
Cookies, gingersnaps

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18174

Cookies, graham crackers, chocolate-coated

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.687		0	FLA	4		2.179	1.076	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0	FLA	4		0.020	0.010	
17:1.....g									
18:1 undifferentiated.....g	7.623		0	FLA	4		2.161	1.067	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.038		0	FLA	4		0.294	0.145	
18:2 undifferentiated.....g	0.973		0	FLA	4		0.276	0.136	
18:3 undifferentiated.....g	0.064		0	FLA	4		0.018	0.009	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.073		0		1		0.021	0.010	
Threonine.....g	0.198		0		1		0.056	0.028	
Isoleucine.....g	0.250		0		1		0.071	0.035	
Leucine.....g	0.460		0		1		0.130	0.064	
Lysine.....g	0.226		0		1		0.064	0.032	
Methionine.....g	0.110		0		1		0.031	0.015	
Cystine.....g	0.087		0		1		0.025	0.012	
Phenylalanine.....g	0.301		0		1		0.085	0.042	
Tyrosine.....g	0.213		0		1		0.060	0.030	
Valine.....g	0.302		0		1		0.086	0.042	
Arginine.....g	0.211		0		1		0.060	0.030	
Histidine.....g	0.112		0		1		0.032	0.016	
Alanine.....g	0.196		0		1		0.056	0.027	
Aspartic acid.....g	0.356		0		1		0.101	0.050	
Glutamic acid.....g	1.623		0		1		0.460	0.227	
Glycine.....g	0.184		0		1		0.052	0.026	
Proline.....g	0.584		0		1		0.166	0.082	
Serine.....g	0.279		0		1		0.079	0.039	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	46		0	FLA	4		13	6	
Theobromine.....mg	363		0	FLA	4		103	51	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.157	0.078	
Carotene, alpha.....mcg	0		0	FLA	4		0.002	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.003	0.001	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		0	FLA	4		10.653	5.261	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cracker (2-1/2" square)

NDB No. 18174

Cookies, graham crackers, chocolate-coated

Calories Factors: Protein 3.8

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.086		0	FLA	4		3.432	1.158	0.572
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.041		0	FLA	4		0.034	0.012	0.006
17:1.....g									
18:1 undifferentiated.....g	4.036		0	FLA	4		3.390	1.144	0.565
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.832		0	FLA	4		3.219	1.086	0.536
18:2 undifferentiated.....g	3.563		0	FLA	4		2.993	1.010	0.499
18:3 undifferentiated.....g	0.259		0	FLA	4		0.218	0.073	0.036
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		0.001	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.233	9		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		1		0.076	0.026	0.013
Threonine.....g	0.191		0		1		0.160	0.054	0.027
Isoleucine.....g	0.243		0		1		0.204	0.069	0.034
Leucine.....g	0.475		0		1		0.399	0.135	0.067
Lysine.....g	0.162		0		1		0.136	0.046	0.023
Methionine.....g	0.119		0		1		0.100	0.034	0.017
Cystine.....g	0.150		0		1		0.126	0.043	0.021
Phenylalanine.....g	0.345		0		1		0.290	0.098	0.048
Tyrosine.....g	0.208		0		1		0.175	0.059	0.029
Valine.....g	0.287		0		1		0.241	0.081	0.040
Arginine.....g	0.292		0		1		0.245	0.083	0.041
Histidine.....g	0.155		0		1		0.130	0.044	0.022
Alanine.....g	0.227		0		1		0.191	0.064	0.032
Aspartic acid.....g	0.308		0		1		0.259	0.087	0.043
Glutamic acid.....g	2.301		0		1		1.933	0.652	0.322
Glycine.....g	0.256		0		1		0.215	0.073	0.036
Proline.....g	0.784		0		1		0.659	0.222	0.110
Serine.....g	0.341		0		1		0.286	0.097	0.048
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		1.182	0.399	0.197
Carotene, alpha.....mcg	0		0	FLA	4		0.015	0.005	0.003
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.022	0.007	0.004
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	61		0	FLA	4		51.645	17.430	8.608

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Common Measures:

Measure 1 = 84g: 1 cup, crushed

Measure 2 = 28.35g: 1 oz

Measure 3 = 14.0g: 1 large rectangular piece or 2 squares or 4 small rectangular pieces

NDB No. 18173

Cookies, graham crackers, plain or honey (includes cinnamon)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18175

Cookies, ladyfingers, with lemon juice and rind

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.253		0	FLA	4		1.206	0.553	1.021
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.332		0	FLA	4		0.094	0.043	0.080
17:1.....g									
18:1 undifferentiated.....g	3.877		0	FLA	4		1.099	0.504	0.930
20:1.....g	0.031		0	FLA	4		0.009	0.004	0.007
22:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.611		0	FLA	4		0.457	0.209	0.387
18:2 undifferentiated.....g	1.366		0	FLA	4		0.387	0.178	0.328
18:3 undifferentiated.....g	0.043		0	FLA	4		0.012	0.006	0.010
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.158		0	FLA	4		0.045	0.021	0.038
20:5 n-3.....g	0.004		0	FLA	4		0.001	0.001	0.001
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.041		0	FLA	4		0.012	0.005	0.010
Fatty acids, total trans.....g									
Cholesterol.....mg	365		0		1		103	47	88
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0		1		0.038	0.017	0.032
Threonine.....g	0.467		0		1		0.132	0.061	0.112
Isoleucine.....g	0.516		0		1		0.146	0.067	0.124
Leucine.....g	0.861		0		1		0.244	0.112	0.207
Lysine.....g	0.679		0		1		0.192	0.088	0.163
Methionine.....g	0.268		0		1		0.076	0.035	0.064
Cystine.....g	0.224		0		1		0.064	0.029	0.054
Phenylalanine.....g	0.511		0		1		0.145	0.066	0.123
Tyrosine.....g	0.408		0		1		0.116	0.053	0.098
Valine.....g	0.579		0		1		0.164	0.075	0.139
Arginine.....g	0.610		0		1		0.173	0.079	0.146
Histidine.....g	0.248		0		1		0.070	0.032	0.060
Alanine.....g	0.502		0		1		0.142	0.065	0.120
Aspartic acid.....g	0.888		0		1		0.252	0.115	0.213
Glutamic acid.....g	1.920		0		1		0.544	0.250	0.461
Glycine.....g	0.346		0		1		0.098	0.045	0.083
Proline.....g	0.625		0		1		0.177	0.081	0.150
Serine.....g	0.761		0		1		0.216	0.099	0.183
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	22		0	FLC	4		6.097	2.796	5.162
Carotene, alpha.....mcg	9		0	FLC	4		2.601	1.192	2.202
Cryptoxanthin, beta.....mcg	8		0	FLC	4		2.380	1.091	2.015
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	266		0	FLC	4		75.464	34.604	63.885

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

NDB No. 18175

Cookies, ladyfingers, with lemon juice and rind

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18423

Cookies, ladyfingers, without lemon juice and rind

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.253		0	BFZN	4		1.206	0.553	1.021
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.332		0	BFZN	4		0.094	0.043	0.080
17:1.....g									
18:1 undifferentiated.....g	3.877		0	BFZN	4		1.099	0.504	0.930
20:1.....g	0.031		0	BFZN	4		0.009	0.004	0.007
22:1 undifferentiated.....g	0.003		0		1		0.001	0.000	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.611		0	BFZN	4		0.457	0.209	0.387
18:2 undifferentiated.....g	1.366		0	BFZN	4		0.387	0.178	0.328
18:3 undifferentiated.....g	0.043		0	BFZN	4		0.012	0.006	0.010
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.158		0	BFZN	4		0.045	0.021	0.038
20:5 n-3.....g	0.004		0	BFZN	4		0.001	0.001	0.001
22:5 n-3.....g									
22:6 n-3.....g	0.041		0	BFZN	4		0.012	0.005	0.010
Fatty acids, total trans.....g									
Cholesterol.....mg	365		0		1		103	47	88
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.133		0		1		0.038	0.017	0.032
Threonine.....g	0.467		0		1		0.132	0.061	0.112
Isoleucine.....g	0.516		0		1		0.146	0.067	0.124
Leucine.....g	0.861		0		1		0.244	0.112	0.207
Lysine.....g	0.679		0		1		0.192	0.088	0.163
Methionine.....g	0.268		0		1		0.076	0.035	0.064
Cystine.....g	0.224		0		1		0.064	0.029	0.054
Phenylalanine.....g	0.511		0		1		0.145	0.066	0.123
Tyrosine.....g	0.408		0		1		0.116	0.053	0.098
Valine.....g	0.579		0		1		0.164	0.075	0.139
Arginine.....g	0.610		0		1		0.173	0.079	0.146
Histidine.....g	0.248		0		1		0.070	0.032	0.060
Alanine.....g	0.502		0		1		0.142	0.065	0.120
Aspartic acid.....g	0.888		0		1		0.252	0.115	0.213
Glutamic acid.....g	1.920		0		1		0.544	0.250	0.461
Glycine.....g	0.346		0		1		0.098	0.045	0.083
Proline.....g	0.625		0		1		0.177	0.081	0.150
Serine.....g	0.761		0		1		0.216	0.099	0.183
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 = 13.0g: 1 anisette sponge (4" x 1-1/8" x 7/8")

Measure 3 = 24g: 1 breakfast treat (approx 4" x 2" x 7/8")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.345		0	FLA	4		2.649	2.617	3.645
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	9.341		0	FLA	4		2.648	2.615	3.643
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.943		0	FLA	4		0.551	0.544	0.758
18:2 undifferentiated.....g	1.847		0	FLA	4		0.524	0.517	0.720
18:3 undifferentiated.....g	0.096		0	FLA	4		0.027	0.027	0.037
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.010	0.010	0.014
Threonine.....g	0.128		0		1		0.036	0.036	0.050
Isoleucine.....g	0.127		0		1		0.036	0.036	0.050
Leucine.....g	0.225		0		1		0.064	0.063	0.088
Lysine.....g	0.197		0		1		0.056	0.055	0.077
Methionine.....g	0.049		0		1		0.014	0.014	0.019
Cystine.....g	0.043		0		1		0.012	0.012	0.017
Phenylalanine.....g	0.142		0		1		0.040	0.040	0.055
Tyrosine.....g	0.083		0		1		0.024	0.023	0.032
Valine.....g	0.170		0		1		0.048	0.048	0.066
Arginine.....g	0.242		0		1		0.069	0.068	0.094
Histidine.....g	0.059		0		1		0.017	0.017	0.023
Alanine.....g	0.265		0		1		0.075	0.074	0.103
Aspartic acid.....g	0.294		0		1		0.083	0.082	0.115
Glutamic acid.....g	0.742		0		1		0.210	0.208	0.289
Glycine.....g	0.487		0		1		0.138	0.136	0.190
Proline.....g	0.442		0		1		0.125	0.124	0.172
Serine.....g	0.172		0		1		0.049	0.048	0.067
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	5		0	FLA	4		1	1	2
Theobromine.....mg	159		0	FLA	4		45	45	62
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.032	0.031	0.044
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.001
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.008	0.008	0.011
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	3		0	FLA	4		0.751	0.741	1.033

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 28g: 1 Fudge Marshmallow

Measure 3 = 39g: 1 pie, marshmallow (3" dia x 3/4")

NDB No. 18176

Cookies, marshmallow, chocolate-coated (includes marshmallow pies)

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18177
Cookies, molasses

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.130		0	FLA	4		2.021	2.282	1.070
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	7.128		0	FLA	4		2.021	2.281	1.069
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.729		0	FLA	4		0.490	0.553	0.259
18:2 undifferentiated.....g	1.641		0	FLA	4		0.465	0.525	0.246
18:3 undifferentiated.....g	0.088		0	FLA	4		0.025	0.028	0.013
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.080		0		1		0.023	0.026	0.012
Threonine.....g	0.154		0		1		0.044	0.049	0.023
Isoleucine.....g	0.210		0		1		0.060	0.067	0.032
Leucine.....g	0.377		0		1		0.107	0.121	0.057
Lysine.....g	0.193		0		1		0.055	0.062	0.029
Methionine.....g	0.094		0		1		0.027	0.030	0.014
Cystine.....g	0.120		0		1		0.034	0.038	0.018
Phenylalanine.....g	0.263		0		1		0.075	0.084	0.039
Tyrosine.....g	0.158		0		1		0.045	0.051	0.024
Valine.....g	0.244		0		1		0.069	0.078	0.037
Arginine.....g	0.212		0		1		0.060	0.068	0.032
Histidine.....g	0.113		0		1		0.032	0.036	0.017
Alanine.....g	0.167		0		1		0.047	0.053	0.025
Aspartic acid.....g	0.238		0		1		0.067	0.076	0.036
Glutamic acid.....g	1.824		0		1		0.517	0.584	0.274
Glycine.....g	0.188		0		1		0.053	0.060	0.028
Proline.....g	0.614		0		1		0.174	0.196	0.092
Serine.....g	0.291		0		1		0.082	0.093	0.044
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.010	0.012	0.006
Carotene, alpha.....mcg	0		0	FLA	4		0.002	0.002	0.001
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.035	0.039	0.018
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	2		0	FLA	4		0.443	0.499	0.234

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 32g: 1 large (3-1/2" to 4" dia) (include Archway brand)

Measure 3 = 15.0g: 1 medium

NDB No. 18177
Cookies, molasses

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18456

Cookies, oatmeal, commercially prepared, fat-free

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.388		0		1		0.110		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.384		0		1		0.109		
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	0.635		0		1		0.180		
18:2 undifferentiated.....g	0.596		0		1		0.169		
18:3 undifferentiated.....g	0.039		0		1		0.011		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023		
Threonine.....g	0.175		0		1		0.050		
Isoleucine.....g	0.218		0		1		0.062		
Leucine.....g	0.398		0		1		0.113		
Lysine.....g	0.213		0		1		0.060		
Methionine.....g	0.108		0		1		0.031		
Cystine.....g	0.131		0		1		0.037		
Phenylalanine.....g	0.280		0		1		0.079		
Tyrosine.....g	0.174		0		1		0.049		
Valine.....g	0.274		0		1		0.078		
Arginine.....g	0.300		0		1		0.085		
Histidine.....g	0.133		0		1		0.038		
Alanine.....g	0.223		0		1		0.063		
Aspartic acid.....g	0.360		0		1		0.102		
Glutamic acid.....g	1.691		0		1		0.479		
Glycine.....g	0.228		0		1		0.065		
Proline.....g	0.520		0		1		0.147		
Serine.....g	0.293		0		1		0.083		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0		7		0.000		
Carotene, alpha.....mcg	0		0		7		0.000		
Cryptoxanthin, beta.....mcg	0		0		7		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	34		0	FLA	4		9.636		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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. 18456

Cookies, oatmeal, commercially prepared, fat-free

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 3.7

Food Group: 18 Baked Products

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

NDB No. 18178

Cookies, oatmeal, commercially prepared, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.025		0	FLA	4		2.842	2.506	1.805
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	0.001
17:1.....g									
18:1 undifferentiated.....g	10.022		0	FLA	4		2.841	2.506	1.804
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.543		0	FLA	4		0.721	0.636	0.458
18:2 undifferentiated.....g	2.413		0	FLA	4		0.684	0.603	0.434
18:3 undifferentiated.....g	0.129		0	FLA	4		0.037	0.032	0.023
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.028	0.025	0.018
Threonine.....g	0.174		0		1		0.049	0.044	0.031
Isoleucine.....g	0.221		0		1		0.063	0.055	0.040
Leucine.....g	0.431		0		1		0.122	0.108	0.078
Lysine.....g	0.237		0		1		0.067	0.059	0.043
Methionine.....g	0.120		0		1		0.034	0.030	0.022
Cystine.....g	0.168		0		1		0.048	0.042	0.030
Phenylalanine.....g	0.295		0		1		0.084	0.074	0.053
Tyrosine.....g	0.202		0		1		0.057	0.051	0.036
Valine.....g	0.298		0		1		0.084	0.075	0.054
Arginine.....g	0.365		0		1		0.103	0.091	0.066
Histidine.....g	0.144		0		1		0.041	0.036	0.026
Alanine.....g	0.255		0		1		0.072	0.064	0.046
Aspartic acid.....g	0.452		0		1		0.128	0.113	0.081
Glutamic acid.....g	1.618		0		1		0.459	0.405	0.291
Glycine.....g	0.272		0		1		0.077	0.068	0.049
Proline.....g	0.476		0		1		0.135	0.119	0.086
Serine.....g	0.317		0		1		0.090	0.079	0.057
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.017	0.015	0.011
Carotene, alpha.....mcg	0		0	FLA	4		0.001	0.001	0.001
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.094	0.083	0.060
Lycopene.....mcg	0		0	FLA	4		0.008	0.007	0.005
Lutein + zeaxanthin.....mcg	31		0	FLA	4		8.893	7.842	5.646

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 25g: 1 cookie, big (3-1/2" - 4" dia) (include Archway brand, Grandma brand)

Measure 3 = 18g: 1 large

NDB No. 18178

Cookies, oatmeal, commercially prepared, regular

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18179

Cookies, oatmeal, commercially prepared, soft-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	7.988		0	FLA	4		2.265	1.198	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLA	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	7.981		0	FLA	4		2.263	1.197	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.204		0	FLA	4		0.625	0.331	
18:2 undifferentiated.....g	2.093		0	FLA	4		0.593	0.314	
18:3 undifferentiated.....g	0.109		0	FLA	4		0.031	0.016	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	FLA	4		1	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.096		0		1		0.027	0.014	
Threonine.....g	0.193		0		1		0.055	0.029	
Isoleucine.....g	0.240		0		1		0.068	0.036	
Leucine.....g	0.450		0		1		0.128	0.068	
Lysine.....g	0.271		0		1		0.077	0.041	
Methionine.....g	0.130		0		1		0.037	0.020	
Cystine.....g	0.168		0		1		0.048	0.025	
Phenylalanine.....g	0.301		0		1		0.085	0.045	
Tyrosine.....g	0.213		0		1		0.060	0.032	
Valine.....g	0.314		0		1		0.089	0.047	
Arginine.....g	0.375		0		1		0.106	0.056	
Histidine.....g	0.142		0		1		0.040	0.021	
Alanine.....g	0.275		0		1		0.078	0.041	
Aspartic acid.....g	0.489		0		1		0.139	0.073	
Glutamic acid.....g	1.434		0		1		0.407	0.215	
Glycine.....g	0.268		0		1		0.076	0.040	
Proline.....g	0.416		0		1		0.118	0.062	
Serine.....g	0.337		0		1		0.096	0.051	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18200

Cookies, oatmeal, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.550		0	FLA	4		2.140	0.529	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.071		0	FLA	4		0.020	0.005	
17:1.....g									
18:1 undifferentiated.....g	7.462		0	FLA	4		2.115	0.522	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.784		0	FLA	4		1.923	0.475	
18:2 undifferentiated.....g	6.303		0	FLA	4		1.787	0.441	
18:3 undifferentiated.....g	0.464		0	FLA	4		0.132	0.032	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.022	0.005	
Threonine.....g	0.137		0		1		0.039	0.010	
Isoleucine.....g	0.174		0		1		0.049	0.012	
Leucine.....g	0.337		0		1		0.096	0.024	
Lysine.....g	0.185		0		1		0.052	0.013	
Methionine.....g	0.093		0		1		0.026	0.007	
Cystine.....g	0.129		0		1		0.037	0.009	
Phenylalanine.....g	0.230		0		1		0.065	0.016	
Tyrosine.....g	0.157		0		1		0.045	0.011	
Valine.....g	0.232		0		1		0.066	0.016	
Arginine.....g	0.280		0		1		0.079	0.020	
Histidine.....g	0.112		0		1		0.032	0.008	
Alanine.....g	0.196		0		1		0.056	0.014	
Aspartic acid.....g	0.345		0		1		0.098	0.024	
Glutamic acid.....g	1.287		0		1		0.365	0.090	
Glycine.....g	0.210		0		1		0.060	0.015	
Proline.....g	0.383		0		1		0.109	0.027	
Serine.....g	0.250		0		1		0.071	0.018	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLC	4		0.758	0.187	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	18		0	FLC	4		5.022	1.240	
Lycopene.....mcg	2		0	FLC	4		0.567	0.140	
Lutein + zeaxanthin.....mcg	49		0	FLC	4		13.930	3.440	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

NDB No. 18200

Cookies, oatmeal, commercially prepared, special dietary

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18180
Cookies, oatmeal, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.567		0	FLA	4		2.996	52.412	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	FLA	4		0.001	0.020	
17:1.....g									
18:1 undifferentiated.....g	10.563		0	FLA	4		2.995	52.392	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.792		0	FLA	4		0.792	13.848	
18:2 undifferentiated.....g	2.656		0	FLA	4		0.753	13.174	
18:3 undifferentiated.....g	0.136		0	FLA	4		0.039	0.675	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.113		0		1		0.032	0.560	
Threonine.....g	0.183		0		1		0.052	0.908	
Isoleucine.....g	0.247		0		1		0.070	1.225	
Leucine.....g	0.486		0		1		0.138	2.411	
Lysine.....g	0.262		0		1		0.074	1.300	
Methionine.....g	0.119		0		1		0.034	0.590	
Cystine.....g	0.188		0		1		0.053	0.932	
Phenylalanine.....g	0.327		0		1		0.093	1.622	
Tyrosine.....g	0.226		0		1		0.064	1.121	
Valine.....g	0.332		0		1		0.094	1.647	
Arginine.....g	0.394		0		1		0.112	1.954	
Histidine.....g	0.145		0		1		0.041	0.719	
Alanine.....g	0.277		0		1		0.079	1.374	
Aspartic acid.....g	0.473		0		1		0.134	2.346	
Glutamic acid.....g	1.662		0		1		0.471	8.244	
Glycine.....g	0.304		0		1		0.086	1.508	
Proline.....g	0.494		0		1		0.140	2.450	
Serine.....g	0.335		0		1		0.095	1.662	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 496g: 1 package (17.5 oz)

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18184

Cookies, oatmeal, prepared from recipe, with raisins

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.888		0		1		1.953	1.033	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		1		0.007	0.004	
17:1.....g									
18:1 undifferentiated.....g	6.860		0		1		1.945	1.029	
20:1.....g	0.002		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	5.034		0		1		1.427	0.755	
18:2 undifferentiated.....g	4.800		0		1		1.361	0.720	
18:3 undifferentiated.....g	0.220		0		1		0.062	0.033	
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	0.011		0		1		0.003	0.002	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		1		9	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.023	0.012	
Threonine.....g	0.217		0		1		0.062	0.033	
Isoleucine.....g	0.254		0		1		0.072	0.038	
Leucine.....g	0.466		0		1		0.132	0.070	
Lysine.....g	0.256		0		1		0.073	0.038	
Methionine.....g	0.135		0		1		0.038	0.020	
Cystine.....g	0.143		0		1		0.041	0.021	
Phenylalanine.....g	0.322		0		1		0.091	0.048	
Tyrosine.....g	0.213		0		1		0.060	0.032	
Valine.....g	0.322		0		1		0.091	0.048	
Arginine.....g	0.379		0		1		0.107	0.057	
Histidine.....g	0.155		0		1		0.044	0.023	
Alanine.....g	0.292		0		1		0.083	0.044	
Aspartic acid.....g	0.489		0		1		0.139	0.073	
Glutamic acid.....g	1.549		0		1		0.439	0.232	
Glycine.....g	0.254		0		1		0.072	0.038	
Proline.....g	0.446		0		1		0.126	0.067	
Serine.....g	0.310		0		1		0.088	0.047	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	144		0		4		40.824	21.600	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18184

Cookies, oatmeal, prepared from recipe, with raisins

Food Group: 18 Baked Products

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

NDB No. 18377

Cookies, oatmeal, prepared from recipe, without raisins

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.669		0		1		2.174	1.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0		1		0.008	0.004	
17:1.....g									
18:1 undifferentiated.....g	7.638		0		1		2.165	1.146	
20:1.....g	0.002		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	5.589		0		1		1.584	0.838	
18:2 undifferentiated.....g	5.333		0		1		1.512	0.800	
18:3 undifferentiated.....g	0.241		0		1		0.068	0.036	
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	0.012		0		1		0.003	0.002	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.003		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	36		0		1		10	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.088		0		1		0.025	0.013	
Threonine.....g	0.231		0		1		0.065	0.035	
Isoleucine.....g	0.280		0		1		0.079	0.042	
Leucine.....g	0.510		0		1		0.145	0.077	
Lysine.....g	0.276		0		1		0.078	0.041	
Methionine.....g	0.137		0		1		0.039	0.021	
Cystine.....g	0.153		0		1		0.043	0.023	
Phenylalanine.....g	0.351		0		1		0.100	0.053	
Tyrosine.....g	0.230		0		1		0.065	0.035	
Valine.....g	0.348		0		1		0.099	0.052	
Arginine.....g	0.392		0		1		0.111	0.059	
Histidine.....g	0.158		0		1		0.045	0.024	
Alanine.....g	0.308		0		1		0.087	0.046	
Aspartic acid.....g	0.496		0		1		0.141	0.074	
Glutamic acid.....g	1.643		0		1		0.466	0.246	
Glycine.....g	0.283		0		1		0.080	0.042	
Proline.....g	0.497		0		1		0.141	0.075	
Serine.....g	0.345		0		1		0.098	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	162		0	RK	4		45.927	24.300	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie (2-5/8" dia)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18377

Cookies, oatmeal, prepared from recipe, without raisins

Food Group: 18 Baked Products

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

NDB No. 18182
Cookies, oatmeal, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.531		0	FLA	4		2.986	1.685	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLA	4		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	10.520		0	FLA	4		2.982	1.683	
20:1.....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.592		0	FLA	4		0.735	0.415	
18:2 undifferentiated.....g	2.458		0	FLA	4		0.697	0.393	
18:3 undifferentiated.....g	0.126		0	FLA	4		0.036	0.020	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		0	FLA	4		0.001	0.001	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24	1.980	15		1		7	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.088		0		1		0.025	0.014	
Threonine.....g	0.177		0		1		0.050	0.028	
Isoleucine.....g	0.227		0		1		0.064	0.036	
Leucine.....g	0.414		0		1		0.117	0.066	
Lysine.....g	0.257		0		1		0.073	0.041	
Methionine.....g	0.122		0		1		0.035	0.020	
Cystine.....g	0.153		0		1		0.043	0.024	
Phenylalanine.....g	0.278		0		1		0.079	0.044	
Tyrosine.....g	0.195		0		1		0.055	0.031	
Valine.....g	0.291		0		1		0.082	0.047	
Arginine.....g	0.334		0		1		0.095	0.053	
Histidine.....g	0.125		0		1		0.035	0.020	
Alanine.....g	0.255		0		1		0.072	0.041	
Aspartic acid.....g	0.451		0		1		0.128	0.072	
Glutamic acid.....g	1.206		0		1		0.342	0.193	
Glycine.....g	0.241		0		1		0.068	0.039	
Proline.....g	0.348		0		1		0.099	0.056	
Serine.....g	0.305		0		1		0.086	0.049	
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 = 28.35g: 1 oz

Measure 2 = 16g: 1 portion, dough for 1 cookie

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

NDB No. 18183

Cookies, oatmeal, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.729		0		4		3.325	1.407	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	11.713		0		4		3.321	1.406	
20:1.....g	0.001		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.976		0		4		0.844	0.357	
18:2 undifferentiated.....g	2.818		0		4		0.799	0.338	
18:3 undifferentiated.....g	0.152		0		4		0.043	0.018	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		0		4		0.001	0.001	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.001		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0		4		7	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		4		0.028	0.012	
Threonine.....g	0.197		0		4		0.056	0.024	
Isoleucine.....g	0.252		0		4		0.071	0.030	
Leucine.....g	0.460		0		4		0.130	0.055	
Lysine.....g	0.286		0		4		0.081	0.034	
Methionine.....g	0.136		0		4		0.039	0.016	
Cystine.....g	0.170		0		4		0.048	0.020	
Phenylalanine.....g	0.309		0		4		0.088	0.037	
Tyrosine.....g	0.217		0		4		0.062	0.026	
Valine.....g	0.323		0		4		0.092	0.039	
Arginine.....g	0.371		0		4		0.105	0.045	
Histidine.....g	0.139		0		4		0.039	0.017	
Alanine.....g	0.284		0		4		0.081	0.034	
Aspartic acid.....g	0.501		0		4		0.142	0.060	
Glutamic acid.....g	1.340		0		4		0.380	0.161	
Glycine.....g	0.268		0		4		0.076	0.032	
Proline.....g	0.387		0		4		0.110	0.046	
Serine.....g	0.339		0		4		0.096	0.041	
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 = 12.0g: 1 cookie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18190

Cookies, peanut butter sandwich, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.191		0	FLA	4		3.173	1.567	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.126		0	FLA	4		3.154	1.558	
20:1.....g	0.059		0	FLA	4		0.017	0.008	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.795		0	FLA	4		1.076	0.531	
18:2 undifferentiated.....g	3.688		0	FLA	4		1.046	0.516	
18:3 undifferentiated.....g	0.107		0	FLA	4		0.030	0.015	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.044	3		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		1		0.031	0.015	
Threonine.....g	0.297		0		1		0.084	0.042	
Isoleucine.....g	0.341		0		1		0.097	0.048	
Leucine.....g	0.617		0		1		0.175	0.086	
Lysine.....g	0.352		0		1		0.100	0.049	
Methionine.....g	0.128		0		1		0.036	0.018	
Cystine.....g	0.164		0		1		0.046	0.023	
Phenylalanine.....g	0.442		0		1		0.125	0.062	
Tyrosine.....g	0.319		0		1		0.090	0.045	
Valine.....g	0.402		0		1		0.114	0.056	
Arginine.....g	0.716		0		1		0.203	0.100	
Histidine.....g	0.205		0		1		0.058	0.029	
Alanine.....g	0.341		0		1		0.097	0.048	
Aspartic acid.....g	0.791		0		1		0.224	0.111	
Glutamic acid.....g	2.206		0		1		0.625	0.309	
Glycine.....g	0.420		0		1		0.119	0.059	
Proline.....g	0.622		0		1		0.176	0.087	
Serine.....g	0.462		0		1		0.131	0.065	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.055	0.027	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.059	0.029	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	7		0	FLC	4		1.980	0.978	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie

NDB No. 18190

Cookies, peanut butter sandwich, regular

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18201

Cookies, peanut butter sandwich, special dietary

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.391		0	FLA	4		4.363	1.539	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.087		0	FLA	4		0.025	0.009	
17:1.....g									
18:1 undifferentiated.....g	15.110		0	FLA	4		4.284	1.511	
20:1.....g	0.172		0	FLA	4		0.049	0.017	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.026		0	FLA	4		3.409	1.203	
18:2 undifferentiated.....g	11.454		0	FLA	4		3.247	1.145	
18:3 undifferentiated.....g	0.551		0	FLA	4		0.156	0.055	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.111		0		1		0.031	0.011	
Threonine.....g	0.334		0		1		0.095	0.033	
Isoleucine.....g	0.363		0		1		0.103	0.036	
Leucine.....g	0.668		0		1		0.189	0.067	
Lysine.....g	0.367		0		1		0.104	0.037	
Methionine.....g	0.109		0		1		0.031	0.011	
Cystine.....g	0.151		0		1		0.043	0.015	
Phenylalanine.....g	0.509		0		1		0.144	0.051	
Tyrosine.....g	0.379		0		1		0.107	0.038	
Valine.....g	0.429		0		1		0.122	0.043	
Arginine.....g	0.998		0		1		0.283	0.100	
Histidine.....g	0.243		0		1		0.069	0.024	
Alanine.....g	0.378		0		1		0.107	0.038	
Aspartic acid.....g	1.034		0		1		0.293	0.103	
Glutamic acid.....g	2.391		0		1		0.678	0.239	
Glycine.....g	0.538		0		1		0.153	0.054	
Proline.....g	0.607		0		1		0.172	0.061	
Serine.....g	0.505		0		1		0.143	0.051	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 10.0g: 1 cookie

Calories Factors: Protein 3.6

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18185

Cookies, peanut butter, commercially prepared, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.368		0	FLA	4		3.506	1.855	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	12.174		0	FLA	4		3.451	1.826	
20:1.....g	0.179		0	FLA	4		0.051	0.027	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.518		0	FLA	4		1.564	0.828	
18:2 undifferentiated.....g	5.440		0	FLA	4		1.542	0.816	
18:3 undifferentiated.....g	0.067		0	FLA	4		0.019	0.010	
18:4.....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.001	
20:5 n-3.....g	0.003		0	FLA	4		0.001	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1	0.010	3		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		1		0.031	0.017	
Threonine.....g	0.323		0		1		0.092	0.048	
Isoleucine.....g	0.363		0		1		0.103	0.054	
Leucine.....g	0.652		0		1		0.185	0.098	
Lysine.....g	0.380		0		1		0.108	0.057	
Methionine.....g	0.148		0		1		0.042	0.022	
Cystine.....g	0.160		0		1		0.045	0.024	
Phenylalanine.....g	0.485		0		1		0.137	0.073	
Tyrosine.....g	0.353		0		1		0.100	0.053	
Valine.....g	0.425		0		1		0.120	0.064	
Arginine.....g	0.852		0		1		0.242	0.128	
Histidine.....g	0.225		0		1		0.064	0.034	
Alanine.....g	0.370		0		1		0.105	0.056	
Aspartic acid.....g	0.922		0		1		0.261	0.138	
Glutamic acid.....g	2.271		0		1		0.644	0.341	
Glycine.....g	0.477		0		1		0.135	0.072	
Proline.....g	0.612		0		1		0.174	0.092	
Serine.....g	0.504		0		1		0.143	0.076	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.181	0.096	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.116	0.062	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	14		0	FLC	4		3.952	2.091	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

NDB No. 18185

Cookies, peanut butter, commercially prepared, regular

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18186

Cookies, peanut butter, commercially prepared, soft-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	13.844		0	FLA	4		3.925	2.077	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.169		0		1		3.733	1.975	
20:1.....g	0.098		0		1		0.028	0.015	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.181		0	FLA	4		0.902	0.477	
18:2 undifferentiated.....g	4.243		0		1		1.203	0.636	
18:3 undifferentiated.....g	0.113		0		1		0.032	0.017	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0		1		0.005	0.003	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.018	0.009	
Threonine.....g	0.174		0		1		0.049	0.026	
Isoleucine.....g	0.200		0		1		0.057	0.030	
Leucine.....g	0.360		0		1		0.102	0.054	
Lysine.....g	0.201		0		1		0.057	0.030	
Methionine.....g	0.069		0		1		0.020	0.010	
Cystine.....g	0.087		0		1		0.025	0.013	
Phenylalanine.....g	0.268		0		1		0.076	0.040	
Tyrosine.....g	0.194		0		1		0.055	0.029	
Valine.....g	0.234		0		1		0.066	0.035	
Arginine.....g	0.461		0		1		0.131	0.069	
Histidine.....g	0.126		0		1		0.036	0.019	
Alanine.....g	0.196		0		1		0.056	0.029	
Aspartic acid.....g	0.488		0		1		0.138	0.073	
Glutamic acid.....g	1.329		0		1		0.377	0.199	
Glycine.....g	0.262		0		1		0.074	0.039	
Proline.....g	0.368		0		1		0.104	0.055	
Serine.....g	0.274		0		1		0.078	0.041	
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 = 15.0g: 1 cookie

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18189

Cookies, peanut butter, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.832		0		1		3.071	2.166	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0		1		0.007	0.005	
17:1.....g									
18:1 undifferentiated.....g	10.684		0		1		3.029	2.137	
20:1.....g	0.123		0		1		0.035	0.025	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.223		0		1		2.048	1.445	
18:2 undifferentiated.....g	6.966		0		1		1.975	1.393	
18:3 undifferentiated.....g	0.207		0		1		0.059	0.041	
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	0.047		0		1		0.013	0.009	
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	0.003		0		1		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0		1		9	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.028	0.020	
Threonine.....g	0.299		0		1		0.085	0.060	
Isoleucine.....g	0.338		0		1		0.096	0.068	
Leucine.....g	0.623		0		1		0.177	0.125	
Lysine.....g	0.321		0		1		0.091	0.064	
Methionine.....g	0.149		0		1		0.042	0.030	
Cystine.....g	0.151		0		1		0.043	0.030	
Phenylalanine.....g	0.460		0		1		0.130	0.092	
Tyrosine.....g	0.332		0		1		0.094	0.066	
Valine.....g	0.395		0		1		0.112	0.079	
Arginine.....g	0.734		0		1		0.208	0.147	
Histidine.....g	0.216		0		1		0.061	0.043	
Alanine.....g	0.344		0		1		0.098	0.069	
Aspartic acid.....g	0.799		0		1		0.227	0.160	
Glutamic acid.....g	2.223		0		1		0.630	0.445	
Glycine.....g	0.425		0		1		0.120	0.085	
Proline.....g	0.643		0		1		0.182	0.129	
Serine.....g	0.469		0		1		0.133	0.094	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	138		0	RK	4		39.123	27.600	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 20g: 1 cookie (3" dia)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18189

Cookies, peanut butter, prepared from recipe

Food Group: 18 Baked Products

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

NDB No. 18187

Cookies, peanut butter, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.124		0	FLA	4		3.721	2.100	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	13.013		0	FLA	4		3.689	2.082	
20:1.....g	0.098		0	FLA	4		0.028	0.016	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.787		0	FLA	4		1.357	0.766	
18:2 undifferentiated.....g	4.677		0	FLA	4		1.326	0.748	
18:3 undifferentiated.....g	0.102		0	FLA	4		0.029	0.016	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.001	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	27	2.199	17		1		8	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.098		0		1		0.028	0.016	
Threonine.....g	0.278		0		1		0.079	0.044	
Isoleucine.....g	0.324		0		1		0.092	0.052	
Leucine.....g	0.571		0		1		0.162	0.091	
Lysine.....g	0.339		0		1		0.096	0.054	
Methionine.....g	0.129		0		1		0.037	0.021	
Cystine.....g	0.148		0		1		0.042	0.024	
Phenylalanine.....g	0.412		0		1		0.117	0.066	
Tyrosine.....g	0.292		0		1		0.083	0.047	
Valine.....g	0.378		0		1		0.107	0.060	
Arginine.....g	0.632		0		1		0.179	0.101	
Histidine.....g	0.190		0		1		0.054	0.030	
Alanine.....g	0.315		0		1		0.089	0.050	
Aspartic acid.....g	0.705		0		1		0.200	0.113	
Glutamic acid.....g	2.018		0		1		0.572	0.323	
Glycine.....g	0.370		0		1		0.105	0.059	
Proline.....g	0.582		0		1		0.165	0.093	
Serine.....g	0.450		0		1		0.128	0.072	
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 = 28.35g: 1 oz

Measure 2 = 16g: 1 portion, dough for 1 cookie

Calories Factors: Protein 3.8

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

NDB No. 18188

Cookies, peanut butter, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.526		0		4		4.118	1.743	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		4		0.012	0.005	
17:1.....g									
18:1 undifferentiated.....g	14.372		0		4		4.074	1.725	
20:1.....g	0.110		0		4		0.031	0.013	
22:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.889		0		4		1.386	0.587	
18:2 undifferentiated.....g	4.700		0		4		1.332	0.564	
18:3 undifferentiated.....g	0.131		0		4		0.037	0.016	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.052		0		4		0.015	0.006	
20:5 n-3.....g	0.001		0		4		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.005		0		4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	30		0		4		9	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		0		4		0.031	0.013	
Threonine.....g	0.305		0		4		0.086	0.037	
Isoleucine.....g	0.356		0		4		0.101	0.043	
Leucine.....g	0.628		0		4		0.178	0.075	
Lysine.....g	0.372		0		4		0.105	0.045	
Methionine.....g	0.141		0		4		0.040	0.017	
Cystine.....g	0.162		0		4		0.046	0.019	
Phenylalanine.....g	0.453		0		4		0.128	0.054	
Tyrosine.....g	0.321		0		4		0.091	0.039	
Valine.....g	0.415		0		4		0.118	0.050	
Arginine.....g	0.695		0		4		0.197	0.083	
Histidine.....g	0.208		0		4		0.059	0.025	
Alanine.....g	0.347		0		4		0.098	0.042	
Aspartic acid.....g	0.774		0		4		0.219	0.093	
Glutamic acid.....g	2.218		0		4		0.629	0.266	
Glycine.....g	0.407		0		4		0.115	0.049	
Proline.....g	0.639		0		4		0.181	0.077	
Serine.....g	0.494		0		4		0.140	0.059	
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 = 12.0g: 1 cookie

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18191
Cookies, raisin, soft-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	7.649		0	FLA	4		2.168	1.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLA	4		0.002	0.001	
17:1.....g									
18:1 undifferentiated.....g	7.642		0	FLA	4		2.167	1.146	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.756		0	FLA	4		0.498	0.263	
18:2 undifferentiated.....g	1.660		0	FLA	4		0.471	0.249	
18:3 undifferentiated.....g	0.092		0	FLA	4		0.026	0.014	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		1	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.015	0.008	
Threonine.....g	0.140		0		1		0.040	0.021	
Isoleucine.....g	0.165		0		1		0.047	0.025	
Leucine.....g	0.285		0		1		0.081	0.043	
Lysine.....g	0.183		0		1		0.052	0.027	
Methionine.....g	0.085		0		1		0.024	0.013	
Cystine.....g	0.086		0		1		0.024	0.013	
Phenylalanine.....g	0.187		0		1		0.053	0.028	
Tyrosine.....g	0.125		0		1		0.035	0.019	
Valine.....g	0.191		0		1		0.054	0.029	
Arginine.....g	0.189		0		1		0.054	0.028	
Histidine.....g	0.091		0		1		0.026	0.014	
Alanine.....g	0.154		0		1		0.044	0.023	
Aspartic acid.....g	0.270		0		1		0.077	0.041	
Glutamic acid.....g	1.095		0		1		0.310	0.164	
Glycine.....g	0.137		0		1		0.039	0.021	
Proline.....g	0.354		0		1		0.100	0.053	
Serine.....g	0.231		0		1		0.065	0.035	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.346	0.183	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.290	0.153	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	37		0	FLC	4		10.482	5.546	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

NDB No. 18191

Cookies, raisin, soft-type

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18193

Cookies, shortbread, commercially prepared, pecan

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.628		0	FLA	4		5.281	2.608	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035		0		1		0.010	0.005	
17:1.....g									
18:1 undifferentiated.....g	18.618		0	FLA	4		5.278	2.607	
20:1.....g	0.047		0		1		0.013	0.007	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.122		0	FLA	4		1.169	0.577	
18:2 undifferentiated.....g	3.913		0	FLA	4		1.109	0.548	
18:3 undifferentiated.....g	0.206		0	FLA	4		0.058	0.029	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		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	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		1		9	5	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.011	
Threonine.....g	0.143		0		1		0.041	0.020	
Isoleucine.....g	0.192		0		1		0.054	0.027	
Leucine.....g	0.337		0		1		0.096	0.047	
Lysine.....g	0.178		0		1		0.050	0.025	
Methionine.....g	0.091		0		1		0.026	0.013	
Cystine.....g	0.112		0		1		0.032	0.016	
Phenylalanine.....g	0.239		0		1		0.068	0.033	
Tyrosine.....g	0.149		0		1		0.042	0.021	
Valine.....g	0.224		0		1		0.064	0.031	
Arginine.....g	0.276		0		1		0.078	0.039	
Histidine.....g	0.109		0		1		0.031	0.015	
Alanine.....g	0.163		0		1		0.046	0.023	
Aspartic acid.....g	0.252		0		1		0.071	0.035	
Glutamic acid.....g	1.509		0		1		0.428	0.211	
Glycine.....g	0.179		0		1		0.051	0.025	
Proline.....g	0.490		0		1		0.139	0.069	
Serine.....g	0.259		0		1		0.073	0.036	
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 = 14.0g: 1 cookie (2" dia)

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18192

Cookies, shortbread, commercially prepared, plain

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.420		0	FLA	4		3.805	1.074	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLA	4		0.006	0.002	
17:1.....g									
18:1 undifferentiated.....g	13.395		0	FLA	4		3.797	1.072	
20:1.....g	0.002		0	FLA	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.233		0	FLA	4		0.917	0.259	
18:2 undifferentiated.....g	3.057		0	FLA	4		0.867	0.245	
18:3 undifferentiated.....g	0.155		0	FLA	4		0.044	0.012	
18:4.....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	FLA	4		0.003	0.001	
20:5 n-3.....g	0.006		0	FLA	4		0.002	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.004		0	FLA	4		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	20	6.607	3		1		6	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.024	0.007	
Threonine.....g	0.195		0		1		0.055	0.016	
Isoleucine.....g	0.251		0		1		0.071	0.020	
Leucine.....g	0.451		0		1		0.128	0.036	
Lysine.....g	0.253		0		1		0.072	0.020	
Methionine.....g	0.119		0		1		0.034	0.010	
Cystine.....g	0.134		0		1		0.038	0.011	
Phenylalanine.....g	0.295		0		1		0.084	0.024	
Tyrosine.....g	0.191		0		1		0.054	0.015	
Valine.....g	0.290		0		1		0.082	0.023	
Arginine.....g	0.259		0		1		0.073	0.021	
Histidine.....g	0.131		0		1		0.037	0.010	
Alanine.....g	0.224		0		1		0.064	0.018	
Aspartic acid.....g	0.327		0		1		0.093	0.026	
Glutamic acid.....g	1.768		0		1		0.501	0.141	
Glycine.....g	0.208		0		1		0.059	0.017	
Proline.....g	0.598		0		1		0.170	0.048	
Serine.....g	0.343		0		1		0.097	0.027	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	13		0	FLC	4		3.783	1.067	
Carotene, alpha.....mcg	8		0	FLC	4		2.320	0.655	
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.229	0.065	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	203		0	FLC	4		57.494	16.224	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 8.0g: 1 cookie (1-5/8" square)

NDB No. 18192

Cookies, shortbread, commercially prepared, plain

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18209

Cookies, sugar wafers with creme filling, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.331		0	FLA	4		2.929	0.930	0.362
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.097		0	FLA	4		0.027	0.009	0.003
17:1.....g									
18:1 undifferentiated.....g	10.210		0	FLA	4		2.895	0.919	0.357
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.158		0	FLA	4		2.596	0.824	0.321
18:2 undifferentiated.....g	8.503		0	FLA	4		2.411	0.765	0.298
18:3 undifferentiated.....g	0.632		0	FLA	4		0.179	0.057	0.022
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		4		0.017	0.005	0.002
Threonine.....g	0.115		0		4		0.033	0.010	0.004
Isoleucine.....g	0.156		0		4		0.044	0.014	0.005
Leucine.....g	0.281		0		4		0.080	0.025	0.010
Lysine.....g	0.144		0		4		0.041	0.013	0.005
Methionine.....g	0.070		0		4		0.020	0.006	0.002
Cystine.....g	0.089		0		4		0.025	0.008	0.003
Phenylalanine.....g	0.194		0		4		0.055	0.017	0.007
Tyrosine.....g	0.118		0		4		0.033	0.011	0.004
Valine.....g	0.181		0		4		0.051	0.016	0.006
Arginine.....g	0.156		0		4		0.044	0.014	0.005
Histidine.....g	0.083		0		4		0.024	0.007	0.003
Alanine.....g	0.126		0		4		0.036	0.011	0.004
Aspartic acid.....g	0.174		0		4		0.049	0.016	0.006
Glutamic acid.....g	1.344		0		4		0.381	0.121	0.047
Glycine.....g	0.138		0		4		0.039	0.012	0.005
Proline.....g	0.453		0		4		0.128	0.041	0.016
Serine.....g	0.215		0		4		0.061	0.019	0.008
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.007	0.002	0.001
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.020	0.006	0.003
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0.258	0.082	0.032

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 9.0g: 1 wafer, large (3-1/2" x 1" x 1/2")

Measure 3 = 3.5g: 1 wafer, small (2-1/2" x 3/4" x 1/4")

NDB No. 18209

Cookies, sugar wafers with creme filling, regular

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18202

Cookies, sugar wafers with creme filling, special dietary

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.932		0	FLA	4		3.099	0.437	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.103		0	FLA	4		0.029	0.004	
17:1.....g									
18:1 undifferentiated.....g	10.804		0	FLA	4		3.063	0.432	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.684		0	FLA	4		2.745	0.387	
18:2 undifferentiated.....g	8.991		0	FLA	4		2.549	0.360	
18:3 undifferentiated.....g	0.668		0	FLA	4		0.189	0.027	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3		mg		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0		1		0.012	0.002	
Threonine.....g	0.085		0		1		0.024	0.003	
Isoleucine.....g	0.116		0		1		0.033	0.005	
Leucine.....g	0.209		0		1		0.059	0.008	
Lysine.....g	0.107		0		1		0.030	0.004	
Methionine.....g	0.052		0		1		0.015	0.002	
Cystine.....g	0.067		0		1		0.019	0.003	
Phenylalanine.....g	0.145		0		1		0.041	0.006	
Tyrosine.....g	0.088		0		1		0.025	0.004	
Valine.....g	0.135		0		1		0.038	0.005	
Arginine.....g	0.117		0		1		0.033	0.005	
Histidine.....g	0.062		0		1		0.018	0.002	
Alanine.....g	0.093		0		1		0.026	0.004	
Aspartic acid.....g	0.128		0		1		0.036	0.005	
Glutamic acid.....g	1.014		0		1		0.287	0.041	
Glycine.....g	0.104		0		1		0.029	0.004	
Proline.....g	0.342		0		1		0.097	0.014	
Serine.....g	0.161		0		1		0.046	0.006	
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 = 4.0g: 1 wafer

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18204

Cookies, sugar, commercially prepared, regular (includes vanilla)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.836		0	FLA	4		3.356	1.775	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0	FLA	4		0.009	0.005	
17:1.....g									
18:1 undifferentiated.....g	11.802		0	FLA	4		3.346	1.770	
20:1.....g	0.003		0	FLA	4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.660		0	FLA	4		0.754	0.399	
18:2 undifferentiated.....g	2.500		0	FLA	4		0.709	0.375	
18:3 undifferentiated.....g	0.130		0	FLA	4		0.037	0.020	
18:4.....g	0.002		0	FLA	4		0.001	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.016		0	FLA	4		0.005	0.002	
20:5 n-3.....g	0.008		0	FLA	4		0.002	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.005		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	51		1		1		14	8	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.020	0.011	
Threonine.....g	0.179		0		1		0.051	0.027	
Isoleucine.....g	0.230		0		1		0.065	0.035	
Leucine.....g	0.390		0		1		0.111	0.059	
Lysine.....g	0.256		0		1		0.073	0.038	
Methionine.....g	0.110		0		1		0.031	0.017	
Cystine.....g	0.104		0		1		0.029	0.016	
Phenylalanine.....g	0.250		0		1		0.071	0.038	
Tyrosine.....g	0.175		0		1		0.050	0.026	
Valine.....g	0.263		0		1		0.075	0.039	
Arginine.....g	0.221		0		1		0.063	0.033	
Histidine.....g	0.112		0		1		0.032	0.017	
Alanine.....g	0.190		0		1		0.054	0.029	
Aspartic acid.....g	0.310		0		1		0.088	0.047	
Glutamic acid.....g	1.355		0		1		0.384	0.203	
Glycine.....g	0.164		0		1		0.046	0.025	
Proline.....g	0.469		0		1		0.133	0.070	
Serine.....g	0.298		0		1		0.084	0.045	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.335	0.177	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.001	
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.304	0.161	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		0	FLC	4		10.789	5.708	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 15.0g: 1 cookie

NDB No. 18204

Cookies, sugar, commercially prepared, regular (includes vanilla)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18203

Cookies, sugar, commercially prepared, special dietary

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.243		0	FLA	4		1.486	0.367	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0	FLA	4		0.014	0.004	
17:1.....g									
18:1 undifferentiated.....g	5.180		0	FLA	4		1.469	0.363	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.755		0	FLA	4		1.348	0.333	
18:2 undifferentiated.....g	4.416		0	FLA	4		1.252	0.309	
18:3 undifferentiated.....g	0.327		0	FLA	4		0.093	0.023	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.008	0.002	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.028	0.007	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0.349	0.086	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 7.0g: 1 cookie, medium (1-5/8" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.189		0		1		2.889	1.426	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.006	0.003	
17:1.....g									
18:1 undifferentiated.....g	10.166		0		1		2.882	1.423	
20:1.....g	0.002		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	7.290		0		1		2.067	1.021	
18:2 undifferentiated.....g	6.962		0		1		1.974	0.975	
18:3 undifferentiated.....g	0.318		0		1		0.090	0.045	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.009		0		1		0.003	0.001	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.002		0		1		0.001	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0		1		7	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.073		0		1		0.021	0.010	
Threonine.....g	0.184		0		1		0.052	0.026	
Isoleucine.....g	0.230		0		1		0.065	0.032	
Leucine.....g	0.430		0		1		0.122	0.060	
Lysine.....g	0.192		0		1		0.054	0.027	
Methionine.....g	0.118		0		1		0.033	0.017	
Cystine.....g	0.122		0		1		0.035	0.017	
Phenylalanine.....g	0.298		0		1		0.084	0.042	
Tyrosine.....g	0.193		0		1		0.055	0.027	
Valine.....g	0.264		0		1		0.075	0.037	
Arginine.....g	0.251		0		1		0.071	0.035	
Histidine.....g	0.134		0		1		0.038	0.019	
Alanine.....g	0.208		0		1		0.059	0.029	
Aspartic acid.....g	0.307		0		1		0.087	0.043	
Glutamic acid.....g	1.775		0		1		0.503	0.249	
Glycine.....g	0.204		0		1		0.058	0.029	
Proline.....g	0.618		0		1		0.175	0.087	
Serine.....g	0.315		0		1		0.089	0.044	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	169		0	RA	4		48.010	23.709	
Carotene, alpha.....mcg	0		0	RA	4		0.008	0.004	
Cryptoxanthin, beta.....mcg	1		0	RA	4		0.166	0.082	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	28		0	RA	4		7.831	3.867	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 14.0g: 1 cookie (3" dia)

NDB No. 18208

Cookies, sugar, prepared from recipe, made with margarine

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

Cookies, sugar, refrigerated dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.761		0	FLA	4		1.999	3.058	3.334
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0	FLA	4		0.001	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	11.753		0	FLA	4		1.998	3.056	3.332
20:1.....g	0.001		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.620		0	FLA	4		0.445	0.681	0.743
18:2 undifferentiated.....g	2.485		0	FLA	4		0.422	0.646	0.704
18:3 undifferentiated.....g	0.132		0	FLA	4		0.022	0.034	0.037
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	0.001
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	29	2.106	13		1		5	8	8
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.010	0.015	0.017
Threonine.....g	0.138		0		1		0.023	0.036	0.039
Isoleucine.....g	0.178		0		1		0.030	0.046	0.050
Leucine.....g	0.306		0		1		0.052	0.080	0.087
Lysine.....g	0.185		0		1		0.031	0.048	0.052
Methionine.....g	0.086		0		1		0.015	0.022	0.024
Cystine.....g	0.094		0		1		0.016	0.024	0.027
Phenylalanine.....g	0.207		0		1		0.035	0.054	0.059
Tyrosine.....g	0.134		0		1		0.023	0.035	0.038
Valine.....g	0.204		0		1		0.035	0.053	0.058
Arginine.....g	0.184		0		1		0.031	0.048	0.052
Histidine.....g	0.090		0		1		0.015	0.023	0.026
Alanine.....g	0.154		0		1		0.026	0.040	0.044
Aspartic acid.....g	0.236		0		1		0.040	0.061	0.067
Glutamic acid.....g	1.207		0		1		0.205	0.314	0.342
Glycine.....g	0.144		0		1		0.024	0.037	0.041
Proline.....g	0.403		0		1		0.069	0.105	0.114
Serine.....g	0.246		0		1		0.042	0.064	0.070
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.039	0.059	0.065
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.001	0.001
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.045	0.069	0.075
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	8		0	FLC	4		1.313	2.009	2.190

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Common Measures:

Measure 1 = 17g: 1 cookie dough for 1 rolled cookie

Measure 2 = 26g: 1 cookie 1 pre-sliced cookie dough

Measure 3 = 28.35g: 1 oz

NDB No. 18205

Cookies, sugar, refrigerated dough

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18206

Cookies, sugar, refrigerated dough, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.010		0		1		1.952	2.992	3.688
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0		1		0.004	0.006	0.008
17:1.....g									
18:1 undifferentiated.....g	12.979		0		1		1.947	2.985	3.680
20:1.....g	0.003		0		1		0.000	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.891		0		1		0.434	0.665	0.820
18:2 undifferentiated.....g	2.731		0		1		0.410	0.628	0.774
18:3 undifferentiated.....g	0.143		0		1		0.021	0.033	0.041
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0		1		0.002	0.003	0.004
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	0.003		0		1		0.000	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0		1		5	7	9
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.010	0.015	0.019
Threonine.....g	0.153		0		1		0.023	0.035	0.043
Isoleucine.....g	0.197		0		1		0.030	0.045	0.056
Leucine.....g	0.340		0		1		0.051	0.078	0.096
Lysine.....g	0.205		0		1		0.031	0.047	0.058
Methionine.....g	0.096		0		1		0.014	0.022	0.027
Cystine.....g	0.105		0		1		0.016	0.024	0.030
Phenylalanine.....g	0.230		0		1		0.035	0.053	0.065
Tyrosine.....g	0.149		0		1		0.022	0.034	0.042
Valine.....g	0.227		0		1		0.034	0.052	0.064
Arginine.....g	0.205		0		1		0.031	0.047	0.058
Histidine.....g	0.100		0		1		0.015	0.023	0.028
Alanine.....g	0.171		0		1		0.026	0.039	0.048
Aspartic acid.....g	0.262		0		1		0.039	0.060	0.074
Glutamic acid.....g	1.341		0		1		0.201	0.308	0.380
Glycine.....g	0.160		0		1		0.024	0.037	0.045
Proline.....g	0.447		0		1		0.067	0.103	0.127
Serine.....g	0.273		0		1		0.041	0.063	0.077
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RPI	6		0	0	0
Theobromine.....mg	0		0	RPI	6		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	RPI	6		0.038	0.058	0.072
Carotene, alpha.....mcg	0		0	RPI	6		0.001	0.001	0.001
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.044	0.068	0.084
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	RPI	6		1.288	1.974	2.434

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Common Measures:

Measure 1 = 15.0g: 1 cookie 1 rolled cookie dough

Measure 2 = 23g: 1 cookie 1 pre-sliced cookie dough

Measure 3 = 28.35g: 1 oz

NDB No. 18206

Cookies, sugar, refrigerated dough, baked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18210

Cookies, vanilla sandwich with creme filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.437		0	FLA	4		2.392	1.266	0.844
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0	FLA	4		0.023	0.012	0.008
17:1.....g									
18:1 undifferentiated.....g	8.338		0	FLA	4		2.364	1.251	0.834
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.551		0	FLA	4		2.141	1.133	0.755
18:2 undifferentiated.....g	7.011		0	FLA	4		1.988	1.052	0.701
18:3 undifferentiated.....g	0.520		0	FLA	4		0.147	0.078	0.052
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.010	0.006
Threonine.....g	0.124		0		4		0.035	0.019	0.012
Isoleucine.....g	0.170		0		4		0.048	0.026	0.017
Leucine.....g	0.306		0		4		0.087	0.046	0.031
Lysine.....g	0.156		0		4		0.044	0.023	0.016
Methionine.....g	0.075		0		4		0.021	0.011	0.008
Cystine.....g	0.097		0		4		0.027	0.015	0.010
Phenylalanine.....g	0.212		0		4		0.060	0.032	0.021
Tyrosine.....g	0.128		0		4		0.036	0.019	0.013
Valine.....g	0.196		0		4		0.056	0.029	0.020
Arginine.....g	0.171		0		4		0.048	0.026	0.017
Histidine.....g	0.091		0		4		0.026	0.014	0.009
Alanine.....g	0.135		0		4		0.038	0.020	0.014
Aspartic acid.....g	0.187		0		4		0.053	0.028	0.019
Glutamic acid.....g	1.479		0		4		0.419	0.222	0.148
Glycine.....g	0.152		0		4		0.043	0.023	0.015
Proline.....g	0.499		0		4		0.141	0.075	0.050
Serine.....g	0.236		0		4		0.067	0.035	0.024
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.006	0.003	0.002
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.001	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.020	0.010	0.007
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0.250	0.132	0.088

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 15.0g: 1 cookie, oval (3-1/8" x 1-1/4" x 3/8")

Measure 3 = 10.0g: 1 cookie, round (1-3/4" dia)

NDB No. 18210

Cookies, vanilla sandwich with creme filling

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18213
Cookies, vanilla wafers, higher 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	11.076		0	FLA	4		3.140	0.665	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.074		0	FLA	4		3.139	0.664	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.437		0	FLA	4		0.691	0.146	
18:2 undifferentiated.....g	2.314		0	FLA	4		0.656	0.139	
18:3 undifferentiated.....g	0.123		0	FLA	4		0.035	0.007	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.062		0		4		0.018	0.004	
Threonine.....g	0.131		0		4		0.037	0.008	
Isoleucine.....g	0.169		0		4		0.048	0.010	
Leucine.....g	0.303		0		4		0.086	0.018	
Lysine.....g	0.165		0		4		0.047	0.010	
Methionine.....g	0.073		0		4		0.021	0.004	
Cystine.....g	0.093		0		4		0.026	0.006	
Phenylalanine.....g	0.200		0		4		0.057	0.012	
Tyrosine.....g	0.123		0		4		0.035	0.007	
Valine.....g	0.193		0		4		0.055	0.012	
Arginine.....g	0.163		0		4		0.046	0.010	
Histidine.....g	0.087		0		4		0.025	0.005	
Alanine.....g	0.136		0		4		0.039	0.008	
Aspartic acid.....g	0.199		0		4		0.056	0.012	
Glutamic acid.....g	1.375		0		4		0.390	0.083	
Glycine.....g	0.141		0		4		0.040	0.008	
Proline.....g	0.465		0		4		0.132	0.028	
Serine.....g	0.226		0		4		0.064	0.014	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 6.0g: 1 wafer

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18212

Cookies, vanilla wafers, lower 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	6.544		0	FLA	4		5.235	1.855	0.393
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.025	0.009	0.002
17:1.....g									
18:1 undifferentiated.....g	6.508		0	FLA	4		5.206	1.845	0.390
20:1.....g	0.003		0	FLA	4		0.002	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.887		0	FLA	4		3.110	1.102	0.233
18:2 undifferentiated.....g	3.625		0	FLA	4		2.900	1.028	0.218
18:3 undifferentiated.....g	0.231		0	FLA	4		0.185	0.065	0.014
18:4.....g	0.002		0	FLA	4		0.002	0.001	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		0	FLA	4		0.014	0.005	0.001
20:5 n-3.....g	0.008		0	FLA	4		0.006	0.002	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.005		0	FLA	4		0.004	0.001	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0	FLA	4		41	14	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0		1		0.054	0.019	0.004
Threonine.....g	0.169		0		1		0.135	0.048	0.010
Isoleucine.....g	0.213		0		1		0.170	0.060	0.013
Leucine.....g	0.365		0		1		0.292	0.103	0.022
Lysine.....g	0.230		0		1		0.184	0.065	0.014
Methionine.....g	0.105		0		1		0.084	0.030	0.006
Cystine.....g	0.110		0		1		0.088	0.031	0.007
Phenylalanine.....g	0.243		0		1		0.194	0.069	0.015
Tyrosine.....g	0.160		0		1		0.128	0.045	0.010
Valine.....g	0.244		0		1		0.195	0.069	0.015
Arginine.....g	0.221		0		1		0.177	0.063	0.013
Histidine.....g	0.106		0		1		0.085	0.030	0.006
Alanine.....g	0.188		0		1		0.150	0.053	0.011
Aspartic acid.....g	0.297		0		1		0.238	0.084	0.018
Glutamic acid.....g	1.335		0		1		1.068	0.378	0.080
Glycine.....g	0.167		0		1		0.134	0.047	0.010
Proline.....g	0.444		0		1		0.355	0.126	0.027
Serine.....g	0.293		0		1		0.234	0.083	0.018
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.991	0.351	0.074
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.001	0.000
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.916	0.325	0.069
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	41		0	FLA	4		32.422	11.489	2.432

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Common Measures:

- Measure 1 = 80g: 1 cup, crumbs
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 6.0g: 1 large

NDB No. 18212

Cookies, vanilla wafers, lower fat

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18236
Cracker meal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.152		0		1		0.175	0.043	
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	0.152		0		1		0.175	0.043	
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	0.722		0		1		0.830	0.205	
18:2 undifferentiated.....g	0.683		0		1		0.785	0.194	
18:3 undifferentiated.....g	0.039		0		1		0.045	0.011	
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		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.107		0		1		0.123	0.030	
Threonine.....g	0.247		0		1		0.284	0.070	
Isoleucine.....g	0.342		0		1		0.393	0.097	
Leucine.....g	0.639		0		1		0.735	0.181	
Lysine.....g	0.179		0		1		0.206	0.051	
Methionine.....g	0.162		0		1		0.186	0.046	
Cystine.....g	0.208		0		1		0.239	0.059	
Phenylalanine.....g	0.456		0		1		0.524	0.129	
Tyrosine.....g	0.253		0		1		0.291	0.072	
Valine.....g	0.388		0		1		0.446	0.110	
Arginine.....g	0.321		0		1		0.369	0.091	
Histidine.....g	0.196		0		1		0.225	0.056	
Alanine.....g	0.282		0		1		0.324	0.080	
Aspartic acid.....g	0.373		0		1		0.429	0.106	
Glutamic acid.....g	3.241		0		1		3.727	0.919	
Glycine.....g	0.316		0		1		0.363	0.090	
Proline.....g	1.087		0		1		1.250	0.308	
Serine.....g	0.448		0		1		0.515	0.127	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	76		0	FLC	4		86.920	21.428	

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Common Measures:

Measure 1 = 115g: 1 cup

Measure 2 = 28.35g: 1 oz

NDB No. 18236
Cracker meal

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18434
Crackers, cheese, low sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.852		0	BFZN	4		7.348	8.533	0.071
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.262		0	BFZN	4		0.162	0.189	0.002
17:1.....g									
18:1 undifferentiated.....g	11.467		0	BFZN	4		7.110	8.256	0.069
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.457		0	BFZN	4		1.523	1.769	0.015
18:2 undifferentiated.....g	2.250		0	BFZN	4		1.395	1.620	0.014
18:3 undifferentiated.....g	0.207		0	BFZN	4		0.128	0.149	0.001
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1		1		8	9	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0		1		0.080	0.093	0.001
Threonine.....g	0.295		0		1		0.183	0.212	0.002
Isoleucine.....g	0.424		0		1		0.263	0.305	0.003
Leucine.....g	0.744		0		1		0.461	0.536	0.004
Lysine.....g	0.418		0		1		0.259	0.301	0.003
Methionine.....g	0.194		0		1		0.120	0.140	0.001
Cystine.....g	0.168		0		1		0.104	0.121	0.001
Phenylalanine.....g	0.490		0		1		0.304	0.353	0.003
Tyrosine.....g	0.340		0		1		0.211	0.245	0.002
Valine.....g	0.478		0		1		0.296	0.344	0.003
Arginine.....g	0.386		0		1		0.239	0.278	0.002
Histidine.....g	0.245		0		1		0.152	0.176	0.001
Alanine.....g	0.304		0		1		0.188	0.219	0.002
Aspartic acid.....g	0.480		0		1		0.298	0.346	0.003
Glutamic acid.....g	3.034		0		1		1.881	2.184	0.018
Glycine.....g	0.302		0		1		0.187	0.217	0.002
Proline.....g	1.110		0		1		0.688	0.799	0.007
Serine.....g	0.521		0		1		0.323	0.375	0.003
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	63		0	FLA	4		38.824	45.086	0.376
Carotene, alpha.....mcg	0		0	FLA	4		0.014	0.017	0.000
Cryptoxanthin, beta.....mcg	17		0	FLA	4		10.505	12.199	0.102
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	34		0	FLA	4		21.036	24.429	0.204

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Common Measures:

- Measure 1 = 62g: 1 cup Cheez-its
- Measure 2 = 72g: 1 cup, crushed
- Measure 3 = 0.6g: 1 gold fish

NDB No. 18434
Crackers, cheese, low sodium

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18214
Crackers, cheese, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.105		0	FLA	4		7.505	8.716	0.073
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		0	FLA	4		0.167	0.194	0.002
17:1.....g									
18:1 undifferentiated.....g	11.700		0	FLA	4		7.254	8.424	0.070
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.472		0	FLA	4		1.533	1.780	0.015
18:2 undifferentiated.....g	2.339		0	FLA	4		1.450	1.684	0.014
18:3 undifferentiated.....g	0.132		0	FLA	4		0.082	0.095	0.001
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1		1		8	9	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.129		0		1		0.080	0.093	0.001
Threonine.....g	0.295		0		1		0.183	0.212	0.002
Isoleucine.....g	0.424		0		1		0.263	0.305	0.003
Leucine.....g	0.744		0		1		0.461	0.536	0.004
Lysine.....g	0.418		0		1		0.259	0.301	0.003
Methionine.....g	0.194		0		1		0.120	0.140	0.001
Cystine.....g	0.168		0		1		0.104	0.121	0.001
Phenylalanine.....g	0.490		0		1		0.304	0.353	0.003
Tyrosine.....g	0.340		0		1		0.211	0.245	0.002
Valine.....g	0.478		0		1		0.296	0.344	0.003
Arginine.....g	0.386		0		1		0.239	0.278	0.002
Histidine.....g	0.245		0		1		0.152	0.176	0.001
Alanine.....g	0.304		0		1		0.188	0.219	0.002
Aspartic acid.....g	0.480		0		1		0.298	0.346	0.003
Glutamic acid.....g	3.034		0		1		1.881	2.184	0.018
Glycine.....g	0.302		0		1		0.187	0.217	0.002
Proline.....g	1.110		0		1		0.688	0.799	0.007
Serine.....g	0.521		0		1		0.323	0.375	0.003
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	9		0	FLA	4		5.778	6.709	0.056
Carotene, alpha.....mcg	0		0	FLA	4		0.017	0.019	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.064	0.074	0.001
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	7		0	FLA	4		4.325	5.023	0.042

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Common Measures:

- Measure 1 = 62g: 1 cup, bite size
- Measure 2 = 72g: 1 cup, crushed
- Measure 3 = 0.6g: 1 gold fish

NDB No. 18214
Crackers, cheese, regular

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18927

Crackers, cheese, sandwich-type with cheese filling

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	4.81	0.269	6	A	1		1.88	0.31	
Energy.....kcal	490		0	NC	4		191	32	
Energy.....kj	2052		0	NC	4		800	133	
Protein.....g	8.92	0.106	6	A	1		3.48	0.58	
Total lipid (fat).....g	24.41	0.127	6	A	1		9.52	1.59	
Ash.....g	3.10	0.036	6	A	1		1.21	0.20	
Carbohydrate, by difference.....g	58.76		0	NC	4		22.92	3.82	
Fiber, total dietary.....g	1.9	0.125	3	A	1		0.7	0.1	
Sugars, total.....g	12.33	0.289	3	A	1		4.81	0.80	
Sucrose.....g	3.09	0.254	3	A	1		1.21	0.20	
Glucose (dextrose).....g	0.00	0.000	3	A	1		0.00	0.00	
Fructose.....g	0.00	0.000	3	A	1		0.00	0.00	
Lactose.....g	7.74	0.189	3	A	1		3.02	0.50	
Maltose.....g	1.49	0.136	3	A	1		0.58	0.10	
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	
Starch.....g	44.53	0.707	3	A	1		17.37	2.89	
Minerals:									
Calcium, Ca.....mg	89	1.151	6	A	1		35	6	
Iron, Fe.....mg	2.13	0.119	6	A	1		0.83	0.14	
Magnesium, Mg.....mg	28	0.179	6	A	1		11	2	
Phosphorus, P.....mg	288	8.318	6	A	1		112	19	
Potassium, K.....mg	295	3.083	6	A	1		115	19	
Sodium, Na.....mg	878	16.194	6	A	1		343	57	
Zinc, Zn.....mg	0.57	0.007	6	A	1		0.22	0.04	
Copper, Cu.....mg	0.242	0.020	6	A	1		0.094	0.016	
Manganese, Mn.....mg	0.497	0.005	6	A	1		0.194	0.032	
Selenium, Se.....mcg	10.0	1.985	3	A	1		3.9	0.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.6	0.932	3	A	1		1.0	0.2	
Thiamin.....mg	0.508	0.017	6	A	1		0.198	0.033	
Riboflavin.....mg	0.457	0.005	6	A	1		0.178	0.030	
Niacin.....mg	3.478	0.071	6	A	1		1.356	0.226	
Pantothenic acid.....mg	0.855	0.020	3	A	1		0.333	0.056	
Vitamin B-6.....mg	0.114	0.007	6	A	1		0.045	0.007	
Folate, total.....mcg	82	2.182	6	A	1		32	5	
Folic acid.....mcg	66		0	FLC	4		26	4	
Folate, food.....mcg	16		0	FLC	4		6	1	
Folate, DFE.....mcg_DFE	128		0	NC	4		50	8	
Vitamin B-12.....mcg	0.80	0.018	3	A	1		0.31	0.05	
Vitamin A, IU.....IU	39		0	NC	4		15	3	
Vitamin A, RAE.....mcg_RAE	2		0	NC	4		1	0	
Retinol.....mcg	11		0	FLC	4		4	1	
Vitamin E (alpha-tocopherol).....mg	1.99	0.117	3	A	1		0.78	0.13	
Tocopherol, beta.....mg	0.14	0.019	3	A	1		0.06	0.01	
Tocopherol, gamma.....mg	9.97	0.249	3	A	1		3.89	0.65	
Tocopherol, delta.....mg	2.64	0.125	3	A	1		1.03	0.17	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	20.5		2	A	1		8.0	1.3	
Lipids:									
Fatty acids, total saturated.....g	4.810		0	NC	4		1.876	0.313	
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	
6:0.....g	0.000	0.000	3	A	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	0.200	0.010	3	A	1		0.078	0.013	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	

Crackers, cheese, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	2.703	0.047	3	A	1		1.054	0.176	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	1.790	0.017	3	A	1		0.698	0.116	
20:0.....g	0.117	0.007	3	A	1		0.045	0.008	
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	14.307		0	NC	4		5.580	0.930	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.177	0.345	3	A	1		5.529	0.921	
20:1.....g	0.130	0.010	3	A	1		0.051	0.008	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.327		0	NC	4		0.907	0.151	
18:2 undifferentiated.....g	2.293	0.037	3	A	1		0.894	0.149	
18:3 undifferentiated.....g	0.033	0.033	3	A	1		0.013	0.002	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	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	6	0.094	3	A	1		2	0	
Phytosterols.....mg	44		0	FLC	4		17	3	
Amino Acids:									
Tryptophan.....g	0.110		0	FLC	4		0.043	0.007	
Threonine.....g	0.330		0	FLC	4		0.129	0.021	
Isoleucine.....g	0.357		0	FLC	4		0.139	0.023	
Leucine.....g	0.638		0	FLC	4		0.249	0.041	
Lysine.....g	0.386		0	FLC	4		0.150	0.025	
Methionine.....g	0.151		0	FLC	4		0.059	0.010	
Cystine.....g	0.155		0	FLC	4		0.060	0.010	
Phenylalanine.....g	0.350		0	FLC	4		0.136	0.023	
Tyrosine.....g	0.249		0	FLC	4		0.097	0.016	
Valine.....g	0.381		0	FLC	4		0.149	0.025	
Arginine.....g	0.292		0	FLC	4		0.114	0.019	
Histidine.....g	0.175		0	FLC	4		0.068	0.011	
Alanine.....g	0.298		0	FLC	4		0.116	0.019	
Aspartic acid.....g	0.518		0	FLC	4		0.202	0.034	
Glutamic acid.....g	2.161		0	FLC	4		0.843	0.140	
Glycine.....g	0.236		0	FLC	4		0.092	0.015	
Proline.....g	0.768		0	FLC	4		0.300	0.050	
Serine.....g	0.401		0	FLC	4		0.156	0.026	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLC	4		0.872	0.145	
Carotene, alpha.....mcg	0		0	FLC	4		0.012	0.002	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.017	0.003	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	FLC	4		3.349	0.558	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 18927

Crackers, cheese, sandwich-type with cheese filling

Common Measures:

Measure 1 = 39g: 6 cracker 1 cracker = 6.5g

Measure 2 = 6.5g: 1 sandwich

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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NDB No. 18215

Crackers, cheese, sandwich-type with peanut butter filling

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	3.28	0.076	6	A	1		1.28	0.21	0.47
Energy.....kcal	496		0	NC	4		193	32	70
Energy.....kj	2074		0	NC	4		809	135	295
Protein (N x 5.6).....g	12.41	0.140	6	A	1		4.84	0.81	1.76
Total lipid (fat).....g	25.12	0.075	6	A	1		9.80	1.63	3.57
Ash.....g	2.46	0.092	6	A	1		0.96	0.16	0.35
Carbohydrate, by difference.....g	56.74		0	NC	4		22.13	3.69	8.06
Fiber, total dietary.....g	3.4	0.193	3	A	1		1.3	0.2	0.5
Sugars, total.....g	6.98	0.535	3	A	1		2.72	0.45	0.99
Sucrose.....g	4.53	0.497	3	A	1		1.77	0.29	0.64
Glucose (dextrose).....g	1.68	0.083	3	A	1		0.66	0.11	0.24
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	0.77	0.092	3	A	1		0.30	0.05	0.11
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	44.98	1.537	3	A	1		17.54	2.92	6.39
Minerals:									
Calcium, Ca.....mg	50	0.919	6	A	1		20	3	7
Iron, Fe.....mg	2.72	0.126	6	A	1		1.06	0.18	0.39
Magnesium, Mg.....mg	56	0.741	6	A	1		22	4	8
Phosphorus, P.....mg	268	7.928	6	A	1		104	17	38
Potassium, K.....mg	218	4.677	6	A	1		85	14	31
Sodium, Na.....mg	710	2.171	3	A	1		277	46	101
Zinc, Zn.....mg	1.04	0.021	6	A	1		0.41	0.07	0.15
Copper, Cu.....mg	0.302	0.009	6	A	1		0.118	0.020	0.043
Manganese, Mn.....mg	0.822	0.011	6	A	1		0.320	0.053	0.117
Selenium, Se.....mcg	8.2		2	A	1		3.2	0.5	1.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.552	0.028	6	A	1		0.215	0.036	0.078
Riboflavin.....mg	0.294	0.010	6	A	1		0.115	0.019	0.042
Niacin.....mg	5.831	0.144	6	A	1		2.274	0.379	0.828
Pantothenic acid.....mg	0.485	0.018	3	A	1		0.189	0.032	0.069
Vitamin B-6.....mg	0.151	0.007	6	A	1		0.059	0.010	0.022
Folate, total.....mcg	94	2.330	5	A	1		37	6	13
Folic acid.....mcg	69		0	O	4		27	4	10
Folate, food.....mcg	25	1.393	8		1		10	2	4
Folate, DFE.....mcg_DFE	142		0	NC	4		55	9	20
Vitamin B-12.....mcg	0.28	0.007	3	A	1		0.11	0.02	0.04
Vitamin A, IU.....IU	2		0	NC	4		1	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	1		0	FLA	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.37	0.040	3	A	1		0.92	0.15	0.34
Tocopherol, beta.....mg	0.15	0.012	3	A	1		0.06	0.01	0.02
Tocopherol, gamma.....mg	7.14	0.313	3	A	1		2.79	0.46	1.01
Tocopherol, delta.....mg	1.92	0.120	3	A	1		0.75	0.12	0.27
Vitamin D.....IU	0.018		0	FLA	4		0.007	0.001	0.003
Vitamin K (phylloquinone).....mcg	12.0		2	A	1		4.7	0.8	1.7
Lipids:									
Fatty acids, total saturated.....g	4.406		0	NC	4		1.719	0.286	0.626
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	3	A	1		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									
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				

NDB No. 18215

Crackers, cheese, sandwich-type with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.307	0.370	3	A	1		1.290	0.215	0.470
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	0.550		2	A	1		0.214	0.036	0.078
20:0.....g	0.170	0.006	3	A	1		0.066	0.011	0.024
22:0.....g	0.380	0.012	3	A	1		0.148	0.025	0.054
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	13.003		0	NC	4		5.071	0.845	1.846
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	12.770	0.216	3	A	1		4.980	0.830	1.813
20:1.....g	0.233	0.009	3	A	1		0.091	0.015	0.033
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	5.093		0	NC	4		1.986	0.331	0.723
18:2 undifferentiated.....g	5.093	0.086	3	A	1		1.986	0.331	0.723
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	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	0.000	3	A	1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.135		0	FLA	4		0.053	0.009	0.019
Threonine.....g	0.415		0	FLA	4		0.162	0.027	0.059
Isoleucine.....g	0.451		0	FLA	4		0.176	0.029	0.064
Leucine.....g	0.846		0	FLA	4		0.330	0.055	0.120
Lysine.....g	0.415		0	FLA	4		0.162	0.027	0.059
Methionine.....g	0.180		0	FLA	4		0.070	0.012	0.026
Cystine.....g	0.198		0	FLA	4		0.077	0.013	0.028
Phenylalanine.....g	0.644		0	FLA	4		0.251	0.042	0.091
Tyrosine.....g	0.469		0	FLA	4		0.183	0.030	0.067
Valine.....g	0.529		0	FLA	4		0.206	0.034	0.075
Arginine.....g	1.164		0	FLA	4		0.454	0.076	0.165
Histidine.....g	0.306		0	FLA	4		0.119	0.020	0.043
Alanine.....g	0.474		0	FLA	4		0.185	0.031	0.067
Aspartic acid.....g	1.215		0	FLA	4		0.474	0.079	0.172
Glutamic acid.....g	3.148		0	FLA	4		1.228	0.205	0.447
Glycine.....g	0.651		0	FLA	4		0.254	0.042	0.092
Proline.....g	0.855		0	FLA	4		0.333	0.056	0.121
Serine.....g	0.626		0	FLA	4		0.244	0.041	0.089
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.090	0.015	0.033
Carotene, alpha.....mcg	0		0	FLA	4		0.011	0.002	0.004
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.015	0.003	0.006
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	7		0	FLA	4		2.742	0.457	0.998

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 18215

Crackers, cheese, sandwich-type with peanut butter filling

Common Measures:

Measure 1 = 39g: 6 cracker

Measure 2 = 6.5g: 1 sandwich

Measure 3 = 14.2g: .5 oz

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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NDB No. 18216
Crackers, crispbread, rye

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.165		0		1		0.091	0.017	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		1		0.007	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	0.146		0		1		0.080	0.015	0.003
20:1.....g	0.006		0		1		0.003	0.001	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	0.557		0		1		0.306	0.056	0.011
18:2 undifferentiated.....g	0.479		0		1		0.263	0.048	0.010
18:3 undifferentiated.....g	0.079		0		1		0.043	0.008	0.002
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.092		0		1		0.051	0.009	0.002
Threonine.....g	0.285		0		1		0.157	0.029	0.006
Isoleucine.....g	0.318		0		1		0.175	0.032	0.006
Leucine.....g	0.556		0		1		0.306	0.056	0.011
Lysine.....g	0.300		0		1		0.165	0.030	0.006
Methionine.....g	0.121		0		1		0.067	0.012	0.002
Cystine.....g	0.155		0		1		0.085	0.016	0.003
Phenylalanine.....g	0.403		0		1		0.222	0.040	0.008
Tyrosine.....g	0.168		0		1		0.092	0.017	0.003
Valine.....g	0.404		0		1		0.222	0.040	0.008
Arginine.....g	0.366		0		1		0.201	0.037	0.007
Histidine.....g	0.179		0		1		0.098	0.018	0.004
Alanine.....g	0.342		0		1		0.188	0.034	0.007
Aspartic acid.....g	0.564		0		1		0.310	0.056	0.011
Glutamic acid.....g	2.160		0		1		1.188	0.216	0.043
Glycine.....g	0.310		0		1		0.171	0.031	0.006
Proline.....g	0.822		0		1		0.452	0.082	0.016
Serine.....g	0.431		0		1		0.237	0.043	0.009
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLM	4		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	194		0	FLM	4		106.498	19.363	3.873

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

Common Measures:

- Measure 1 = 55g: 1 cup, crushed
- Measure 2 = 10.0g: 1 crispbread
- Measure 3 = 2.0g: 1 wafer, thin

NDB No. 18216
Crackers, crispbread, rye

Calories Factors: Protein 3.2

Fat 8.4

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18218
Crackers, matzo, egg

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.612		0		1		0.171	0.087	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.043		0		1		0.012	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.564		0		1		0.158	0.080	
20:1.....g	0.004		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.473		0		1		0.132	0.067	
18:2 undifferentiated.....g	0.427		0		1		0.120	0.061	
18:3 undifferentiated.....g	0.020		0		1		0.006	0.003	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0		1		0.006	0.003	
20:5 n-3.....g	0.001		0		1		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.005		0		1		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	83		0	FLA	4		23	12	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.151		0		1		0.042	0.021	
Threonine.....g	0.384		0		1		0.108	0.055	
Isoleucine.....g	0.472		0		1		0.132	0.067	
Leucine.....g	0.886		0		1		0.248	0.126	
Lysine.....g	0.389		0		1		0.109	0.055	
Methionine.....g	0.248		0		1		0.069	0.035	
Cystine.....g	0.268		0		1		0.075	0.038	
Phenylalanine.....g	0.624		0		1		0.175	0.089	
Tyrosine.....g	0.397		0		1		0.111	0.056	
Valine.....g	0.544		0		1		0.152	0.077	
Arginine.....g	0.544		0		1		0.152	0.077	
Histidine.....g	0.278		0		1		0.078	0.039	
Alanine.....g	0.450		0		1		0.126	0.064	
Aspartic acid.....g	0.656		0		1		0.184	0.093	
Glutamic acid.....g	3.666		0		1		1.026	0.521	
Glycine.....g	0.438		0		1		0.123	0.062	
Proline.....g	1.251		0		1		0.350	0.178	
Serine.....g	0.673		0		1		0.188	0.096	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28g: 1 matzo

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18400
Crackers, matzo, egg and onion

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.987		0		1		0.276	0.140	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0		1		0.018	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.914		0		1		0.256	0.130	
20:1.....g	0.006		0		1		0.002	0.001	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.001		0		1		0.280	0.142	
18:2 undifferentiated.....g	0.916		0		1		0.256	0.130	
18:3 undifferentiated.....g	0.045		0		1		0.013	0.006	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.031		0		1		0.009	0.004	
20:5 n-3.....g	0.001		0		1		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.008		0		1		0.002	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	45		0	FLA	4		13	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.123		0		1		0.034	0.017	
Threonine.....g	0.297		0		1		0.083	0.042	
Isoleucine.....g	0.370		0		1		0.104	0.053	
Leucine.....g	0.702		0		1		0.197	0.100	
Lysine.....g	0.282		0		1		0.079	0.040	
Methionine.....g	0.190		0		1		0.053	0.027	
Cystine.....g	0.213		0		1		0.060	0.030	
Phenylalanine.....g	0.501		0		1		0.140	0.071	
Tyrosine.....g	0.315		0		1		0.088	0.045	
Valine.....g	0.425		0		1		0.119	0.060	
Arginine.....g	0.434		0		1		0.122	0.062	
Histidine.....g	0.223		0		1		0.062	0.032	
Alanine.....g	0.348		0		1		0.097	0.049	
Aspartic acid.....g	0.493		0		1		0.138	0.070	
Glutamic acid.....g	3.087		0		1		0.864	0.438	
Glycine.....g	0.358		0		1		0.100	0.051	
Proline.....g	1.055		0		1		0.295	0.150	
Serine.....g	0.526		0		1		0.147	0.075	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28g: 1 matzo

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18217
Crackers, matzo, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.127		0		1		0.036	0.018	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.127		0		1		0.036	0.018	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.603		0		1		0.169	0.086	
18:2 undifferentiated.....g	0.570		0		1		0.160	0.081	
18:3 undifferentiated.....g	0.032		0		1		0.009	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.116		0		1		0.032	0.016	
Threonine.....g	0.267		0		1		0.075	0.038	
Isoleucine.....g	0.371		0		1		0.104	0.053	
Leucine.....g	0.692		0		1		0.194	0.098	
Lysine.....g	0.193		0		1		0.054	0.027	
Methionine.....g	0.176		0		1		0.049	0.025	
Cystine.....g	0.225		0		1		0.063	0.032	
Phenylalanine.....g	0.494		0		1		0.138	0.070	
Tyrosine.....g	0.274		0		1		0.077	0.039	
Valine.....g	0.420		0		1		0.118	0.060	
Arginine.....g	0.348		0		1		0.097	0.049	
Histidine.....g	0.213		0		1		0.060	0.030	
Alanine.....g	0.306		0		1		0.086	0.043	
Aspartic acid.....g	0.404		0		1		0.113	0.057	
Glutamic acid.....g	3.509		0		1		0.983	0.498	
Glycine.....g	0.343		0		1		0.096	0.049	
Proline.....g	1.177		0		1		0.330	0.167	
Serine.....g	0.485		0		1		0.136	0.069	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	18		0	FLM	4		4.932	2.501	

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Common Measures:

Measure 1 = 28g: 1 matzo

Measure 2 = 14.2g: .5 oz

NDB No. 18217
Crackers, matzo, plain

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18219
Crackers, matzo, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.194		0		1		0.054	0.028	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.184		0		1		0.052	0.026	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.653		0		1		0.183	0.093	
18:2 undifferentiated.....g	0.618		0		1		0.173	0.088	
18:3 undifferentiated.....g	0.033		0		1		0.009	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.001	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.206		0		1		0.058	0.029	
Threonine.....g	0.382		0		1		0.107	0.054	
Isoleucine.....g	0.489		0		1		0.137	0.069	
Leucine.....g	0.889		0		1		0.249	0.126	
Lysine.....g	0.371		0		1		0.104	0.053	
Methionine.....g	0.204		0		1		0.057	0.029	
Cystine.....g	0.308		0		1		0.086	0.044	
Phenylalanine.....g	0.620		0		1		0.174	0.088	
Tyrosine.....g	0.385		0		1		0.108	0.055	
Valine.....g	0.597		0		1		0.167	0.085	
Arginine.....g	0.631		0		1		0.177	0.090	
Histidine.....g	0.310		0		1		0.087	0.044	
Alanine.....g	0.475		0		1		0.133	0.067	
Aspartic acid.....g	0.688		0		1		0.193	0.098	
Glutamic acid.....g	4.112		0		1		1.151	0.584	
Glycine.....g	0.541		0		1		0.151	0.077	
Proline.....g	1.351		0		1		0.378	0.192	
Serine.....g	0.622		0		1		0.174	0.088	
Hydroxyproline.....g									
<u>Others:</u>									
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 = 28g: 1 matzo
 Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.7

Food Group: 18 Baked Products

NDB No. 18220
Crackers, melba toast, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.782		0		1		0.235	0.258	0.023
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		1		0.006	0.007	0.001
17:1.....g									
18:1 undifferentiated.....g	0.762		0		1		0.229	0.251	0.023
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.282		0		1		0.385	0.423	0.038
18:2 undifferentiated.....g	1.210		0		1		0.363	0.399	0.036
18:3 undifferentiated.....g	0.071		0		1		0.021	0.023	0.002
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.140		0		1		0.042	0.046	0.004
Threonine.....g	0.342		0		1		0.103	0.113	0.010
Isoleucine.....g	0.462		0		1		0.139	0.152	0.014
Leucine.....g	0.844		0		1		0.253	0.279	0.025
Lysine.....g	0.280		0		1		0.084	0.092	0.008
Methionine.....g	0.214		0		1		0.064	0.071	0.006
Cystine.....g	0.265		0		1		0.080	0.087	0.008
Phenylalanine.....g	0.596		0		1		0.179	0.197	0.018
Tyrosine.....g	0.339		0		1		0.102	0.112	0.010
Valine.....g	0.520		0		1		0.156	0.172	0.016
Arginine.....g	0.435		0		1		0.131	0.144	0.013
Histidine.....g	0.261		0		1		0.078	0.086	0.008
Alanine.....g	0.395		0		1		0.119	0.130	0.012
Aspartic acid.....g	0.532		0		1		0.160	0.176	0.016
Glutamic acid.....g	4.086		0		1		1.226	1.348	0.123
Glycine.....g	0.424		0		1		0.127	0.140	0.013
Proline.....g	1.366		0		1		0.410	0.451	0.041
Serine.....g	0.586		0		1		0.176	0.193	0.018
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0		4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0		4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	74		0	FLA	4		22.148	24.363	2.215

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

Common Measures:

- Measure 1 = 30g: 1 cup pieces
- Measure 2 = 33g: 1 cup, rounds
- Measure 3 = 3.0g: 1 melba round

NDB No. 18220

Crackers, melba toast, plain

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18424

Crackers, melba toast, plain, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.782		0		4		0.547	0.235	0.258
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		4		0.014	0.006	0.007
17:1.....g									
18:1 undifferentiated.....g	0.762		0		4		0.533	0.229	0.251
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.282		0		4		0.897	0.385	0.423
18:2 undifferentiated.....g	1.210		0		4		0.847	0.363	0.399
18:3 undifferentiated.....g	0.071		0		4		0.050	0.021	0.023
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0		4		0.098	0.042	0.046
Threonine.....g	0.342		0		4		0.239	0.103	0.113
Isoleucine.....g	0.462		0		4		0.323	0.139	0.152
Leucine.....g	0.844		0		4		0.591	0.253	0.279
Lysine.....g	0.280		0		4		0.196	0.084	0.092
Methionine.....g	0.214		0		4		0.150	0.064	0.071
Cystine.....g	0.265		0		4		0.186	0.080	0.087
Phenylalanine.....g	0.596		0		4		0.417	0.179	0.197
Tyrosine.....g	0.339		0		4		0.237	0.102	0.112
Valine.....g	0.520		0		4		0.364	0.156	0.172
Arginine.....g	0.435		0		4		0.305	0.131	0.144
Histidine.....g	0.261		0		4		0.183	0.078	0.086
Alanine.....g	0.395		0		4		0.277	0.119	0.130
Aspartic acid.....g	0.532		0		4		0.372	0.160	0.176
Glutamic acid.....g	4.086		0		4		2.860	1.226	1.348
Glycine.....g	0.424		0		4		0.297	0.127	0.140
Proline.....g	1.366		0		4		0.956	0.410	0.451
Serine.....g	0.586		0		4		0.410	0.176	0.193
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 = 70g: 1 cup, crushed
- Measure 2 = 30g: 1 cup pieces
- Measure 3 = 33g: 1 cup, rounds

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

NDB No. 18221

Crackers, melba toast, rye (includes pumpernickel)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		4		0.129	0.045	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0		4		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.879		0		4		0.125	0.044	
20:1.....g	0.004		0		4		0.001	0.000	
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.347		0		4		0.191	0.067	
18:2 undifferentiated.....g	1.241		0		4		0.176	0.062	
18:3 undifferentiated.....g	0.106		0		4		0.015	0.005	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.132		0		4		0.019	0.007	
Threonine.....g	0.361		0		4		0.051	0.018	
Isoleucine.....g	0.445		0		4		0.063	0.022	
Leucine.....g	0.796		0		4		0.113	0.040	
Lysine.....g	0.337		0		4		0.048	0.017	
Methionine.....g	0.190		0		4		0.027	0.010	
Cystine.....g	0.237		0		4		0.034	0.012	
Phenylalanine.....g	0.569		0		4		0.081	0.028	
Tyrosine.....g	0.289		0		4		0.041	0.014	
Valine.....g	0.529		0		4		0.075	0.026	
Arginine.....g	0.459		0		4		0.065	0.023	
Histidine.....g	0.251		0		4		0.036	0.013	
Alanine.....g	0.425		0		4		0.060	0.021	
Aspartic acid.....g	0.634		0		4		0.090	0.032	
Glutamic acid.....g	3.525		0		4		0.501	0.176	
Glycine.....g	0.419		0		4		0.059	0.021	
Proline.....g	1.237		0		4		0.176	0.062	
Serine.....g	0.581		0		4		0.083	0.029	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		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 = 14.2g: .5 oz
 Measure 2 = 5.0g: 1 toast

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

NDB No. 18222
Crackers, melba toast, wheat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.544		0		1		0.077	0.027	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.526		0		1		0.075	0.026	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.910		0		1		0.129	0.046	
18:2 undifferentiated.....g	0.858		0		1		0.122	0.043	
18:3 undifferentiated.....g	0.050		0		1		0.007	0.003	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.171		0		1		0.024	0.009	
Threonine.....g	0.371		0		1		0.053	0.019	
Isoleucine.....g	0.489		0		1		0.069	0.024	
Leucine.....g	0.884		0		1		0.126	0.044	
Lysine.....g	0.344		0		1		0.049	0.017	
Methionine.....g	0.213		0		1		0.030	0.011	
Cystine.....g	0.284		0		1		0.040	0.014	
Phenylalanine.....g	0.615		0		1		0.087	0.031	
Tyrosine.....g	0.371		0		1		0.053	0.019	
Valine.....g	0.571		0		1		0.081	0.029	
Arginine.....g	0.533		0		1		0.076	0.027	
Histidine.....g	0.286		0		1		0.041	0.014	
Alanine.....g	0.446		0		1		0.063	0.022	
Aspartic acid.....g	0.628		0		1		0.089	0.031	
Glutamic acid.....g	4.122		0		1		0.585	0.206	
Glycine.....g	0.484		0		1		0.069	0.024	
Proline.....g	1.366		0		1		0.194	0.068	
Serine.....g	0.613		0		1		0.087	0.031	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 14.2g: .5 oz
 Measure 2 = 5.0g: 1 toast

Calories Factors: Protein 3.8 Fat 8.6 Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18223
Crackers, milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.479		0	FLA	4		0.713	0.920	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.087		0	FLA	4		0.010	0.012	
17:1.....g									
18:1 undifferentiated.....g	6.367		0	FLA	4		0.700	0.904	
20:1.....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.749		0	FLA	4		0.632	0.816	
18:2 undifferentiated.....g	5.335		0	FLA	4		0.587	0.758	
18:3 undifferentiated.....g	0.395		0	FLA	4		0.043	0.056	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	FLA	4		1	2	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.100		0		4		0.011	0.014	
Threonine.....g	0.221		0		4		0.024	0.031	
Isoleucine.....g	0.289		0		4		0.032	0.041	
Leucine.....g	0.541		0		4		0.060	0.077	
Lysine.....g	0.241		0		4		0.027	0.034	
Methionine.....g	0.138		0		4		0.015	0.020	
Cystine.....g	0.159		0		4		0.017	0.023	
Phenylalanine.....g	0.376		0		4		0.041	0.053	
Tyrosine.....g	0.237		0		4		0.026	0.034	
Valine.....g	0.333		0		4		0.037	0.047	
Arginine.....g	0.307		0		4		0.034	0.044	
Histidine.....g	0.167		0		4		0.018	0.024	
Alanine.....g	0.246		0		4		0.027	0.035	
Aspartic acid.....g	0.345		0		4		0.038	0.049	
Glutamic acid.....g	2.482		0		4		0.273	0.352	
Glycine.....g	0.264		0		4		0.029	0.037	
Proline.....g	0.858		0		4		0.094	0.122	
Serine.....g	0.399		0		4		0.044	0.057	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	3		0	FLA	4		0.352	0.454	
Carotene, alpha.....mcg	0		0	FLA	4		0.039	0.051	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.042	0.054	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	16		0	FLA	4		1.771	2.286	

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Common Measures:

Measure 1 = 11.0g: 1 cracker

Measure 2 = 14.2g: .5 oz

NDB No. 18223
Crackers, milk

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18224
Crackers, rusk toast

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.755		0	FLA	4		0.276	0.391	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065		0	FLA	4		0.007	0.009	
17:1.....g									
18:1 undifferentiated.....g	2.678		0	FLA	4		0.268	0.380	
20:1.....g	0.005		0	FLA	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.310		0	FLA	4		0.231	0.328	
18:2 undifferentiated.....g	2.114		0	FLA	4		0.211	0.300	
18:3 undifferentiated.....g	0.143		0	FLA	4		0.014	0.020	
18:4.....g	0.003		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	FLA	4		0.003	0.004	
20:5 n-3.....g	0.013		0	FLA	4		0.001	0.002	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.008		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	78		0	FLA	4		8	11	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.171		0		1		0.017	0.024	
Threonine.....g	0.512		0		1		0.051	0.073	
Isoleucine.....g	0.610		0		1		0.061	0.087	
Leucine.....g	1.010		0		1		0.101	0.143	
Lysine.....g	0.684		0		1		0.068	0.097	
Methionine.....g	0.290		0		1		0.029	0.041	
Cystine.....g	0.272		0		1		0.027	0.039	
Phenylalanine.....g	0.668		0		1		0.067	0.095	
Tyrosine.....g	0.471		0		1		0.047	0.067	
Valine.....g	0.684		0		1		0.068	0.097	
Arginine.....g	0.649		0		1		0.065	0.092	
Histidine.....g	0.309		0		1		0.031	0.044	
Alanine.....g	0.606		0		1		0.061	0.086	
Aspartic acid.....g	0.944		0		1		0.094	0.134	
Glutamic acid.....g	3.192		0		1		0.319	0.453	
Glycine.....g	0.498		0		1		0.050	0.071	
Proline.....g	1.052		0		1		0.105	0.149	
Serine.....g	0.768		0		1		0.077	0.109	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 10.0g: 1 rusk

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 3.9

Fat 8.9

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18225

Crackers, rye, sandwich-type with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.236		0	FLA	4		1.738	0.857	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.004	0.002	
17:1.....g									
18:1 undifferentiated.....g	12.191		0	FLA	4		1.731	0.853	
20:1.....g	0.001		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.863		0	FLA	4		0.407	0.200	
18:2 undifferentiated.....g	2.702		0	FLA	4		0.384	0.189	
18:3 undifferentiated.....g	0.161		0	FLA	4		0.023	0.011	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1		1		1	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.115		0		1		0.016	0.008	
Threonine.....g	0.286		0		1		0.041	0.020	
Isoleucine.....g	0.354		0		1		0.050	0.025	
Leucine.....g	0.649		0		1		0.092	0.045	
Lysine.....g	0.333		0		1		0.047	0.023	
Methionine.....g	0.161		0		1		0.023	0.011	
Cystine.....g	0.185		0		1		0.026	0.013	
Phenylalanine.....g	0.442		0		1		0.063	0.031	
Tyrosine.....g	0.273		0		1		0.039	0.019	
Valine.....g	0.417		0		1		0.059	0.029	
Arginine.....g	0.396		0		1		0.056	0.028	
Histidine.....g	0.208		0		1		0.030	0.015	
Alanine.....g	0.319		0		1		0.045	0.022	
Aspartic acid.....g	0.510		0		1		0.072	0.036	
Glutamic acid.....g	2.729		0		1		0.388	0.191	
Glycine.....g	0.330		0		1		0.047	0.023	
Proline.....g	0.972		0		1		0.138	0.068	
Serine.....g	0.459		0		1		0.065	0.032	
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 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18226
Crackers, rye, wafers, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.152		0		1		0.093	0.017	0.022
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.002	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.145		0		1		0.088	0.016	0.021
20:1.....g	0.004		0		1		0.002	0.000	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.397		0		1		0.242	0.044	0.056
18:2 undifferentiated.....g	0.349		0		1		0.213	0.038	0.050
18:3 undifferentiated.....g	0.048		0		1		0.029	0.005	0.007
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		1.488	0.268	0.346
Carotene, alpha.....mcg	1		0	FLA	4		0.577	0.104	0.134
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.187	0.034	0.044
Lycopene.....mcg	0		0	FLA	4		0.018	0.003	0.004
Lutein + zeaxanthin.....mcg	245		0	FLA	4		149.501	26.959	34.802

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

Common Measures:

Measure 1 = 61g: 1 cup, crushed

Measure 2 = 11.0g: 1 cracker (4-1/2" x 2-1/2" x 1/8")

Measure 3 = 14.2g: .5 oz

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.7

Food Group: 18 Baked Products

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

NDB No. 18227
Crackers, rye, wafers, seasoned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.270		0	FLA	4		0.464	0.719	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	FLA	4		0.005	0.008	
17:1.....g									
18:1 undifferentiated.....g	3.215		0	FLA	4		0.457	0.707	
20:1.....g	0.011		0	FLA	4		0.002	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.608		0	FLA	4		0.512	0.794	
18:2 undifferentiated.....g	3.283		0	FLA	4		0.466	0.722	
18:3 undifferentiated.....g	0.318		0	FLA	4		0.045	0.070	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.2g: .5 oz
 Measure 2 = 22g: 1 cracker, triple

Calories Factors: Protein 3 Fat 8.8 Carbohydrate 3.7

Food Group: 18 Baked Products

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

NDB No. 18228

Crackers, saltines (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.422		0	FLA	4		4.495	2.890	0.193
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.004	0.002	0.000
17:1.....g									
18:1 undifferentiated.....g	6.417		0	FLA	4		4.492	2.888	0.193
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.679		0	FLA	4		1.175	0.756	0.050
18:2 undifferentiated.....g	1.593		0	FLA	4		1.115	0.717	0.048
18:3 undifferentiated.....g	0.086		0	FLA	4		0.060	0.039	0.003
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	9		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0		1		0.085	0.055	0.004
Threonine.....g	0.256		0		1		0.179	0.115	0.008
Isoleucine.....g	0.334		0		1		0.234	0.150	0.010
Leucine.....g	0.632		0		1		0.442	0.284	0.019
Lysine.....g	0.258		0		1		0.181	0.116	0.008
Methionine.....g	0.159		0		1		0.111	0.072	0.005
Cystine.....g	0.198		0		1		0.139	0.089	0.006
Phenylalanine.....g	0.452		0		1		0.316	0.203	0.014
Tyrosine.....g	0.274		0		1		0.192	0.123	0.008
Valine.....g	0.387		0		1		0.271	0.174	0.012
Arginine.....g	0.366		0		1		0.256	0.165	0.011
Histidine.....g	0.198		0		1		0.139	0.089	0.006
Alanine.....g	0.292		0		1		0.204	0.131	0.009
Aspartic acid.....g	0.394		0		1		0.276	0.177	0.012
Glutamic acid.....g	3.066		0		1		2.146	1.380	0.092
Glycine.....g	0.324		0		1		0.227	0.146	0.010
Proline.....g	1.046		0		1		0.732	0.471	0.031
Serine.....g	0.472		0		1		0.330	0.212	0.014
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0		4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	FLA	4		6.175	3.970	0.265

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

Common Measures:

Measure 1 = 70g: 1 cup, crushed

Measure 2 = 45g: 1 cup oyster crackers

Measure 3 = 3.0g: 1 cracker

NDB No. 18228

Crackers, saltines (includes oyster, soda, soup)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18457

Crackers, saltines, fat-free, low-sodium

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.142		0		1		0.021	0.043	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.138		0		1		0.021	0.041	
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	0.685		0		1		0.103	0.206	
18:2 undifferentiated.....g	0.647		0		1		0.097	0.194	
18:3 undifferentiated.....g	0.038		0		1		0.006	0.011	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.138		0		1		0.021	0.041	
Threonine.....g	0.287		0		1		0.043	0.086	
Isoleucine.....g	0.378		0		1		0.057	0.113	
Leucine.....g	0.716		0		1		0.107	0.215	
Lysine.....g	0.290		0		1		0.044	0.087	
Methionine.....g	0.180		0		1		0.027	0.054	
Cystine.....g	0.224		0		1		0.034	0.067	
Phenylalanine.....g	0.514		0		1		0.077	0.154	
Tyrosine.....g	0.309		0		1		0.046	0.093	
Valine.....g	0.439		0		1		0.066	0.132	
Arginine.....g	0.413		0		1		0.062	0.124	
Histidine.....g	0.224		0		1		0.034	0.067	
Alanine.....g	0.327		0		1		0.049	0.098	
Aspartic acid.....g	0.443		0		1		0.066	0.133	
Glutamic acid.....g	3.494		0		1		0.524	1.048	
Glycine.....g	0.367		0		1		0.055	0.110	
Proline.....g	1.190		0		1		0.179	0.357	
Serine.....g	0.536		0		1		0.080	0.161	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	FLA	4		1.323	2.647	

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

Common Measures:

Measure 1 = 15.0g: 3 saltines

Measure 2 = 30g: 6 saltines

NDB No. 18457

Crackers, saltines, fat-free, low-sodium

Calories Factors: Protein 4

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.422		0	BFZN	4		2.890	0.193	0.642
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	BFZN	4		0.002	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	6.417		0	BFZN	4		2.888	0.193	0.642
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.679		0	BFZN	4		0.756	0.050	0.168
18:2 undifferentiated.....g	1.593		0	BFZN	4		0.717	0.048	0.159
18:3 undifferentiated.....g	0.086		0	BFZN	4		0.039	0.003	0.009
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	9		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.122		0		4		0.055	0.004	0.012
Threonine.....g	0.256		0		4		0.115	0.008	0.026
Isoleucine.....g	0.334		0		4		0.150	0.010	0.033
Leucine.....g	0.632		0		4		0.284	0.019	0.063
Lysine.....g	0.258		0		4		0.116	0.008	0.026
Methionine.....g	0.159		0		4		0.072	0.005	0.016
Cystine.....g	0.198		0		4		0.089	0.006	0.020
Phenylalanine.....g	0.452		0		4		0.203	0.014	0.045
Tyrosine.....g	0.274		0		4		0.123	0.008	0.027
Valine.....g	0.387		0		4		0.174	0.012	0.039
Arginine.....g	0.366		0		4		0.165	0.011	0.037
Histidine.....g	0.198		0		4		0.089	0.006	0.020
Alanine.....g	0.292		0		4		0.131	0.009	0.029
Aspartic acid.....g	0.394		0		4		0.177	0.012	0.039
Glutamic acid.....g	3.066		0		4		1.380	0.092	0.307
Glycine.....g	0.324		0		4		0.146	0.010	0.032
Proline.....g	1.046		0		4		0.471	0.031	0.105
Serine.....g	0.472		0		4		0.212	0.014	0.047
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	9		0	FLA	4		3.970	0.265	0.882

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

Common Measures:

Measure 1 = 45g: 1 cup oyster crackers

Measure 2 = 3.0g: 1 cracker

Measure 3 = 10.0g: 1 cracker, round large

NDB No. 18425

Crackers, saltines, low salt (includes oyster, soda, soup)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18426

Crackers, saltines, unsalted tops (includes oyster, soda, soup)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.422		0	BFZN	4		0.193	0.912	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	BFZN	4		0.000	0.001	
17:1.....g									
18:1 undifferentiated.....g	6.417		0	BFZN	4		0.193	0.911	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.679		0	BFZN	4		0.050	0.238	
18:2 undifferentiated.....g	1.593		0	BFZN	4		0.048	0.226	
18:3 undifferentiated.....g	0.086		0	BFZN	4		0.003	0.012	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	9		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.122		0		4		0.004	0.017	
Threonine.....g	0.256		0		4		0.008	0.036	
Isoleucine.....g	0.334		0		4		0.010	0.047	
Leucine.....g	0.632		0		4		0.019	0.090	
Lysine.....g	0.258		0		4		0.008	0.037	
Methionine.....g	0.159		0		4		0.005	0.023	
Cystine.....g	0.198		0		4		0.006	0.028	
Phenylalanine.....g	0.452		0		4		0.014	0.064	
Tyrosine.....g	0.274		0		4		0.008	0.039	
Valine.....g	0.387		0		4		0.012	0.055	
Arginine.....g	0.366		0		4		0.011	0.052	
Histidine.....g	0.198		0		4		0.006	0.028	
Alanine.....g	0.292		0		4		0.009	0.041	
Aspartic acid.....g	0.394		0		4		0.012	0.056	
Glutamic acid.....g	3.066		0		4		0.092	0.435	
Glycine.....g	0.324		0		4		0.010	0.046	
Proline.....g	1.046		0		4		0.031	0.149	
Serine.....g	0.472		0		4		0.014	0.067	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 3.0g: 1 cracker

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18229

Crackers, standard snack-type, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.640		0	FLA	4		6.597	7.661	0.064
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.098		0	FLA	4		0.061	0.071	0.001
17:1.....g									
18:1 undifferentiated.....g	10.517		0	FLA	4		6.521	7.572	0.063
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.545		0	FLA	4		5.918	6.872	0.057
18:2 undifferentiated.....g	8.865		0	FLA	4		5.496	6.383	0.053
18:3 undifferentiated.....g	0.655		0	FLA	4		0.406	0.472	0.004
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	7		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		1		0.056	0.066	0.001
Threonine.....g	0.202		0		1		0.125	0.145	0.001
Isoleucine.....g	0.255		0		1		0.158	0.184	0.002
Leucine.....g	0.507		0		1		0.314	0.365	0.003
Lysine.....g	0.164		0		1		0.102	0.118	0.001
Methionine.....g	0.131		0		1		0.081	0.094	0.001
Cystine.....g	0.157		0		1		0.097	0.113	0.001
Phenylalanine.....g	0.371		0		1		0.230	0.267	0.002
Tyrosine.....g	0.223		0		1		0.138	0.161	0.001
Valine.....g	0.296		0		1		0.184	0.213	0.002
Arginine.....g	0.298		0		1		0.185	0.215	0.002
Histidine.....g	0.164		0		1		0.102	0.118	0.001
Alanine.....g	0.238		0		1		0.148	0.171	0.001
Aspartic acid.....g	0.313		0		1		0.194	0.225	0.002
Glutamic acid.....g	2.475		0		1		1.535	1.782	0.015
Glycine.....g	0.265		0		1		0.164	0.191	0.002
Proline.....g	0.854		0		1		0.529	0.615	0.005
Serine.....g	0.367		0		1		0.228	0.264	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0		4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	11		0	FLA	4		7.048	8.184	0.068

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

Common Measures:

Measure 1 = 62g: 1 cup, bite size

Measure 2 = 72g: 1 cup, crushed

Measure 3 = 0.6g: 1 cracker, bite size

NDB No. 18229

Crackers, standard snack-type, regular

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18427

Crackers, standard snack-type, regular, low salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.640		0	BFZN	4		6.597	7.661	0.064
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.098		0	BFZN	4		0.061	0.071	0.001
17:1.....g									
18:1 undifferentiated.....g	10.517		0	BFZN	4		6.521	7.572	0.063
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.545		0	BFZN	4		5.918	6.872	0.057
18:2 undifferentiated.....g	8.865		0	BFZN	4		5.496	6.383	0.053
18:3 undifferentiated.....g	0.655		0	BFZN	4		0.406	0.472	0.004
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	7		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.091		0		4		0.056	0.066	0.001
Threonine.....g	0.202		0		4		0.125	0.145	0.001
Isoleucine.....g	0.255		0		4		0.158	0.184	0.002
Leucine.....g	0.507		0		4		0.314	0.365	0.003
Lysine.....g	0.164		0		4		0.102	0.118	0.001
Methionine.....g	0.131		0		4		0.081	0.094	0.001
Cystine.....g	0.157		0		4		0.097	0.113	0.001
Phenylalanine.....g	0.371		0		4		0.230	0.267	0.002
Tyrosine.....g	0.223		0		4		0.138	0.161	0.001
Valine.....g	0.296		0		4		0.184	0.213	0.002
Arginine.....g	0.298		0		4		0.185	0.215	0.002
Histidine.....g	0.164		0		4		0.102	0.118	0.001
Alanine.....g	0.238		0		4		0.148	0.171	0.001
Aspartic acid.....g	0.313		0		4		0.194	0.225	0.002
Glutamic acid.....g	2.475		0		4		1.535	1.782	0.015
Glycine.....g	0.265		0		4		0.164	0.191	0.002
Proline.....g	0.854		0		4		0.529	0.615	0.005
Serine.....g	0.367		0		4		0.228	0.264	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	11		0	FLA	4		7.048	8.184	0.068

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

Common Measures:

Measure 1 = 62g: 1 cup, bite size

Measure 2 = 72g: 1 cup, crushed

Measure 3 = 0.6g: 1 cracker, bite size

NDB No. 18427

Crackers, standard snack-type, regular, low salt

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18230

Crackers, standard snack-type, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.254		0	FLA	4		1.598	0.788	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.058		0	FLA	4		0.008	0.004	
17:1.....g									
18:1 undifferentiated.....g	11.165		0	FLA	4		1.585	0.782	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.567		0	FLA	4		0.365	0.180	
18:2 undifferentiated.....g	2.415		0	FLA	4		0.343	0.169	
18:3 undifferentiated.....g	0.153		0	FLA	4		0.022	0.011	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.120		0		1		0.017	0.008	
Threonine.....g	0.266		0		1		0.038	0.019	
Isoleucine.....g	0.348		0		1		0.049	0.024	
Leucine.....g	0.649		0		1		0.092	0.045	
Lysine.....g	0.293		0		1		0.042	0.021	
Methionine.....g	0.165		0		1		0.023	0.012	
Cystine.....g	0.189		0		1		0.027	0.013	
Phenylalanine.....g	0.447		0		1		0.063	0.031	
Tyrosine.....g	0.279		0		1		0.040	0.020	
Valine.....g	0.398		0		1		0.057	0.028	
Arginine.....g	0.361		0		1		0.051	0.025	
Histidine.....g	0.204		0		1		0.029	0.014	
Alanine.....g	0.290		0		1		0.041	0.020	
Aspartic acid.....g	0.414		0		1		0.059	0.029	
Glutamic acid.....g	2.977		0		1		0.423	0.208	
Glycine.....g	0.309		0		1		0.044	0.022	
Proline.....g	1.031		0		1		0.146	0.072	
Serine.....g	0.470		0		1		0.067	0.033	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	5		0	FLA	4		0.684	0.337	
Carotene, alpha.....mcg	0		0	FLA	4		0.005	0.003	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.012	0.006	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	FLA	4		1.382	0.681	

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Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

NDB No. 18230

Crackers, standard snack-type, sandwich, with cheese filling

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

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	2.93	0.148	6	A	1		1.14	0.19	0.42
Energy.....kcal	494		0	NC	4		193	32	70
Energy.....kj	2067		0	NC	4		806	134	293
Protein (N x 5.6).....g	11.47	0.185	6	A	1		4.47	0.75	1.63
Total lipid (fat).....g	24.54	0.343	6	A	1		9.57	1.60	3.48
Ash.....g	2.68	0.077	6	A	1		1.04	0.17	0.38
Carbohydrate, by difference.....g	58.38		0	NC	4		22.77	3.79	8.29
Fiber, total dietary.....g	2.3	0.177	3	A	1		0.9	0.2	0.3
Sugars, total.....g	10.50	1.040	3	A	1		4.10	0.68	1.49
Sucrose.....g	6.57	0.259	3	A	1		2.56	0.43	0.93
Glucose (dextrose).....g	2.76	0.722	3	A	1		1.08	0.18	0.39
Fructose.....g	0.51	0.201	3	A	1		0.20	0.03	0.07
Lactose.....g	0.07	0.071	3	A	1		0.03	0.00	0.01
Maltose.....g	0.59	0.055	3	A	1		0.23	0.04	0.08
Galactose.....g	0.00	0.000	3	A	1		0.00	0.00	0.00
Starch.....g	40.78	0.703	3	A	1		15.91	2.65	5.79
Minerals:									
Calcium, Ca.....mg	81	16.041	6	A	1		31	5	11
Iron, Fe.....mg	2.77	0.244	6	A	1		1.08	0.18	0.39
Magnesium, Mg.....mg	55	1.048	6	A	1		21	4	8
Phosphorus, P.....mg	274	2.545	6	A	1		107	18	39
Potassium, K.....mg	215	5.131	6	A	1		84	14	31
Sodium, Na.....mg	718	22.579	6	A	1		280	47	102
Zinc, Zn.....mg	1.13	0.019	6	A	1		0.44	0.07	0.16
Copper, Cu.....mg	0.324	0.047	6	A	1		0.126	0.021	0.046
Manganese, Mn.....mg	0.784	0.020	6	A	1		0.306	0.051	0.111
Selenium, Se.....mcg	10.8	1.519	3	A	1		4.2	0.7	1.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	A	1		0.0	0.0	0.0
Thiamin.....mg	0.489	0.011	6	A	1		0.191	0.032	0.069
Riboflavin.....mg	0.271	0.008	6	A	1		0.106	0.018	0.038
Niacin.....mg	6.114	0.073	6	A	1		2.385	0.397	0.868
Pantothenic acid.....mg	0.476	0.022	3	A	1		0.186	0.031	0.068
Vitamin B-6.....mg	0.148	0.004	6	A	1		0.058	0.010	0.021
Folate, total.....mcg	86	2.241	6	A	1		34	6	12
Folic acid.....mcg	52		0	O	4		20	3	7
Folate, food.....mcg	34		0		4		13	2	5
Folate, DFE.....mcg_DFE	122		0	NC	4		48	8	17
Vitamin B-12.....mcg	0.01		0	FLC	4		0.00	0.00	0.00
Vitamin A, IU.....IU	4		0	NC	4		2	0	1
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	1		0	FLC	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	2.06	0.250	3	A	1		0.80	0.13	0.29
Tocopherol, beta.....mg	0.16	0.003	3	A	1		0.06	0.01	0.02
Tocopherol, gamma.....mg	7.49	0.025	3	A	1		2.92	0.49	1.06
Tocopherol, delta.....mg	2.11	0.187	3	A	1		0.82	0.14	0.30
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.5		2	A	1		3.7	0.6	1.4
Lipids:									
Fatty acids, total saturated.....g	4.913		0	NC	4		1.916	0.319	0.698
4:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	3	A	1		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		1	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. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion 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	3.077	0.408	3	A	1		1.200	0.200	0.437
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:0.....g	1.250	0.360	3	A	1		0.487	0.081	0.177
20:0.....g	0.190	0.005	3	A	1		0.074	0.012	0.027
22:0.....g	0.397	0.021	3	A	1		0.155	0.026	0.056
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	13.776		0	NC	4		5.373	0.895	1.956
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	13.559	0.433	3	A	1		5.288	0.881	1.925
20:1.....g	0.217	0.002	3	A	1		0.085	0.014	0.031
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	4.655		0	NC	4		1.816	0.303	0.661
18:2 undifferentiated.....g	4.655	0.076	3	A	1		1.816	0.303	0.661
18:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	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		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	49		0	FLC	4		19	3	7
Stigmasterol.....mg	0		0	FLC	4		0	0	0
Campesterol.....mg	0		0	FLC	4		0	0	0
Beta-sitosterol.....mg	0		0	FLC	4		0	0	0
Amino Acids:									
Tryptophan.....g	0.125		0	FLC	4		0.049	0.008	0.018
Threonine.....g	0.354		0	FLC	4		0.138	0.023	0.050
Isoleucine.....g	0.400		0	FLC	4		0.156	0.026	0.057
Leucine.....g	0.762		0	FLC	4		0.297	0.050	0.108
Lysine.....g	0.339		0	FLC	4		0.132	0.022	0.048
Methionine.....g	0.170		0	FLC	4		0.066	0.011	0.024
Cystine.....g	0.191		0	FLC	4		0.074	0.012	0.027
Phenylalanine.....g	0.582		0	FLC	4		0.227	0.038	0.083
Tyrosine.....g	0.408		0	FLC	4		0.159	0.027	0.058
Valine.....g	0.471		0	FLC	4		0.184	0.031	0.067
Arginine.....g	0.933		0	FLC	4		0.364	0.061	0.132
Histidine.....g	0.272		0	FLC	4		0.106	0.018	0.039
Alanine.....g	0.412		0	FLC	4		0.161	0.027	0.059
Aspartic acid.....g	0.959		0	FLC	4		0.374	0.062	0.136
Glutamic acid.....g	3.066		0	FLC	4		1.196	0.199	0.435
Glycine.....g	0.553		0	FLC	4		0.216	0.036	0.079
Proline.....g	0.892		0	FLC	4		0.348	0.058	0.127
Serine.....g	0.566		0	FLC	4		0.221	0.037	0.080
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.134	0.022	0.049
Carotene, alpha.....mcg	0		0	FLC	4		0.014	0.002	0.005
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.020	0.003	0.007
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	10		0	FLC	4		3.728	0.621	1.357

NDB No. 18231

Crackers, standard snack-type, sandwich, with peanut butter filling

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 = 39g: 6 cracker

Measure 2 = 6.5g: 1 sandwich

Measure 3 = 14.2g: .5 oz

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18428
Crackers, wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.448		0	BFZN	4		0.343		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	11.442		0	BFZN	4		0.343		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.796		0	BFZN	4		0.084		
18:2 undifferentiated.....g	2.653		0	BFZN	4		0.080		
18:3 undifferentiated.....g	0.140		0	BFZN	4		0.004		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		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		2		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.124		0		4		0.004		
Threonine.....g	0.242		0		4		0.007		
Isoleucine.....g	0.314		0		4		0.009		
Leucine.....g	0.582		0		4		0.017		
Lysine.....g	0.236		0		4		0.007		
Methionine.....g	0.138		0		4		0.004		
Cystine.....g	0.193		0		4		0.006		
Phenylalanine.....g	0.412		0		4		0.012		
Tyrosine.....g	0.250		0		4		0.008		
Valine.....g	0.375		0		4		0.011		
Arginine.....g	0.375		0		4		0.011		
Histidine.....g	0.193		0		4		0.006		
Alanine.....g	0.289		0		4		0.009		
Aspartic acid.....g	0.406		0		4		0.012		
Glutamic acid.....g	2.765		0		4		0.083		
Glycine.....g	0.328		0		4		0.010		
Proline.....g	0.925		0		4		0.028		
Serine.....g	0.418		0		4		0.013		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	81		0	FLA	4		2.433		

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

Common Measures:

Measure 1 = 3.0g: 1 cup, crushed

NDB No. 18428
Crackers, wheat, low salt

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18232
Crackers, wheat, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.448		0	FLA	4		9.502		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLA	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	11.442		0	FLA	4		9.497		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.796		0	FLA	4		2.321		
18:2 undifferentiated.....g	2.653		0	FLA	4		2.202		
18:3 undifferentiated.....g	0.140		0	FLA	4		0.116		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		0.001		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.124		0		1		0.103		
Threonine.....g	0.242		0		1		0.201		
Isoleucine.....g	0.314		0		1		0.261		
Leucine.....g	0.582		0		1		0.483		
Lysine.....g	0.236		0		1		0.196		
Methionine.....g	0.138		0		1		0.115		
Cystine.....g	0.193		0		1		0.160		
Phenylalanine.....g	0.412		0		1		0.342		
Tyrosine.....g	0.250		0		1		0.208		
Valine.....g	0.375		0		1		0.311		
Arginine.....g	0.375		0		1		0.311		
Histidine.....g	0.193		0		1		0.160		
Alanine.....g	0.289		0		1		0.240		
Aspartic acid.....g	0.406		0		1		0.337		
Glutamic acid.....g	2.765		0		1		2.295		
Glycine.....g	0.328		0		1		0.272		
Proline.....g	0.925		0		1		0.768		
Serine.....g	0.418		0		1		0.347		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.000		
Carotene, alpha.....mcg	0		0	FLA	4		0.009		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.033		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	81		0	FLA	4		67.302		

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

Common Measures:

Measure 1 = 83g: 1 cup, crushed

NDB No. 18232
Crackers, wheat, regular

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18233

Crackers, wheat, sandwich, with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.351		0	FLA	4		1.470	0.725	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.119		0	FLA	4		0.017	0.008	
17:1.....g									
18:1 undifferentiated.....g	10.196		0	FLA	4		1.448	0.714	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.166		0	FLA	4		1.302	0.642	
18:2 undifferentiated.....g	8.505		0	FLA	4		1.208	0.595	
18:3 undifferentiated.....g	0.637		0	FLA	4		0.090	0.045	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		2		1		1	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.130		0		1		0.018	0.009	
Threonine.....g	0.298		0		1		0.042	0.021	
Isoleucine.....g	0.383		0		1		0.054	0.027	
Leucine.....g	0.698		0		1		0.099	0.049	
Lysine.....g	0.344		0		1		0.049	0.024	
Methionine.....g	0.167		0		1		0.024	0.012	
Cystine.....g	0.194		0		1		0.028	0.014	
Phenylalanine.....g	0.472		0		1		0.067	0.033	
Tyrosine.....g	0.300		0		1		0.043	0.021	
Valine.....g	0.438		0		1		0.062	0.031	
Arginine.....g	0.408		0		1		0.058	0.029	
Histidine.....g	0.219		0		1		0.031	0.015	
Alanine.....g	0.322		0		1		0.046	0.023	
Aspartic acid.....g	0.506		0		1		0.072	0.035	
Glutamic acid.....g	2.996		0		1		0.425	0.210	
Glycine.....g	0.339		0		1		0.048	0.024	
Proline.....g	1.036		0		1		0.147	0.073	
Serine.....g	0.494		0		1		0.070	0.035	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18234

Crackers, wheat, sandwich, with peanut butter filling

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.766		0	FLA	4		1.671	0.824	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0	FLA	4		0.009	0.004	
17:1.....g									
18:1 undifferentiated.....g	11.594		0	FLA	4		1.646	0.812	
20:1.....g	0.097		0	FLA	4		0.014	0.007	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.862		0	FLA	4		1.258	0.620	
18:2 undifferentiated.....g	8.436		0	FLA	4		1.198	0.591	
18:3 undifferentiated.....g	0.411		0	FLA	4		0.058	0.029	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.164		0		1		0.023	0.011	
Threonine.....g	0.418		0		1		0.059	0.029	
Isoleucine.....g	0.488		0		1		0.069	0.034	
Leucine.....g	0.908		0		1		0.129	0.064	
Lysine.....g	0.437		0		1		0.062	0.031	
Methionine.....g	0.198		0		1		0.028	0.014	
Cystine.....g	0.239		0		1		0.034	0.017	
Phenylalanine.....g	0.674		0		1		0.096	0.047	
Tyrosine.....g	0.464		0		1		0.066	0.032	
Valine.....g	0.575		0		1		0.082	0.040	
Arginine.....g	1.034		0		1		0.147	0.072	
Histidine.....g	0.319		0		1		0.045	0.022	
Alanine.....g	0.490		0		1		0.070	0.034	
Aspartic acid.....g	1.092		0		1		0.155	0.076	
Glutamic acid.....g	3.667		0		1		0.521	0.257	
Glycine.....g	0.633		0		1		0.090	0.044	
Proline.....g	1.082		0		1		0.154	0.076	
Serine.....g	0.674		0		1		0.096	0.047	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 14.2g: .5 oz

Measure 2 = 7.0g: 1 cracker, sandwich

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18235
Crackers, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.880		0	FLA	4		5.527	0.235	0.588
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.011	0.000	0.001
17:1.....g									
18:1 undifferentiated.....g	5.868		0	FLA	4		5.516	0.235	0.587
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.596		0	FLA	4		6.200	0.264	0.660
18:2 undifferentiated.....g	6.218		0	FLA	4		5.845	0.249	0.622
18:3 undifferentiated.....g	0.376		0	FLA	4		0.353	0.015	0.038
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.002	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0		1		0.129	0.005	0.014
Threonine.....g	0.256		0		1		0.241	0.010	0.026
Isoleucine.....g	0.329		0		1		0.309	0.013	0.033
Leucine.....g	0.600		0		1		0.564	0.024	0.060
Lysine.....g	0.245		0		1		0.230	0.010	0.025
Methionine.....g	0.137		0		1		0.129	0.005	0.014
Cystine.....g	0.206		0		1		0.194	0.008	0.021
Phenylalanine.....g	0.419		0		1		0.394	0.017	0.042
Tyrosine.....g	0.259		0		1		0.243	0.010	0.026
Valine.....g	0.401		0		1		0.377	0.016	0.040
Arginine.....g	0.416		0		1		0.391	0.017	0.042
Histidine.....g	0.206		0		1		0.194	0.008	0.021
Alanine.....g	0.315		0		1		0.296	0.013	0.032
Aspartic acid.....g	0.456		0		1		0.429	0.018	0.046
Glutamic acid.....g	2.804		0		1		2.636	0.112	0.280
Glycine.....g	0.358		0		1		0.337	0.014	0.036
Proline.....g	0.922		0		1		0.867	0.037	0.092
Serine.....g	0.419		0		1		0.394	0.017	0.042
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	179		0	FLA	4		167.974	7.148	17.870

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

Measure 2 = 4.0g: 1 cracker

Measure 3 = 10.0g: 10 Triscuit Bits

NDB No. 18235
Crackers, whole-wheat

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18429
Crackers, whole-wheat, low salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.880		0	BFZN	4		5.527	0.235	0.235
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	BFZN	4		0.011	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.868		0	BFZN	4		5.516	0.235	0.235
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.596		0	BFZN	4		6.200	0.264	0.264
18:2 undifferentiated.....g	6.218		0	BFZN	4		5.845	0.249	0.249
18:3 undifferentiated.....g	0.376		0	BFZN	4		0.353	0.015	0.015
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	BFZN	4		0.002	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.137		0		4		0.129	0.005	0.005
Threonine.....g	0.256		0		4		0.241	0.010	0.010
Isoleucine.....g	0.329		0		4		0.309	0.013	0.013
Leucine.....g	0.600		0		4		0.564	0.024	0.024
Lysine.....g	0.245		0		4		0.230	0.010	0.010
Methionine.....g	0.137		0		4		0.129	0.005	0.005
Cystine.....g	0.206		0		4		0.194	0.008	0.008
Phenylalanine.....g	0.419		0		4		0.394	0.017	0.017
Tyrosine.....g	0.259		0		4		0.243	0.010	0.010
Valine.....g	0.401		0		4		0.377	0.016	0.016
Arginine.....g	0.416		0		4		0.391	0.017	0.017
Histidine.....g	0.206		0		4		0.194	0.008	0.008
Alanine.....g	0.315		0		4		0.296	0.013	0.013
Aspartic acid.....g	0.456		0		4		0.429	0.018	0.018
Glutamic acid.....g	2.804		0		4		2.636	0.112	0.112
Glycine.....g	0.358		0		4		0.337	0.014	0.014
Proline.....g	0.922		0		4		0.867	0.037	0.037
Serine.....g	0.419		0		4		0.394	0.017	0.017
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	179		0	FLA	4		167.974	7.148	7.148

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

Common Measures:

Measure 1 = 94g: 1 cup, crushed

Measure 2 = 4.0g: 1 cracker

Measure 3 = 4.0g: 1 cracker, square

NDB No. 18429

Crackers, whole-wheat, low salt

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18237

Cream puffs, prepared from recipe, shell (includes eclair)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.128		0		1		3.155	5.341	7.344
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.137		0		1		0.039	0.066	0.090
17:1.....g									
18:1 undifferentiated.....g	10.973		0		1		3.111	5.267	7.242
20:1.....g	0.013		0		1		0.004	0.006	0.009
22:1 undifferentiated.....g	0.001		0		1		0.000	0.000	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.380		0		1		2.092	3.542	4.871
18:2 undifferentiated.....g	6.987		0		1		1.981	3.354	4.611
18:3 undifferentiated.....g	0.309		0		1		0.088	0.148	0.204
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	0.065		0		1		0.018	0.031	0.043
20:5 n-3.....g	0.002		0		1		0.001	0.001	0.001
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.017		0		1		0.005	0.008	0.011
Fatty acids, total trans.....g									
Cholesterol.....mg	196		0		1		56	94	129
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.110		0		1		0.031	0.053	0.073
Threonine.....g	0.367		0		1		0.104	0.176	0.242
Isoleucine.....g	0.430		0		1		0.122	0.206	0.284
Leucine.....g	0.718		0		1		0.204	0.345	0.474
Lysine.....g	0.497		0		1		0.141	0.239	0.328
Methionine.....g	0.238		0		1		0.067	0.114	0.157
Cystine.....g	0.199		0		1		0.056	0.096	0.131
Phenylalanine.....g	0.466		0		1		0.132	0.224	0.308
Tyrosine.....g	0.335		0		1		0.095	0.161	0.221
Valine.....g	0.485		0		1		0.137	0.233	0.320
Arginine.....g	0.473		0		1		0.134	0.227	0.312
Histidine.....g	0.209		0		1		0.059	0.100	0.138
Alanine.....g	0.424		0		1		0.120	0.204	0.280
Aspartic acid.....g	0.721		0		1		0.204	0.346	0.476
Glutamic acid.....g	1.801		0		1		0.511	0.864	1.189
Glycine.....g	0.305		0		1		0.086	0.146	0.201
Proline.....g	0.596		0		1		0.169	0.286	0.393
Serine.....g	0.589		0		1		0.167	0.283	0.389
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RC	4		0	0	0
Theobromine.....mg	0		0	RC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	164		0	RC	4		46.511	78.748	108.279
Carotene, alpha.....mcg	0		0	RC	4		0.005	0.009	0.012
Cryptoxanthin, beta.....mcg	4		0	RC	4		1.176	1.991	2.737
Lycopene.....mcg	0		0	RC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	157		0	RC	4		44.604	75.520	103.839

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 48g: 1 eclair (5" x 2" x 1-3/4")

Measure 3 = 66g: 1 cream puff shell

NDB No. 18237

Cream puffs, prepared from recipe, shell (includes eclair)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18238

Cream puffs, prepared from recipe, shell, with custard filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.527		0		1		1.850	8.485	5.874
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.108		0		1		0.031	0.140	0.097
17:1.....g									
18:1 undifferentiated.....g	6.406		0		1		1.816	8.328	5.765
20:1.....g	0.009		0		1		0.003	0.012	0.008
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.156		0		1		1.178	5.403	3.740
18:2 undifferentiated.....g	3.918		0		1		1.111	5.093	3.526
18:3 undifferentiated.....g	0.182		0		1		0.052	0.237	0.164
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	0.044		0		1		0.012	0.057	0.040
20:5 n-3.....g	0.001		0		1		0.000	0.001	0.001
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.011		0		1		0.003	0.014	0.010
Fatty acids, total trans.....g									
Cholesterol.....mg	134		0		1		38	174	121
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.024	0.108	0.075
Threonine.....g	0.283		0		1		0.080	0.368	0.255
Isoleucine.....g	0.339		0		1		0.096	0.441	0.305
Leucine.....g	0.558		0		1		0.158	0.725	0.502
Lysine.....g	0.411		0		1		0.117	0.534	0.370
Methionine.....g	0.179		0		1		0.051	0.233	0.161
Cystine.....g	0.133		0		1		0.038	0.173	0.120
Phenylalanine.....g	0.342		0		1		0.097	0.445	0.308
Tyrosine.....g	0.264		0		1		0.075	0.343	0.238
Valine.....g	0.381		0		1		0.108	0.495	0.343
Arginine.....g	0.338		0		1		0.096	0.439	0.304
Histidine.....g	0.160		0		1		0.045	0.208	0.144
Alanine.....g	0.307		0		1		0.087	0.399	0.276
Aspartic acid.....g	0.547		0		1		0.155	0.711	0.492
Glutamic acid.....g	1.280		0		1		0.363	1.664	1.152
Glycine.....g	0.211		0		1		0.060	0.274	0.190
Proline.....g	0.452		0		1		0.128	0.588	0.407
Serine.....g	0.431		0		1		0.122	0.560	0.388
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	84		0	RA	4		23.720	108.771	75.303
Carotene, alpha.....mcg	0		0	RA	4		0.003	0.012	0.008
Cryptoxanthin, beta.....mcg	2		0	RA	4		0.600	2.750	1.904
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	80		0	RA	4		22.748	104.311	72.216

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 130g: 1 cream puff

Measure 3 = 90g: 1 eclair (5" x 2" x 1-3/4")

NDB No. 18238

Cream puffs, prepared from recipe, shell, with custard filling

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18240
Croissants, apple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.393		0	FLA	4		0.678	1.364	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.057	0.114	
17:1.....g									
18:1 undifferentiated.....g	2.169		0		1		0.615	1.236	
20:1.....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.628		0	FLA	4		0.178	0.358	
18:2 undifferentiated.....g	0.600		0		1		0.170	0.342	
18:3 undifferentiated.....g	0.118		0		1		0.033	0.067	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		1		0.005	0.011	
20:5 n-3.....g	0.001		0		1		0.000	0.001	
22:5 n-3.....g									
22:6 n-3.....g	0.005		0		1		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	31		0	FLA	4		9	18	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.024	0.049	
Threonine.....g	0.256		0		1		0.073	0.146	
Isoleucine.....g	0.325		0		1		0.092	0.185	
Leucine.....g	0.556		0		1		0.158	0.317	
Lysine.....g	0.318		0		1		0.090	0.181	
Methionine.....g	0.151		0		1		0.043	0.086	
Cystine.....g	0.140		0		1		0.040	0.080	
Phenylalanine.....g	0.359		0		1		0.102	0.205	
Tyrosine.....g	0.243		0		1		0.069	0.139	
Valine.....g	0.368		0		1		0.104	0.210	
Arginine.....g	0.309		0		1		0.088	0.176	
Histidine.....g	0.166		0		1		0.047	0.095	
Alanine.....g	0.296		0		1		0.084	0.169	
Aspartic acid.....g	0.456		0		1		0.129	0.260	
Glutamic acid.....g	1.970		0		1		0.558	1.123	
Glycine.....g	0.296		0		1		0.084	0.169	
Proline.....g	0.712		0		1		0.202	0.406	
Serine.....g	0.383		0		1		0.109	0.218	
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 = 57g: 1 croissant, medium

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18239
Croissants, butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.525		0	FLA	4		1.566	1.547	2.321
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.429		0	FLA	4		0.122	0.120	0.180
17:1.....g									
18:1 undifferentiated.....g	4.822		0	FLA	4		1.367	1.350	2.025
20:1.....g	0.001		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.094		0	FLA	4		0.310	0.306	0.459
18:2 undifferentiated.....g	0.795		0	FLA	4		0.225	0.223	0.334
18:3 undifferentiated.....g	0.289		0	FLA	4		0.082	0.081	0.121
18:4.....g	0.001		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.002	0.003
20:5 n-3.....g	0.003		0	FLA	4		0.001	0.001	0.001
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0	FLA	4		19	19	28
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.028	0.028	0.042
Threonine.....g	0.284		0		1		0.081	0.080	0.119
Isoleucine.....g	0.365		0		1		0.103	0.102	0.153
Leucine.....g	0.623		0		1		0.177	0.174	0.262
Lysine.....g	0.329		0		1		0.093	0.092	0.138
Methionine.....g	0.175		0		1		0.050	0.049	0.074
Cystine.....g	0.172		0		1		0.049	0.048	0.072
Phenylalanine.....g	0.416		0		1		0.118	0.116	0.175
Tyrosine.....g	0.271		0		1		0.077	0.076	0.114
Valine.....g	0.410		0		1		0.116	0.115	0.172
Arginine.....g	0.339		0		1		0.096	0.095	0.142
Histidine.....g	0.187		0		1		0.053	0.052	0.079
Alanine.....g	0.325		0		1		0.092	0.091	0.137
Aspartic acid.....g	0.501		0		1		0.142	0.140	0.210
Glutamic acid.....g	2.300		0		1		0.652	0.644	0.966
Glycine.....g	0.288		0		1		0.082	0.081	0.121
Proline.....g	0.778		0		1		0.221	0.218	0.327
Serine.....g	0.440		0		1		0.125	0.123	0.185
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	38		0	FLA	4		10.886	10.752	16.127
Carotene, alpha.....mcg	0		0	FLA	4		0.023	0.023	0.035
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.371	0.366	0.549
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	74		0	FLA	4		21.074	20.814	31.221

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 croissant, mini

Measure 3 = 42g: 1 croissant, small

NDB No. 18239
Croissants, butter

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18241
Croissants, cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.509		0	FLA	4		1.845	2.734	3.710
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.363		0	FLA	4		0.103	0.152	0.207
17:1.....g									
18:1 undifferentiated.....g	5.917		0	FLA	4		1.677	2.485	3.373
20:1.....g	0.001		0	FLA	4		0.000	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.384		0	FLA	4		0.676	1.001	1.359
18:2 undifferentiated.....g	2.069		0	FLA	4		0.587	0.869	1.179
18:3 undifferentiated.....g	0.306		0	FLA	4		0.087	0.129	0.174
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		0	FLA	4		0.001	0.002	0.003
20:5 n-3.....g	0.002		0	FLA	4		0.001	0.001	0.001
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0	FLA	4		16	24	32
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.109		0		1		0.031	0.046	0.062
Threonine.....g	0.304		0		1		0.086	0.128	0.173
Isoleucine.....g	0.407		0		1		0.115	0.171	0.232
Leucine.....g	0.692		0		1		0.196	0.291	0.394
Lysine.....g	0.371		0		1		0.105	0.156	0.211
Methionine.....g	0.187		0		1		0.053	0.079	0.107
Cystine.....g	0.176		0		1		0.050	0.074	0.100
Phenylalanine.....g	0.455		0		1		0.129	0.191	0.259
Tyrosine.....g	0.302		0		1		0.086	0.127	0.172
Valine.....g	0.453		0		1		0.128	0.190	0.258
Arginine.....g	0.363		0		1		0.103	0.152	0.207
Histidine.....g	0.212		0		1		0.060	0.089	0.121
Alanine.....g	0.338		0		1		0.096	0.142	0.193
Aspartic acid.....g	0.527		0		1		0.149	0.221	0.300
Glutamic acid.....g	2.585		0		1		0.733	1.086	1.473
Glycine.....g	0.301		0		1		0.085	0.126	0.172
Proline.....g	0.894		0		1		0.253	0.375	0.510
Serine.....g	0.478		0		1		0.136	0.201	0.272
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	89		0	FLA	4		25.158	37.270	50.581
Carotene, alpha.....mcg	0		0	FLA	4		0.025	0.037	0.050
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.119	0.176	0.239
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	43		0	FLA	4		12.240	18.133	24.610

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 42g: 1 croissant, small

Measure 3 = 57g: 1 croissant, medium

NDB No. 18241
Croissants, cheese

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18242
Croutons, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.059		0	FLA	4		0.918	0.434	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.009	0.004	
17:1.....g									
18:1 undifferentiated.....g	3.029		0	FLA	4		0.909	0.430	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.273		0	FLA	4		0.382	0.181	
18:2 undifferentiated.....g	1.204		0	FLA	4		0.361	0.171	
18:3 undifferentiated.....g	0.070		0	FLA	4		0.021	0.010	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0		1		0.042	0.020	
Threonine.....g	0.337		0		1		0.101	0.048	
Isoleucine.....g	0.456		0		1		0.137	0.065	
Leucine.....g	0.832		0		1		0.250	0.118	
Lysine.....g	0.278		0		1		0.083	0.039	
Methionine.....g	0.211		0		1		0.063	0.030	
Cystine.....g	0.261		0		1		0.078	0.037	
Phenylalanine.....g	0.586		0		1		0.176	0.083	
Tyrosine.....g	0.337		0		1		0.101	0.048	
Valine.....g	0.514		0		1		0.154	0.073	
Arginine.....g	0.431		0		1		0.129	0.061	
Histidine.....g	0.255		0		1		0.077	0.036	
Alanine.....g	0.391		0		1		0.117	0.056	
Aspartic acid.....g	0.529		0		1		0.159	0.075	
Glutamic acid.....g	4.024		0		1		1.207	0.571	
Glycine.....g	0.418		0		1		0.125	0.059	
Proline.....g	1.345		0		1		0.404	0.191	
Serine.....g	0.579		0		1		0.174	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 = 30g: 1 cup

Measure 2 = 14.2g: .5 oz

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18243
Croutons, seasoned

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.498		0	FLA	4		3.799	0.950	0.095
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0	FLA	4		0.019	0.005	0.000
17:1.....g									
18:1 undifferentiated.....g	9.451		0	FLA	4		3.780	0.945	0.095
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.368		0	FLA	4		0.947	0.237	0.024
18:2 undifferentiated.....g	2.227		0	FLA	4		0.891	0.223	0.022
18:3 undifferentiated.....g	0.142		0	FLA	4		0.057	0.014	0.001
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	FLA	4		3	1	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.125		0		1		0.050	0.013	0.001
Threonine.....g	0.326		0		1		0.130	0.033	0.003
Isoleucine.....g	0.428		0		1		0.171	0.043	0.004
Leucine.....g	0.774		0		1		0.310	0.077	0.008
Lysine.....g	0.344		0		1		0.138	0.034	0.003
Methionine.....g	0.195		0		1		0.078	0.020	0.002
Cystine.....g	0.218		0		1		0.087	0.022	0.002
Phenylalanine.....g	0.525		0		1		0.210	0.053	0.005
Tyrosine.....g	0.331		0		1		0.132	0.033	0.003
Valine.....g	0.488		0		1		0.195	0.049	0.005
Arginine.....g	0.402		0		1		0.161	0.040	0.004
Histidine.....g	0.246		0		1		0.098	0.025	0.002
Alanine.....g	0.357		0		1		0.143	0.036	0.004
Aspartic acid.....g	0.540		0		1		0.216	0.054	0.005
Glutamic acid.....g	3.378		0		1		1.351	0.338	0.034
Glycine.....g	0.361		0		1		0.144	0.036	0.004
Proline.....g	1.163		0		1		0.465	0.116	0.012
Serine.....g	0.527		0		1		0.211	0.053	0.005
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	6		0	FLA	4		2.204	0.551	0.055
Carotene, alpha.....mcg	0		0	FLA	4		0.047	0.012	0.001
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.077	0.019	0.002
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	45		0	FLA	4		17.829	4.457	0.446

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Common Measures:

Measure 1 = 40g: 1 cup

Measure 2 = 10.0g: 1 package, fast food

Measure 3 = 1.0g: 4 cubes

NDB No. 18243
Croutons, seasoned

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18245
Danish pastry, cheese

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.313		0	FLA	4		3.207	8.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.107		0	FLA	4		0.030	0.076	
17:1.....g									
18:1 undifferentiated.....g	11.159		0	FLA	4		3.164	7.923	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.575		0	FLA	4		0.730	1.828	
18:2 undifferentiated.....g	2.401		0	FLA	4		0.681	1.705	
18:3 undifferentiated.....g	0.173		0	FLA	4		0.049	0.123	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		0	FLA	4		5	11	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.089		0		1		0.025	0.063	
Threonine.....g	0.293		0		1		0.083	0.208	
Isoleucine.....g	0.371		0		1		0.105	0.263	
Leucine.....g	0.644		0		1		0.183	0.457	
Lysine.....g	0.430		0		1		0.122	0.305	
Methionine.....g	0.174		0		1		0.049	0.124	
Cystine.....g	0.137		0		1		0.039	0.097	
Phenylalanine.....g	0.402		0		1		0.114	0.285	
Tyrosine.....g	0.293		0		1		0.083	0.208	
Valine.....g	0.412		0		1		0.117	0.293	
Arginine.....g	0.324		0		1		0.092	0.230	
Histidine.....g	0.205		0		1		0.058	0.146	
Alanine.....g	0.292		0		1		0.083	0.207	
Aspartic acid.....g	0.511		0		1		0.145	0.363	
Glutamic acid.....g	2.021		0		1		0.573	1.435	
Glycine.....g	0.239		0		1		0.068	0.170	
Proline.....g	0.717		0		1		0.203	0.509	
Serine.....g	0.428		0		1		0.121	0.304	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	8		0	FLA	4		2.268	5.680	
Carotene, alpha.....mcg	0		0	FLA	4		0.020	0.051	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.120	0.300	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		0	FLA	4		10.876	27.237	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 71g: 1 pastry

NDB No. 18245
Danish pastry, cheese

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18244
Danish pastry, cinnamon, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
Fatty acids, total monounsaturated.....g	12.515		0	FLA	4		3.548	17.771	4.380
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLA	4		0.006	0.031	0.008
17:1.....g									
18:1 undifferentiated.....g	12.491		0	FLA	4		3.541	17.737	4.372
20:1.....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.933		0	FLA	4		0.832	4.165	1.027
18:2 undifferentiated.....g	2.772		0	FLA	4		0.786	3.936	0.970
18:3 undifferentiated.....g	0.148		0	FLA	4		0.042	0.210	0.052
18:4.....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	FLA	4		0.002	0.010	0.002
20:5 n-3.....g	0.003		0	FLA	4		0.001	0.004	0.001
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.003	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	FLA	4		6	30	7
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		1		0.024	0.119	0.029
Threonine.....g	0.245		0		1		0.069	0.348	0.086
Isoleucine.....g	0.310		0		1		0.088	0.440	0.109
Leucine.....g	0.532		0		1		0.151	0.755	0.186
Lysine.....g	0.296		0		1		0.084	0.420	0.104
Methionine.....g	0.139		0		1		0.039	0.197	0.049
Cystine.....g	0.139		0		1		0.039	0.197	0.049
Phenylalanine.....g	0.348		0		1		0.099	0.494	0.122
Tyrosine.....g	0.233		0		1		0.066	0.331	0.082
Valine.....g	0.344		0		1		0.098	0.488	0.120
Arginine.....g	0.312		0		1		0.088	0.443	0.109
Histidine.....g	0.160		0		1		0.045	0.227	0.056
Alanine.....g	0.274		0		1		0.078	0.389	0.096
Aspartic acid.....g	0.463		0		1		0.131	0.657	0.162
Glutamic acid.....g	1.882		0		1		0.534	2.672	0.659
Glycine.....g	0.245		0		1		0.069	0.348	0.086
Proline.....g	0.637		0		1		0.181	0.905	0.223
Serine.....g	0.376		0		1		0.107	0.534	0.132
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.459	2.299	0.567
Carotene, alpha.....mcg	0		0	FLA	4		0.018	0.089	0.022
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.250	1.253	0.309
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	52		0	FLA	4		14.876	74.512	18.366

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

NDB No. 18244

Danish pastry, cinnamon, enriched

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18430
Danish pastry, cinnamon, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.515		0	BFZN	4		3.548	17.771	4.380
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	BFZN	4		0.006	0.031	0.008
17:1.....g									
18:1 undifferentiated.....g	12.491		0	BFZN	4		3.541	17.737	4.372
20:1.....g	0.001		0	BFZN	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.933		0	BFZN	4		0.832	4.165	1.027
18:2 undifferentiated.....g	2.772		0	BFZN	4		0.786	3.936	0.970
18:3 undifferentiated.....g	0.148		0	BFZN	4		0.042	0.210	0.052
18:4.....g	0.001		0	BFZN	4		0.000	0.001	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	BFZN	4		0.002	0.010	0.002
20:5 n-3.....g	0.003		0	BFZN	4		0.001	0.004	0.001
22:5 n-3.....g									
22:6 n-3.....g	0.002		0	BFZN	4		0.001	0.003	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	BFZN	4		6	30	7
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.084		0		4		0.024	0.119	0.029
Threonine.....g	0.245		0		4		0.069	0.348	0.086
Isoleucine.....g	0.310		0		4		0.088	0.440	0.109
Leucine.....g	0.532		0		4		0.151	0.755	0.186
Lysine.....g	0.296		0		4		0.084	0.420	0.104
Methionine.....g	0.139		0		4		0.039	0.197	0.049
Cystine.....g	0.139		0		4		0.039	0.197	0.049
Phenylalanine.....g	0.348		0		4		0.099	0.494	0.122
Tyrosine.....g	0.233		0		4		0.066	0.331	0.082
Valine.....g	0.344		0		4		0.098	0.488	0.120
Arginine.....g	0.312		0		4		0.088	0.443	0.109
Histidine.....g	0.160		0		4		0.045	0.227	0.056
Alanine.....g	0.274		0		4		0.078	0.389	0.096
Aspartic acid.....g	0.463		0		4		0.131	0.657	0.162
Glutamic acid.....g	1.882		0		4		0.534	2.672	0.659
Glycine.....g	0.245		0		4		0.069	0.348	0.086
Proline.....g	0.637		0		4		0.181	0.905	0.223
Serine.....g	0.376		0		4		0.107	0.534	0.132
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 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.026		0	FLA	4		2.842	14.237	3.509
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	FLA	4		0.020	0.098	0.024
17:1.....g									
18:1 undifferentiated.....g	9.947		0	FLA	4		2.820	14.125	3.481
20:1.....g	0.008		0	FLA	4		0.002	0.011	0.003
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.364		0	FLA	4		0.670	3.357	0.827
18:2 undifferentiated.....g	2.184		0	FLA	4		0.619	3.101	0.764
18:3 undifferentiated.....g	0.108		0	FLA	4		0.031	0.153	0.038
18:4.....g	0.004		0	FLA	4		0.001	0.006	0.001
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.038		0	FLA	4		0.011	0.054	0.013
20:5 n-3.....g	0.019		0	FLA	4		0.005	0.027	0.007
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.012		0	FLA	4		0.003	0.017	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	114		0	FLA	4		32	162	40
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.091	0.022
Threonine.....g	0.171		0		4		0.048	0.243	0.060
Isoleucine.....g	0.224		0		4		0.064	0.318	0.078
Leucine.....g	0.398		0		4		0.113	0.565	0.139
Lysine.....g	0.177		0		4		0.050	0.251	0.062
Methionine.....g	0.110		0		4		0.031	0.156	0.039
Cystine.....g	0.118		0		4		0.033	0.168	0.041
Phenylalanine.....g	0.267		0		4		0.076	0.379	0.093
Tyrosine.....g	0.166		0		4		0.047	0.236	0.058
Valine.....g	0.252		0		4		0.071	0.358	0.088
Arginine.....g	0.209		0		4		0.059	0.297	0.073
Histidine.....g	0.118		0		4		0.033	0.168	0.041
Alanine.....g	0.191		0		4		0.054	0.271	0.067
Aspartic acid.....g	0.300		0		4		0.085	0.426	0.105
Glutamic acid.....g	1.603		0		4		0.454	2.276	0.561
Glycine.....g	0.178		0		4		0.050	0.253	0.062
Proline.....g	0.543		0		4		0.154	0.771	0.190
Serine.....g	0.285		0		4		0.081	0.405	0.100
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.281	1.406	0.347
Carotene, alpha.....mcg	0		0	FLA	4		0.018	0.091	0.023
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.214	1.073	0.264
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	49		0	FLA	4		14.001	70.127	17.285

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 142g: 1 large (approx 7" dia)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

NDB No. 18246

Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18431

Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.937		0	BFZN	4		1.683	8.431	2.078
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFZN	4		0.009	0.044	0.011
17:1.....g									
18:1 undifferentiated.....g	5.903		0	BFZN	4		1.674	8.382	2.066
20:1.....g	0.003		0	BFZN	4		0.001	0.004	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.508		0	BFZN	4		0.428	2.141	0.528
18:2 undifferentiated.....g	1.416		0	BFZN	4		0.401	2.011	0.496
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.021	0.107	0.026
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFZN	4		0.004	0.020	0.005
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g									
22:6 n-3.....g	0.004		0	BFZN	4		0.001	0.006	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFZN	4		11	57	14
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.091	0.022
Threonine.....g	0.171		0		4		0.048	0.243	0.060
Isoleucine.....g	0.224		0		4		0.064	0.318	0.078
Leucine.....g	0.398		0		4		0.113	0.565	0.139
Lysine.....g	0.177		0		4		0.050	0.251	0.062
Methionine.....g	0.110		0		4		0.031	0.156	0.039
Cystine.....g	0.118		0		4		0.033	0.168	0.041
Phenylalanine.....g	0.267		0		4		0.076	0.379	0.093
Tyrosine.....g	0.166		0		4		0.047	0.236	0.058
Valine.....g	0.252		0		4		0.071	0.358	0.088
Arginine.....g	0.209		0		4		0.059	0.297	0.073
Histidine.....g	0.118		0		4		0.033	0.168	0.041
Alanine.....g	0.191		0		4		0.054	0.271	0.067
Aspartic acid.....g	0.300		0		4		0.085	0.426	0.105
Glutamic acid.....g	1.603		0		4		0.454	2.276	0.561
Glycine.....g	0.178		0		4		0.050	0.253	0.062
Proline.....g	0.543		0		4		0.154	0.771	0.190
Serine.....g	0.285		0		4		0.081	0.405	0.100
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 container (3 oz)

Measure 3 = 35g: 1 small or frozen (approx 3" dia)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18433
Danish pastry, lemon, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.937		0	BFZN	4		1.683	4.215	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFZN	4		0.009	0.022	
17:1.....g									
18:1 undifferentiated.....g	5.903		0	BFZN	4		1.674	4.191	
20:1.....g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated.....g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.021	0.053	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFZN	4		11	28	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.045	
Threonine.....g	0.171		0		4		0.048	0.121	
Isoleucine.....g	0.224		0		4		0.064	0.159	
Leucine.....g	0.398		0		4		0.113	0.283	
Lysine.....g	0.177		0		4		0.050	0.126	
Methionine.....g	0.110		0		4		0.031	0.078	
Cystine.....g	0.118		0		4		0.033	0.084	
Phenylalanine.....g	0.267		0		4		0.076	0.190	
Tyrosine.....g	0.166		0		4		0.047	0.118	
Valine.....g	0.252		0		4		0.071	0.179	
Arginine.....g	0.209		0		4		0.059	0.148	
Histidine.....g	0.118		0		4		0.033	0.084	
Alanine.....g	0.191		0		4		0.054	0.136	
Aspartic acid.....g	0.300		0		4		0.085	0.213	
Glutamic acid.....g	1.603		0		4		0.454	1.138	
Glycine.....g	0.178		0		4		0.050	0.126	
Proline.....g	0.543		0		4		0.154	0.386	
Serine.....g	0.285		0		4		0.081	0.202	
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 = 71g: 1 pastry

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18247

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.685		0	FLA	4		3.880	8.895	7.253
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.083		0	FLA	4		0.024	0.054	0.044
17:1.....g									
18:1 undifferentiated.....g	13.562		0	FLA	4		3.845	8.815	7.188
20:1.....g	0.024		0	FLA	4		0.007	0.016	0.013
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.281		0	FLA	4		1.214	2.783	2.269
18:2 undifferentiated.....g	3.903		0	FLA	4		1.107	2.537	2.069
18:3 undifferentiated.....g	0.342		0	FLA	4		0.097	0.222	0.181
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	FLA	4		0.004	0.009	0.007
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.003		0	FLA	4		0.001	0.002	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	46		1		1		13	30	24
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.088		0		1		0.025	0.057	0.047
Threonine.....g	0.238		0		1		0.067	0.155	0.126
Isoleucine.....g	0.305		0		1		0.086	0.198	0.162
Leucine.....g	0.529		0		1		0.150	0.344	0.280
Lysine.....g	0.271		0		1		0.077	0.176	0.144
Methionine.....g	0.139		0		1		0.039	0.090	0.074
Cystine.....g	0.139		0		1		0.039	0.090	0.074
Phenylalanine.....g	0.337		0		1		0.096	0.219	0.179
Tyrosine.....g	0.235		0		1		0.067	0.153	0.125
Valine.....g	0.348		0		1		0.099	0.226	0.184
Arginine.....g	0.430		0		1		0.122	0.280	0.228
Histidine.....g	0.166		0		1		0.047	0.108	0.088
Alanine.....g	0.268		0		1		0.076	0.174	0.142
Aspartic acid.....g	0.479		0		1		0.136	0.311	0.254
Glutamic acid.....g	1.895		0		1		0.537	1.232	1.004
Glycine.....g	0.261		0		1		0.074	0.170	0.138
Proline.....g	0.614		0		1		0.174	0.399	0.325
Serine.....g	0.369		0		1		0.105	0.240	0.196
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		1.005	2.304	1.878
Carotene, alpha.....mcg	1		0	FLA	4		0.192	0.439	0.358
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.228	0.523	0.426
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	42		0	FLA	4		11.827	27.116	22.110

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 65g: 1 pastry (4-1/4" dia)

Measure 3 = 53g: 1 piece (1/8 of 15 oz ring)

NDB No. 18247

Danish pastry, nut (includes almond, raisin nut, cinnamon nut)

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18435
Danish pastry, raspberry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.937		0	BFZN	4		1.683	4.215	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	BFZN	4		0.009	0.022	
17:1.....g									
18:1 undifferentiated.....g	5.903		0	BFZN	4		1.674	4.191	
20:1.....g	0.003		0	BFZN	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.508		0	BFZN	4		0.428	1.071	
18:2 undifferentiated.....g	1.416		0	BFZN	4		0.401	1.005	
18:3 undifferentiated.....g	0.075		0	BFZN	4		0.021	0.053	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	BFZN	4		0.004	0.010	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.004		0	BFZN	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0	BFZN	4		11	28	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.064		0		4		0.018	0.045	
Threonine.....g	0.171		0		4		0.048	0.121	
Isoleucine.....g	0.224		0		4		0.064	0.159	
Leucine.....g	0.398		0		4		0.113	0.283	
Lysine.....g	0.177		0		4		0.050	0.126	
Methionine.....g	0.110		0		4		0.031	0.078	
Cystine.....g	0.118		0		4		0.033	0.084	
Phenylalanine.....g	0.267		0		4		0.076	0.190	
Tyrosine.....g	0.166		0		4		0.047	0.118	
Valine.....g	0.252		0		4		0.071	0.179	
Arginine.....g	0.209		0		4		0.059	0.148	
Histidine.....g	0.118		0		4		0.033	0.084	
Alanine.....g	0.191		0		4		0.054	0.136	
Aspartic acid.....g	0.300		0		4		0.085	0.213	
Glutamic acid.....g	1.603		0		4		0.454	1.138	
Glycine.....g	0.178		0		4		0.050	0.126	
Proline.....g	0.543		0		4		0.154	0.386	
Serine.....g	0.285		0		4		0.081	0.202	
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 = 71g: 1 pastry (4-1/4" dia)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18251

Doughnuts, cake-type, chocolate, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.278		0	FLA	4		3.197	6.767	4.737
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.008	0.005
17:1.....g									
18:1 undifferentiated.....g	11.263		0	FLA	4		3.193	6.758	4.730
20:1.....g	0.001		0	FLA	4		0.000	0.001	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.477		0	FLA	4		0.702	1.486	1.040
18:2 undifferentiated.....g	2.343		0	FLA	4		0.664	1.406	0.984
18:3 undifferentiated.....g	0.123		0	FLA	4		0.035	0.074	0.052
18:4.....g	0.001		0	FLA	4		0.000	0.001	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	FLA	4		0.002	0.004	0.003
20:5 n-3.....g	0.002		0	FLA	4		0.001	0.001	0.001
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0		4		16	34	24
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.016	0.035	0.024
Threonine.....g	0.170		0		1		0.048	0.102	0.071
Isoleucine.....g	0.205		0		1		0.058	0.123	0.086
Leucine.....g	0.339		0		1		0.096	0.203	0.142
Lysine.....g	0.234		0		1		0.066	0.140	0.098
Methionine.....g	0.096		0		1		0.027	0.058	0.040
Cystine.....g	0.091		0		1		0.026	0.055	0.038
Phenylalanine.....g	0.224		0		1		0.064	0.134	0.094
Tyrosine.....g	0.156		0		1		0.044	0.094	0.066
Valine.....g	0.234		0		1		0.066	0.140	0.098
Arginine.....g	0.227		0		1		0.064	0.136	0.095
Histidine.....g	0.100		0		1		0.028	0.060	0.042
Alanine.....g	0.190		0		1		0.054	0.114	0.080
Aspartic acid.....g	0.352		0		1		0.100	0.211	0.148
Glutamic acid.....g	0.998		0		1		0.283	0.599	0.419
Glycine.....g	0.159		0		1		0.045	0.095	0.067
Proline.....g	0.327		0		1		0.093	0.196	0.137
Serine.....g	0.263		0		1		0.075	0.158	0.110
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	1		0	FLA	4		0	1	0
Theobromine.....mg	21		0	FLA	4		6	13	9
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.490	1.038	0.726
Carotene, alpha.....mcg	1		0	FLA	4		0.185	0.391	0.273
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.178	0.377	0.264
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	20		0	FLA	4		5.758	12.187	8.531

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 60g: 1 doughnut (3-3/4" dia)

Measure 3 = 42g: 1 doughnut, medium (approx 3" dia)

NDB No. 18251

Doughnuts, cake-type, chocolate, sugared or glazed

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.297		0	FLA	4		2.636	4.834	4.834
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.139		0	FLA	4		0.039	0.072	0.072
17:1.....g									
18:1 undifferentiated.....g	9.130		0	FLA	4		2.588	4.748	4.748
20:1.....g	0.005		0	FLA	4		0.001	0.003	0.003
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.001	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.881		0	FLA	4		2.234	4.098	4.098
18:2 undifferentiated.....g	7.295		0	FLA	4		2.068	3.793	3.793
18:3 undifferentiated.....g	0.532		0	FLA	4		0.151	0.277	0.277
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.027		0	FLA	4		0.008	0.014	0.014
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.001	0.001
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.007		0	FLA	4		0.002	0.004	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	37	4.333	3		1		10	19	19
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0		1		0.018	0.034	0.034
Threonine.....g	0.174		0		1		0.049	0.090	0.090
Isoleucine.....g	0.213		0		1		0.060	0.111	0.111
Leucine.....g	0.378		0		1		0.107	0.197	0.197
Lysine.....g	0.231		0		1		0.065	0.120	0.120
Methionine.....g	0.098		0		1		0.028	0.051	0.051
Cystine.....g	0.096		0		1		0.027	0.050	0.050
Phenylalanine.....g	0.231		0		1		0.065	0.120	0.120
Tyrosine.....g	0.170		0		1		0.048	0.088	0.088
Valine.....g	0.242		0		1		0.069	0.126	0.126
Arginine.....g	0.218		0		1		0.062	0.113	0.113
Histidine.....g	0.112		0		1		0.032	0.058	0.058
Alanine.....g	0.174		0		1		0.049	0.090	0.090
Aspartic acid.....g	0.286		0		1		0.081	0.149	0.149
Glutamic acid.....g	1.351		0		1		0.383	0.703	0.703
Glycine.....g	0.155		0		1		0.044	0.081	0.081
Proline.....g	0.471		0		1		0.134	0.245	0.245
Serine.....g	0.291		0		1		0.082	0.151	0.151
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	6		0	FLA	4		1.678	3.078	3.078
Carotene, alpha.....mcg	3		0	FLA	4		0.710	1.303	1.303
Cryptoxanthin, beta.....mcg	2		0	FLA	4		0.644	1.181	1.181
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	77		0	FLA	4		21.956	40.272	40.272

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 52g: 1 doughnut stick

Measure 3 = 52g: 1 doughnut, long type (twist) (4-1/2" long)

NDB No. 18248

Doughnuts, cake-type, plain (includes unsugared, old-fashioned)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18249

Doughnuts, cake-type, plain, chocolate-coated or frosted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.502		0	FLA	4		4.962	4.901	7.526
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	FLA	4		0.010	0.010	0.016
17:1.....g									
18:1 undifferentiated.....g	17.459		0	FLA	4		4.950	4.889	7.507
20:1.....g	0.004		0	FLA	4		0.001	0.001	0.002
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.786		0	FLA	4		1.073	1.060	1.628
18:2 undifferentiated.....g	3.568		0	FLA	4		1.012	0.999	1.534
18:3 undifferentiated.....g	0.184		0	FLA	4		0.052	0.052	0.079
18:4.....g	0.002		0	FLA	4		0.001	0.001	0.001
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	FLA	4		0.006	0.006	0.009
20:5 n-3.....g	0.005		0	FLA	4		0.001	0.001	0.002
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.006		0	FLA	4		0.002	0.002	0.003
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0	FLA	4		17	17	26
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.019	0.019	0.029
Threonine.....g	0.187		0		1		0.053	0.052	0.080
Isoleucine.....g	0.217		0		1		0.062	0.061	0.093
Leucine.....g	0.373		0		1		0.106	0.104	0.160
Lysine.....g	0.259		0		1		0.073	0.073	0.111
Methionine.....g	0.085		0		1		0.024	0.024	0.037
Cystine.....g	0.085		0		1		0.024	0.024	0.037
Phenylalanine.....g	0.234		0		1		0.066	0.066	0.101
Tyrosine.....g	0.177		0		1		0.050	0.050	0.076
Valine.....g	0.254		0		1		0.072	0.071	0.109
Arginine.....g	0.255		0		1		0.072	0.071	0.110
Histidine.....g	0.112		0		1		0.032	0.031	0.048
Alanine.....g	0.194		0		1		0.055	0.054	0.083
Aspartic acid.....g	0.380		0		1		0.108	0.106	0.163
Glutamic acid.....g	1.142		0		1		0.324	0.320	0.491
Glycine.....g	0.175		0		1		0.050	0.049	0.075
Proline.....g	0.389		0		1		0.110	0.109	0.167
Serine.....g	0.280		0		1		0.079	0.078	0.120
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4		1	1	1
Theobromine.....mg	68		0	FLA	4		19	19	29
Carotenoids:									
Carotene, beta.....mcg	3		0	FLA	4		0.935	0.923	1.418
Carotene, alpha.....mcg	1		0	FLA	4		0.352	0.348	0.535
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.326	0.322	0.494
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	44		0	FLA	4		12.395	12.242	18.800

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 doughnut (2" dia)

Measure 3 = 43g: 1 doughnut, medium (approx 3" dia)

NDB No. 18249

Doughnuts, cake-type, plain, chocolate-coated or frosted

Calories Factors: Protein 3.7

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18250

Doughnuts, cake-type, plain, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.697		0	FLA	4		3.600	5.714	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0	FLA	4		0.016	0.026	
17:1.....g									
18:1 undifferentiated.....g	12.632		0	FLA	4		3.581	5.684	
20:1.....g	0.005		0	FLA	4		0.001	0.002	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.909		0	FLA	4		0.825	1.309	
18:2 undifferentiated.....g	2.735		0	FLA	4		0.775	1.231	
18:3 undifferentiated.....g	0.141		0	FLA	4		0.040	0.063	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.026		0	FLA	4		0.007	0.012	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.007		0	FLA	4		0.002	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	32	4.623	15		1		9	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1		0.020	0.031	
Threonine.....g	0.189		0		1		0.054	0.085	
Isoleucine.....g	0.231		0		1		0.065	0.104	
Leucine.....g	0.405		0		1		0.115	0.182	
Lysine.....g	0.256		0		1		0.073	0.115	
Methionine.....g	0.105		0		1		0.030	0.047	
Cystine.....g	0.100		0		1		0.028	0.045	
Phenylalanine.....g	0.244		0		1		0.069	0.110	
Tyrosine.....g	0.183		0		1		0.052	0.082	
Valine.....g	0.261		0		1		0.074	0.117	
Arginine.....g	0.238		0		1		0.067	0.107	
Histidine.....g	0.120		0		1		0.034	0.054	
Alanine.....g	0.189		0		1		0.054	0.085	
Aspartic acid.....g	0.316		0		1		0.090	0.142	
Glutamic acid.....g	1.392		0		1		0.395	0.626	
Glycine.....g	0.164		0		1		0.046	0.074	
Proline.....g	0.488		0		1		0.138	0.220	
Serine.....g	0.314		0		1		0.089	0.141	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 45g: 1 doughnut, medium (approx 3" dia)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18252

Doughnuts, cake-type, wheat, sugared or glazed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.101		0	FLA	4		2.297	2.268	3.645
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0	FLA	4		0.028	0.028	0.045
17:1.....g									
18:1 undifferentiated.....g	7.980		0	FLA	4		2.262	2.234	3.591
20:1.....g	0.002		0	FLA	4		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.077		0	FLA	4		2.006	1.982	3.185
18:2 undifferentiated.....g	6.563		0	FLA	4		1.861	1.838	2.953
18:3 undifferentiated.....g	0.481		0	FLA	4		0.136	0.135	0.216
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0	FLA	4		0.003	0.003	0.005
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.003		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	20		1		1		6	6	9
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.088		0		1		0.025	0.025	0.040
Threonine.....g	0.218		0		1		0.062	0.061	0.098
Isoleucine.....g	0.273		0		1		0.077	0.076	0.123
Leucine.....g	0.478		0		1		0.136	0.134	0.215
Lysine.....g	0.284		0		1		0.081	0.080	0.128
Methionine.....g	0.114		0		1		0.032	0.032	0.051
Cystine.....g	0.120		0		1		0.034	0.034	0.054
Phenylalanine.....g	0.296		0		1		0.084	0.083	0.133
Tyrosine.....g	0.214		0		1		0.061	0.060	0.096
Valine.....g	0.311		0		1		0.088	0.087	0.140
Arginine.....g	0.294		0		1		0.083	0.082	0.132
Histidine.....g	0.148		0		1		0.042	0.041	0.067
Alanine.....g	0.226		0		1		0.064	0.063	0.102
Aspartic acid.....g	0.395		0		1		0.112	0.111	0.178
Glutamic acid.....g	1.709		0		1		0.485	0.479	0.769
Glycine.....g	0.215		0		1		0.061	0.060	0.097
Proline.....g	0.598		0		1		0.170	0.167	0.269
Serine.....g	0.340		0		1		0.096	0.095	0.153
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.389	0.384	0.617
Carotene, alpha.....mcg	0		0	FLA	4		0.003	0.003	0.005
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.058	0.058	0.093
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	47		0	FLA	4		13.455	13.289	21.357

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 28g: 1 doughnut (2" dia)

Measure 3 = 45g: 1 doughnut, medium (approx 3" dia)

NDB No. 18252

Doughnuts, cake-type, wheat, sugared or glazed

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18253
Doughnuts, french crullers, glazed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.446		0	FLA	4		2.961	4.283	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	FLA	4		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	10.440		0	FLA	4		2.960	4.280	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.285		0	FLA	4		0.648	0.937	
18:2 undifferentiated.....g	2.167		0	FLA	4		0.614	0.888	
18:3 undifferentiated.....g	0.115		0	FLA	4		0.033	0.047	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1		1		3	5	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.045		0		4		0.013	0.018	
Threonine.....g	0.106		0		4		0.030	0.043	
Isoleucine.....g	0.132		0		4		0.037	0.054	
Leucine.....g	0.232		0		4		0.066	0.095	
Lysine.....g	0.146		0		4		0.041	0.060	
Methionine.....g	0.055		0		4		0.016	0.023	
Cystine.....g	0.060		0		4		0.017	0.025	
Phenylalanine.....g	0.147		0		4		0.042	0.060	
Tyrosine.....g	0.101		0		4		0.029	0.041	
Valine.....g	0.149		0		4		0.042	0.061	
Arginine.....g	0.137		0		4		0.039	0.056	
Histidine.....g	0.068		0		4		0.019	0.028	
Alanine.....g	0.107		0		4		0.030	0.044	
Aspartic acid.....g	0.189		0		4		0.054	0.077	
Glutamic acid.....g	0.891		0		4		0.253	0.365	
Glycine.....g	0.105		0		4		0.030	0.043	
Proline.....g	0.305		0		4		0.086	0.125	
Serine.....g	0.171		0		4		0.048	0.070	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	FLA	4		0.163	0.235	
Carotene, alpha.....mcg	0		0	FLA	4		0.054	0.077	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.063	0.090	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	6		0	FLA	4		1.730	2.502	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 cruller (3" dia)

NDB No. 18253

Doughnuts, french crullers, glazed

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.865		0	FLA	4		3.647	1.672	7.204
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	FLA	4		0.006	0.003	0.012
17:1.....g									
18:1 undifferentiated.....g	12.841		0	FLA	4		3.640	1.669	7.191
20:1.....g	0.001		0	FLA	4		0.000	0.000	0.001
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.902		0	FLA	4		0.823	0.377	1.625
18:2 undifferentiated.....g	2.744		0	FLA	4		0.778	0.357	1.537
18:3 undifferentiated.....g	0.145		0	FLA	4		0.041	0.019	0.081
18:4.....g	0.001		0	FLA	4		0.000	0.000	0.001
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.008		0	FLA	4		0.002	0.001	0.004
20:5 n-3.....g	0.002		0	FLA	4		0.001	0.000	0.001
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.000	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	6	2.381	8		1		2	1	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		4		0.022	0.010	0.043
Threonine.....g	0.213		0		4		0.060	0.028	0.119
Isoleucine.....g	0.266		0		4		0.075	0.035	0.149
Leucine.....g	0.468		0		4		0.133	0.061	0.262
Lysine.....g	0.231		0		4		0.065	0.030	0.129
Methionine.....g	0.114		0		4		0.032	0.015	0.064
Cystine.....g	0.130		0		4		0.037	0.017	0.073
Phenylalanine.....g	0.310		0		4		0.088	0.040	0.174
Tyrosine.....g	0.200		0		4		0.057	0.026	0.112
Valine.....g	0.295		0		4		0.084	0.038	0.165
Arginine.....g	0.271		0		4		0.077	0.035	0.152
Histidine.....g	0.144		0		4		0.041	0.019	0.081
Alanine.....g	0.235		0		4		0.067	0.031	0.132
Aspartic acid.....g	0.380		0		4		0.108	0.049	0.213
Glutamic acid.....g	1.873		0		4		0.531	0.243	1.049
Glycine.....g	0.227		0		4		0.064	0.030	0.127
Proline.....g	0.626		0		4		0.177	0.081	0.351
Serine.....g	0.330		0		4		0.094	0.043	0.185
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.652	0.299	1.287
Carotene, alpha.....mcg	1		0	FLA	4		0.240	0.110	0.475
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.224	0.103	0.443
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	44		0	FLA	4		12.344	5.660	24.382

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 13.0g: 1 doughnut hole

Measure 3 = 56g: 1 doughnut stick

NDB No. 18255

Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18436

Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.865		0	BFZN	4		3.647	7.719	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	BFZN	4		0.006	0.013	
17:1.....g									
18:1 undifferentiated.....g	12.841		0	BFZN	4		3.640	7.705	
20:1.....g	0.001		0	BFZN	4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.902		0	BFZN	4		0.823	1.741	
18:2 undifferentiated.....g	2.744		0	BFZN	4		0.778	1.646	
18:3 undifferentiated.....g	0.145		0	BFZN	4		0.041	0.087	
18:4.....g	0.001		0	BFZN	4		0.000	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.008		0	BFZN	4		0.002	0.005	
20:5 n-3.....g	0.002		0	BFZN	4		0.001	0.001	
22:5 n-3.....g									
22:6 n-3.....g	0.002		0	BFZN	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	2.381	8		1		2	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		4		0.022	0.046	
Threonine.....g	0.213		0		4		0.060	0.128	
Isoleucine.....g	0.266		0		4		0.075	0.160	
Leucine.....g	0.468		0		4		0.133	0.281	
Lysine.....g	0.231		0		4		0.065	0.139	
Methionine.....g	0.114		0		4		0.032	0.068	
Cystine.....g	0.130		0		4		0.037	0.078	
Phenylalanine.....g	0.310		0		4		0.088	0.186	
Tyrosine.....g	0.200		0		4		0.057	0.120	
Valine.....g	0.295		0		4		0.084	0.177	
Arginine.....g	0.271		0		4		0.077	0.163	
Histidine.....g	0.144		0		4		0.041	0.086	
Alanine.....g	0.235		0		4		0.067	0.141	
Aspartic acid.....g	0.380		0		4		0.108	0.228	
Glutamic acid.....g	1.873		0		4		0.531	1.124	
Glycine.....g	0.227		0		4		0.064	0.136	
Proline.....g	0.626		0		4		0.177	0.376	
Serine.....g	0.330		0		4		0.094	0.198	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 60g: 1 doughnut, medium (3-1/4" dia)

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18254

Doughnuts, yeast-leavened, with creme filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.080		0	FLA	4		3.425	10.268	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0	FLA	4		0.021	0.062	
17:1.....g									
18:1 undifferentiated.....g	12.008		0	FLA	4		3.404	10.207	
20:1.....g	0.002		0	FLA	4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.082		0	FLA	4		0.874	2.620	
18:2 undifferentiated.....g	2.900		0	FLA	4		0.822	2.465	
18:3 undifferentiated.....g	0.162		0	FLA	4		0.046	0.138	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0	FLA	4		0.003	0.010	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.003		0	FLA	4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		2		1		7	20	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.078		0		1		0.022	0.066	
Threonine.....g	0.214		0		1		0.061	0.182	
Isoleucine.....g	0.271		0		1		0.077	0.230	
Leucine.....g	0.479		0		1		0.136	0.407	
Lysine.....g	0.241		0		1		0.068	0.205	
Methionine.....g	0.118		0		1		0.033	0.100	
Cystine.....g	0.127		0		1		0.036	0.108	
Phenylalanine.....g	0.311		0		1		0.088	0.264	
Tyrosine.....g	0.204		0		1		0.058	0.173	
Valine.....g	0.301		0		1		0.085	0.256	
Arginine.....g	0.270		0		1		0.077	0.230	
Histidine.....g	0.147		0		1		0.042	0.125	
Alanine.....g	0.236		0		1		0.067	0.201	
Aspartic acid.....g	0.382		0		1		0.108	0.325	
Glutamic acid.....g	1.865		0		1		0.529	1.585	
Glycine.....g	0.223		0		1		0.063	0.190	
Proline.....g	0.632		0		1		0.179	0.537	
Serine.....g	0.329		0		1		0.093	0.280	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2		0	FLA	4		0.502	1.505	
Carotene, alpha.....mcg	0		0	FLA	4		0.010	0.031	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.168	0.505	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	33		0	FLA	4		9.465	28.377	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

NDB No. 18254

Doughnuts, yeast-leavened, with creme filling

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18256

Doughnuts, yeast-leavened, with jelly filling

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.226		0	FLA	4		2.899	8.692	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		0	FLA	4		0.031	0.094	
17:1.....g									
18:1 undifferentiated.....g	10.107		0	FLA	4		2.865	8.591	
20:1.....g	0.006		0	FLA	4		0.002	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.377		0	FLA	4		0.674	2.020	
18:2 undifferentiated.....g	2.214		0	FLA	4		0.628	1.882	
18:3 undifferentiated.....g	0.110		0	FLA	4		0.031	0.094	
18:4.....g	0.003		0	FLA	4		0.001	0.003	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	FLA	4		0.009	0.028	
20:5 n-3.....g	0.008		0	FLA	4		0.002	0.007	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.010		0	FLA	4		0.003	0.009	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2		1		7	22	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.020	0.060	
Threonine.....g	0.194		0		1		0.055	0.165	
Isoleucine.....g	0.244		0		1		0.069	0.207	
Leucine.....g	0.431		0		1		0.122	0.366	
Lysine.....g	0.209		0		1		0.059	0.178	
Methionine.....g	0.105		0		1		0.030	0.089	
Cystine.....g	0.118		0		1		0.033	0.100	
Phenylalanine.....g	0.284		0		1		0.081	0.241	
Tyrosine.....g	0.183		0		1		0.052	0.156	
Valine.....g	0.269		0		1		0.076	0.229	
Arginine.....g	0.249		0		1		0.071	0.212	
Histidine.....g	0.132		0		1		0.037	0.112	
Alanine.....g	0.219		0		1		0.062	0.186	
Aspartic acid.....g	0.346		0		1		0.098	0.294	
Glutamic acid.....g	1.733		0		1		0.491	1.473	
Glycine.....g	0.213		0		1		0.060	0.181	
Proline.....g	0.583		0		1		0.165	0.496	
Serine.....g	0.304		0		1		0.086	0.258	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	8		0	FLA	4		2.216	6.646	
Carotene, alpha.....mcg	3		0	FLA	4		0.912	2.735	
Cryptoxanthin, beta.....mcg	3		0	FLA	4		0.815	2.444	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	108		0	FLA	4		30.743	92.174	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 85g: 1 doughnut oval (3-1/2" x 2-1/2")

NDB No. 18256

Doughnuts, yeast-leavened, with jelly filling

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18257

Eclairs, custard-filled with chocolate glaze, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.484		0		1		1.838	7.262	6.484
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.112		0		1		0.032	0.125	0.112
17:1.....g									
18:1 undifferentiated.....g	6.353		0		1		1.801	7.115	6.353
20:1.....g	0.008		0		1		0.002	0.009	0.008
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	0.001
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.948		0		1		1.119	4.422	3.948
18:2 undifferentiated.....g	3.717		0		1		1.054	4.163	3.717
18:3 undifferentiated.....g	0.178		0		1		0.050	0.199	0.178
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	0.041		0		1		0.012	0.046	0.041
20:5 n-3.....g	0.001		0		1		0.000	0.001	0.001
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.011		0		1		0.003	0.012	0.011
Fatty acids, total trans.....g									
Cholesterol.....mg	127		0		1		36	142	127
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.090	0.080
Threonine.....g	0.271		0		1		0.077	0.304	0.271
Isoleucine.....g	0.324		0		1		0.092	0.363	0.324
Leucine.....g	0.532		0		1		0.151	0.596	0.532
Lysine.....g	0.392		0		1		0.111	0.439	0.392
Methionine.....g	0.169		0		1		0.048	0.189	0.169
Cystine.....g	0.127		0		1		0.036	0.142	0.127
Phenylalanine.....g	0.328		0		1		0.093	0.367	0.328
Tyrosine.....g	0.253		0		1		0.072	0.283	0.253
Valine.....g	0.365		0		1		0.103	0.409	0.365
Arginine.....g	0.325		0		1		0.092	0.364	0.325
Histidine.....g	0.152		0		1		0.043	0.170	0.152
Alanine.....g	0.294		0		1		0.083	0.329	0.294
Aspartic acid.....g	0.527		0		1		0.149	0.590	0.527
Glutamic acid.....g	1.223		0		1		0.347	1.370	1.223
Glycine.....g	0.204		0		1		0.058	0.228	0.204
Proline.....g	0.431		0		1		0.122	0.483	0.431
Serine.....g	0.411		0		1		0.117	0.460	0.411
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	2		0	FLA	4		1	2	2
Theobromine.....mg	14		0	FLA	4		4	16	14
Carotenoids:									
Carotene, beta.....mcg	117		0	RA	4		33.237	131.305	117.237
Carotene, alpha.....mcg	0		0	RA	4		0.004	0.015	0.013
Cryptoxanthin, beta.....mcg	3		0	RA	4		0.840	3.319	2.964
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	112		0	RA	4		31.874	125.921	112.430

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 112g: 1 cream puff (3-1/2" x 2")

Measure 3 = 100g: 1 éclair (5" x 2" x 1-3/4")

NDB No. 18257

Eclairs, custard-filled with chocolate glaze, prepared from recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18260

English muffins, mixed-grain (includes granola)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.827		0		4		0.234	0.546	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.004	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.813		0		4		0.230	0.537	
20:1.....g	0.001		0		4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.559		0		4		0.158	0.369	
18:2 undifferentiated.....g	0.531		0		4		0.151	0.350	
18:3 undifferentiated.....g	0.029		0		4		0.008	0.019	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.033	0.078	
Threonine.....g	0.279		0		1		0.079	0.184	
Isoleucine.....g	0.361		0		1		0.102	0.238	
Leucine.....g	0.649		0		1		0.184	0.428	
Lysine.....g	0.291		0		1		0.082	0.192	
Methionine.....g	0.158		0		1		0.045	0.104	
Cystine.....g	0.199		0		1		0.056	0.131	
Phenylalanine.....g	0.449		0		1		0.127	0.296	
Tyrosine.....g	0.280		0		1		0.079	0.185	
Valine.....g	0.422		0		1		0.120	0.279	
Arginine.....g	0.441		0		1		0.125	0.291	
Histidine.....g	0.202		0		1		0.057	0.133	
Alanine.....g	0.353		0		1		0.100	0.233	
Aspartic acid.....g	0.549		0		1		0.156	0.362	
Glutamic acid.....g	2.671		0		1		0.757	1.763	
Glycine.....g	0.368		0		1		0.104	0.243	
Proline.....g	0.850		0		1		0.241	0.561	
Serine.....g	0.435		0		1		0.123	0.287	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0.184	0.428	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 66g: 1 muffin

NDB No. 18260

English muffins, mixed-grain (includes granola)

Calories Factors: Protein 3.7

Fat 8.5

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18261

English muffins, mixed-grain, toasted (includes granola)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.899		0		1		0.255	0.548	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0		1		0.004	0.009	
17:1.....g									
18:1 undifferentiated.....g	0.884		0		1		0.251	0.539	
20:1.....g	0.001		0		1		0.000	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.608		0		1		0.172	0.371	
18:2 undifferentiated.....g	0.577		0		1		0.164	0.352	
18:3 undifferentiated.....g	0.031		0		1		0.009	0.019	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.128		0		1		0.036	0.078	
Threonine.....g	0.303		0		1		0.086	0.185	
Isoleucine.....g	0.393		0		1		0.111	0.240	
Leucine.....g	0.706		0		1		0.200	0.431	
Lysine.....g	0.317		0		1		0.090	0.193	
Methionine.....g	0.171		0		1		0.048	0.104	
Cystine.....g	0.216		0		1		0.061	0.132	
Phenylalanine.....g	0.488		0		1		0.138	0.298	
Tyrosine.....g	0.305		0		1		0.086	0.186	
Valine.....g	0.458		0		1		0.130	0.279	
Arginine.....g	0.479		0		1		0.136	0.292	
Histidine.....g	0.220		0		1		0.062	0.134	
Alanine.....g	0.384		0		1		0.109	0.234	
Aspartic acid.....g	0.597		0		1		0.169	0.364	
Glutamic acid.....g	2.903		0		1		0.823	1.771	
Glycine.....g	0.400		0		1		0.113	0.244	
Proline.....g	0.924		0		1		0.262	0.564	
Serine.....g	0.472		0		1		0.134	0.288	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	RA	4		0.190	0.408	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 61g: 1 muffin

NDB No. 18261

English muffins, mixed-grain, toasted (includes granola)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18258

English muffins, plain, enriched, with ca prop (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.302		0		4		0.086	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0		4		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.078	0.156	
20:1.....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0		4		0.021	0.043	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.016	4		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		1		0.026	0.052	
Threonine.....g	0.242		0		1		0.069	0.138	
Isoleucine.....g	0.315		0		1		0.089	0.180	
Leucine.....g	0.553		0		1		0.157	0.315	
Lysine.....g	0.241		0		1		0.068	0.137	
Methionine.....g	0.139		0		1		0.039	0.079	
Cystine.....g	0.160		0		1		0.045	0.091	
Phenylalanine.....g	0.379		0		1		0.107	0.216	
Tyrosine.....g	0.233		0		1		0.066	0.133	
Valine.....g	0.353		0		1		0.100	0.201	
Arginine.....g	0.295		0		1		0.084	0.168	
Histidine.....g	0.170		0		1		0.048	0.097	
Alanine.....g	0.281		0		1		0.080	0.160	
Aspartic acid.....g	0.398		0		1		0.113	0.227	
Glutamic acid.....g	2.419		0		1		0.686	1.379	
Glycine.....g	0.280		0		1		0.079	0.160	
Proline.....g	0.809		0		1		0.229	0.461	
Serine.....g	0.376		0		1		0.107	0.214	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	42		0	FLA	4		11.878	23.881	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

NDB No. 18258

English muffins, plain, enriched, with ca prop (includes sourdough)

Calories Factors: Protein 3.9

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18437

English muffins, plain, enriched, without calcium propionate(includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.302		0		4		0.086	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0		4		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.078	0.156	
20:1.....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0		4		0.021	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.016	4		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.092		0		4		0.026	0.052	
Threonine.....g	0.242		0		4		0.069	0.138	
Isoleucine.....g	0.315		0		4		0.089	0.180	
Leucine.....g	0.553		0		4		0.157	0.315	
Lysine.....g	0.241		0		4		0.068	0.137	
Methionine.....g	0.139		0		4		0.039	0.079	
Cystine.....g	0.160		0		4		0.045	0.091	
Phenylalanine.....g	0.379		0		4		0.107	0.216	
Tyrosine.....g	0.233		0		4		0.066	0.133	
Valine.....g	0.353		0		4		0.100	0.201	
Arginine.....g	0.295		0		4		0.084	0.168	
Histidine.....g	0.170		0		4		0.048	0.097	
Alanine.....g	0.281		0		4		0.080	0.160	
Aspartic acid.....g	0.398		0		4		0.113	0.227	
Glutamic acid.....g	2.419		0		4		0.686	1.379	
Glycine.....g	0.280		0		4		0.079	0.160	
Proline.....g	0.809		0		4		0.229	0.461	
Serine.....g	0.376		0		4		0.107	0.214	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.9

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.329		0		1		0.093	0.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.009	0.016	
17:1.....g									
18:1 undifferentiated.....g	0.297		0		1		0.084	0.154	
20:1.....g	0.002		0		1		0.001	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.965		0		1		0.274	0.502	
18:2 undifferentiated.....g	0.883		0		1		0.250	0.459	
18:3 undifferentiated.....g	0.082		0		1		0.023	0.043	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.100		0		1		0.028	0.052	
Threonine.....g	0.263		0		1		0.075	0.137	
Isoleucine.....g	0.342		0		1		0.097	0.178	
Leucine.....g	0.601		0		1		0.170	0.313	
Lysine.....g	0.262		0		1		0.074	0.136	
Methionine.....g	0.151		0		1		0.043	0.079	
Cystine.....g	0.173		0		1		0.049	0.090	
Phenylalanine.....g	0.412		0		1		0.117	0.214	
Tyrosine.....g	0.253		0		1		0.072	0.132	
Valine.....g	0.384		0		1		0.109	0.200	
Arginine.....g	0.320		0		1		0.091	0.166	
Histidine.....g	0.185		0		1		0.052	0.096	
Alanine.....g	0.306		0		1		0.087	0.159	
Aspartic acid.....g	0.432		0		1		0.122	0.225	
Glutamic acid.....g	2.630		0		1		0.746	1.368	
Glycine.....g	0.304		0		1		0.086	0.158	
Proline.....g	0.879		0		1		0.249	0.457	
Serine.....g	0.409		0		1		0.116	0.213	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RK	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.000	0.000	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	43		0	RK	4		12.265	22.497	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 52g: 1 muffin

NDB No. 18259

English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18438

English muffins, plain, unenriched, with calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.302		0		4		0.086	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0		4		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.078	0.156	
20:1.....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0		4		0.021	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.016	4		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.092		0		4		0.026	0.052	
Threonine.....g	0.242		0		4		0.069	0.138	
Isoleucine.....g	0.315		0		4		0.089	0.180	
Leucine.....g	0.553		0		4		0.157	0.315	
Lysine.....g	0.241		0		4		0.068	0.137	
Methionine.....g	0.139		0		4		0.039	0.079	
Cystine.....g	0.160		0		4		0.045	0.091	
Phenylalanine.....g	0.379		0		4		0.107	0.216	
Tyrosine.....g	0.233		0		4		0.066	0.133	
Valine.....g	0.353		0		4		0.100	0.201	
Arginine.....g	0.295		0		4		0.084	0.168	
Histidine.....g	0.170		0		4		0.048	0.097	
Alanine.....g	0.281		0		4		0.080	0.160	
Aspartic acid.....g	0.398		0		4		0.113	0.227	
Glutamic acid.....g	2.419		0		4		0.686	1.379	
Glycine.....g	0.280		0		4		0.079	0.160	
Proline.....g	0.809		0		4		0.229	0.461	
Serine.....g	0.376		0		4		0.107	0.214	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.9

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18439

English muffins, plain, unenriched, without calcium propionate (includes sourdough)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.302		0		4		0.086	0.172	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0		4		0.008	0.015	
17:1.....g									
18:1 undifferentiated.....g	0.274		0		4		0.078	0.156	
20:1.....g	0.002		0		4		0.001	0.001	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.888		0		4		0.252	0.506	
18:2 undifferentiated.....g	0.813		0		4		0.230	0.463	
18:3 undifferentiated.....g	0.075		0		4		0.021	0.043	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.016	4		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.092		0		4		0.026	0.052	
Threonine.....g	0.242		0		4		0.069	0.138	
Isoleucine.....g	0.315		0		4		0.089	0.180	
Leucine.....g	0.553		0		4		0.157	0.315	
Lysine.....g	0.241		0		4		0.068	0.137	
Methionine.....g	0.139		0		4		0.039	0.079	
Cystine.....g	0.160		0		4		0.045	0.091	
Phenylalanine.....g	0.379		0		4		0.107	0.216	
Tyrosine.....g	0.233		0		4		0.066	0.133	
Valine.....g	0.353		0		4		0.100	0.201	
Arginine.....g	0.295		0		4		0.084	0.168	
Histidine.....g	0.170		0		4		0.048	0.097	
Alanine.....g	0.281		0		4		0.080	0.160	
Aspartic acid.....g	0.398		0		4		0.113	0.227	
Glutamic acid.....g	2.419		0		4		0.686	1.379	
Glycine.....g	0.280		0		4		0.079	0.160	
Proline.....g	0.809		0		4		0.229	0.461	
Serine.....g	0.376		0		4		0.107	0.214	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 muffin

Calories Factors: Protein 3.9

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18262

English muffins, raisin-cinnamon (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.508		0		4		0.144	0.290	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0		4		0.008	0.016	
17:1.....g									
18:1 undifferentiated.....g	0.477		0		4		0.135	0.272	
20:1.....g	0.003		0		4		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.374		0		4		0.390	0.783	
18:2 undifferentiated.....g	1.234		0		4		0.350	0.703	
18:3 undifferentiated.....g	0.140		0		4		0.040	0.080	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0		1		0.024	0.048	
Threonine.....g	0.236		0		1		0.067	0.135	
Isoleucine.....g	0.295		0		1		0.084	0.168	
Leucine.....g	0.519		0		1		0.147	0.296	
Lysine.....g	0.234		0		1		0.066	0.133	
Methionine.....g	0.143		0		1		0.041	0.082	
Cystine.....g	0.155		0		1		0.044	0.088	
Phenylalanine.....g	0.360		0		1		0.102	0.205	
Tyrosine.....g	0.221		0		1		0.063	0.126	
Valine.....g	0.337		0		1		0.096	0.192	
Arginine.....g	0.307		0		1		0.087	0.175	
Histidine.....g	0.173		0		1		0.049	0.099	
Alanine.....g	0.285		0		1		0.081	0.162	
Aspartic acid.....g	0.423		0		1		0.120	0.241	
Glutamic acid.....g	2.312		0		1		0.655	1.318	
Glycine.....g	0.277		0		1		0.079	0.158	
Proline.....g	0.752		0		1		0.213	0.429	
Serine.....g	0.368		0		1		0.104	0.210	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.078	0.157	
Carotene, alpha.....mcg	0		0	FLC	4		0.019	0.038	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.067	0.136	
Lycopene.....mcg	0		0	FLC	4		0.004	0.008	
Lutein + zeaxanthin.....mcg	25		0	FLC	4		7.223	14.522	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 57g: 1 muffin

NDB No. 18262

English muffins, raisin-cinnamon (includes apple-cinnamon)

Calories Factors: Protein 3.8

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18263

English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.552		0		1		0.156	0.287	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0		1		0.009	0.016	
17:1.....g									
18:1 undifferentiated.....g	0.518		0		1		0.147	0.269	
20:1.....g	0.004		0		1		0.001	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.493		0		1		0.423	0.776	
18:2 undifferentiated.....g	1.341		0		1		0.380	0.697	
18:3 undifferentiated.....g	0.152		0		1		0.043	0.079	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		1		0.026	0.048	
Threonine.....g	0.256		0		1		0.073	0.133	
Isoleucine.....g	0.321		0		1		0.091	0.167	
Leucine.....g	0.564		0		1		0.160	0.293	
Lysine.....g	0.255		0		1		0.072	0.133	
Methionine.....g	0.155		0		1		0.044	0.081	
Cystine.....g	0.168		0		1		0.048	0.087	
Phenylalanine.....g	0.391		0		1		0.111	0.203	
Tyrosine.....g	0.240		0		1		0.068	0.125	
Valine.....g	0.367		0		1		0.104	0.191	
Arginine.....g	0.334		0		1		0.095	0.174	
Histidine.....g	0.188		0		1		0.053	0.098	
Alanine.....g	0.309		0		1		0.088	0.161	
Aspartic acid.....g	0.460		0		1		0.130	0.239	
Glutamic acid.....g	2.513		0		1		0.712	1.307	
Glycine.....g	0.301		0		1		0.085	0.157	
Proline.....g	0.817		0		1		0.232	0.425	
Serine.....g	0.400		0		1		0.113	0.208	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RA	4		0.081	0.148	
Carotene, alpha.....mcg	0		0	RA	4		0.020	0.036	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.070	0.128	
Lycopene.....mcg	0		0	RA	4		0.004	0.008	
Lutein + zeaxanthin.....mcg	26		0	RA	4		7.458	13.680	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 muffin

NDB No. 18263

English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18264
English muffins, wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.280		0		4		0.079	0.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		4		0.010	0.021	
17:1.....g									
18:1 undifferentiated.....g	0.243		0		4		0.069	0.139	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.834		0		4		0.236	0.475	
18:2 undifferentiated.....g	0.785		0		4		0.223	0.447	
18:3 undifferentiated.....g	0.048		0		4		0.014	0.027	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.000	0.001	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.112		0		1		0.032	0.064	
Threonine.....g	0.266		0		1		0.075	0.152	
Isoleucine.....g	0.341		0		1		0.097	0.194	
Leucine.....g	0.596		0		1		0.169	0.340	
Lysine.....g	0.270		0		1		0.077	0.154	
Methionine.....g	0.145		0		1		0.041	0.083	
Cystine.....g	0.181		0		1		0.051	0.103	
Phenylalanine.....g	0.412		0		1		0.117	0.235	
Tyrosine.....g	0.255		0		1		0.072	0.145	
Valine.....g	0.391		0		1		0.111	0.223	
Arginine.....g	0.359		0		1		0.102	0.205	
Histidine.....g	0.193		0		1		0.055	0.110	
Alanine.....g	0.321		0		1		0.091	0.183	
Aspartic acid.....g	0.456		0		1		0.129	0.260	
Glutamic acid.....g	2.612		0		1		0.741	1.489	
Glycine.....g	0.327		0		1		0.093	0.186	
Proline.....g	0.862		0		1		0.244	0.491	
Serine.....g	0.409		0		1		0.116	0.233	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2		0	FLC	4		0.519	1.044	
Carotene, alpha.....mcg	0		0	FLC	4		0.064	0.128	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.033	0.066	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	92		0	FLC	4		26.028	52.332	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 57g: 1 muffin

NDB No. 18264
English muffins, wheat

Calories Factors: Protein 3.7

Fat 8.4

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18265
English muffins, wheat, 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	0.305		0		1		0.086	0.159	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.011	0.021	
17:1.....g									
18:1 undifferentiated.....g	0.264		0		1		0.075	0.137	
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	0.906		0		1		0.257	0.471	
18:2 undifferentiated.....g	0.853		0		1		0.242	0.444	
18:3 undifferentiated.....g	0.052		0		1		0.015	0.027	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.001	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.122		0		1		0.035	0.063	
Threonine.....g	0.289		0		1		0.082	0.150	
Isoleucine.....g	0.370		0		1		0.105	0.192	
Leucine.....g	0.648		0		1		0.184	0.337	
Lysine.....g	0.294		0		1		0.083	0.153	
Methionine.....g	0.158		0		1		0.045	0.082	
Cystine.....g	0.197		0		1		0.056	0.102	
Phenylalanine.....g	0.448		0		1		0.127	0.233	
Tyrosine.....g	0.278		0		1		0.079	0.145	
Valine.....g	0.425		0		1		0.120	0.221	
Arginine.....g	0.390		0		1		0.111	0.203	
Histidine.....g	0.209		0		1		0.059	0.109	
Alanine.....g	0.349		0		1		0.099	0.181	
Aspartic acid.....g	0.495		0		1		0.140	0.257	
Glutamic acid.....g	2.839		0		1		0.805	1.476	
Glycine.....g	0.356		0		1		0.101	0.185	
Proline.....g	0.937		0		1		0.266	0.487	
Serine.....g	0.445		0		1		0.126	0.231	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	2		0	RA	4		0.536	0.984	
Carotene, alpha.....mcg	0		0	RA	4		0.066	0.121	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.034	0.062	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	95		0	RA	4		26.877	49.298	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 52g: 1 muffin

NDB No. 18265

English muffins, wheat, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18266
English muffins, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.513		0	FLA	4		0.145	0.339	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		0		4		0.010	0.022	
17:1.....g									
18:1 undifferentiated.....g	0.479		0		4		0.136	0.316	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.835		0	FLA	4		0.237	0.551	
18:2 undifferentiated.....g	0.787		0		4		0.223	0.519	
18:3 undifferentiated.....g	0.046		0		4		0.013	0.030	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		4		0.001	0.001	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.129		0		1		0.037	0.085	
Threonine.....g	0.283		0		1		0.080	0.187	
Isoleucine.....g	0.351		0		1		0.100	0.232	
Leucine.....g	0.610		0		1		0.173	0.403	
Lysine.....g	0.309		0		1		0.088	0.204	
Methionine.....g	0.141		0		1		0.040	0.093	
Cystine.....g	0.190		0		1		0.054	0.125	
Phenylalanine.....g	0.417		0		1		0.118	0.275	
Tyrosine.....g	0.272		0		1		0.077	0.180	
Valine.....g	0.414		0		1		0.117	0.273	
Arginine.....g	0.417		0		1		0.118	0.275	
Histidine.....g	0.205		0		1		0.058	0.135	
Alanine.....g	0.350		0		1		0.099	0.231	
Aspartic acid.....g	0.510		0		1		0.145	0.337	
Glutamic acid.....g	2.560		0		1		0.726	1.690	
Glycine.....g	0.362		0		1		0.103	0.239	
Proline.....g	0.841		0		1		0.238	0.555	
Serine.....g	0.415		0		1		0.118	0.274	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLC	4		0.776	1.808	
Carotene, alpha.....mcg	1		0	FLC	4		0.153	0.357	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	91		0	FLC	4		25.710	59.854	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 66g: 1 muffin

NDB No. 18266
English muffins, whole-wheat

Calories Factors: Protein 3.5

Fat 8.5

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18267

English muffins, whole-wheat, 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	0.557		0		1		0.158	0.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		1		0.010	0.023	
17:1.....g									
18:1 undifferentiated.....g	0.521		0		1		0.148	0.318	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.908		0		1		0.257	0.554	
18:2 undifferentiated.....g	0.856		0		1		0.243	0.522	
18:3 undifferentiated.....g	0.050		0		1		0.014	0.031	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.001	0.001	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.141		0		1		0.040	0.086	
Threonine.....g	0.308		0		1		0.087	0.188	
Isoleucine.....g	0.382		0		1		0.108	0.233	
Leucine.....g	0.663		0		1		0.188	0.404	
Lysine.....g	0.336		0		1		0.095	0.205	
Methionine.....g	0.154		0		1		0.044	0.094	
Cystine.....g	0.207		0		1		0.059	0.126	
Phenylalanine.....g	0.453		0		1		0.128	0.276	
Tyrosine.....g	0.296		0		1		0.084	0.181	
Valine.....g	0.450		0		1		0.128	0.275	
Arginine.....g	0.453		0		1		0.128	0.276	
Histidine.....g	0.223		0		1		0.063	0.136	
Alanine.....g	0.380		0		1		0.108	0.232	
Aspartic acid.....g	0.554		0		1		0.157	0.338	
Glutamic acid.....g	2.782		0		1		0.789	1.697	
Glycine.....g	0.393		0		1		0.111	0.240	
Proline.....g	0.914		0		1		0.259	0.558	
Serine.....g	0.451		0		1		0.128	0.275	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	RA	4		0.802	1.725	
Carotene, alpha.....mcg	1		0	RA	4		0.158	0.341	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	94		0	RA	4		26.548	57.124	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 61g: 1 muffin

NDB No. 18267

English muffins, whole-wheat, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18607

FRANCHISE ASSOCIATES, HOWARD JOHNSON'S TOASTEES, Blueberry Toaster Muffins, frozen, ready to eat

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	32.40		1	A	1		23.00		
Energy.....kcal	331		0	NC	4		235		
Energy.....kj	1386				4		984		
Protein.....g	7.10		1	A	1		5.04		
Total lipid (fat).....g	13.60		1	A	1		9.66		
Ash.....g	1.80		1	A	1		1.28		
Carbohydrate, by difference.....g	45.10		0	NC	4		32.02		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	65		1	A	1		46		
Iron, Fe.....mg	2.38		1	A	1		1.69		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	575		1	A	1		408		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.160		1	A	1		1.534		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	30		1	A	1		21		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 71g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18268
French toast, frozen, ready-to-heat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.040		0	FLA	4		0.578	1.204	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.101		0	FLA	4		0.029	0.060	
17:1.....g									
18:1 undifferentiated.....g	1.917		0	FLA	4		0.543	1.131	
20:1.....g	0.007		0	FLA	4		0.002	0.004	
22:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.227		0	FLA	4		0.348	0.724	
18:2 undifferentiated.....g	1.103		0	FLA	4		0.313	0.651	
18:3 undifferentiated.....g	0.076		0	FLA	4		0.022	0.045	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	FLA	4		0.010	0.021	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.009		0	FLA	4		0.003	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	82		1		1		23	48	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.027	0.055	
Threonine.....g	0.281		0		1		0.080	0.166	
Isoleucine.....g	0.339		0		1		0.096	0.200	
Leucine.....g	0.585		0		1		0.166	0.345	
Lysine.....g	0.370		0		1		0.105	0.218	
Methionine.....g	0.167		0		1		0.047	0.099	
Cystine.....g	0.142		0		1		0.040	0.084	
Phenylalanine.....g	0.366		0		1		0.104	0.216	
Tyrosine.....g	0.268		0		1		0.076	0.158	
Valine.....g	0.380		0		1		0.108	0.224	
Arginine.....g	0.336		0		1		0.095	0.198	
Histidine.....g	0.171		0		1		0.048	0.101	
Alanine.....g	0.297		0		1		0.084	0.175	
Aspartic acid.....g	0.509		0		1		0.144	0.300	
Glutamic acid.....g	1.784		0		1		0.506	1.053	
Glycine.....g	0.240		0		1		0.068	0.142	
Proline.....g	0.635		0		1		0.180	0.375	
Serine.....g	0.420		0		1		0.119	0.248	
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 = 28.35g: 1 oz
 Measure 2 = 59g: 1 piece

Calories Factors: Protein 4.1 Fat 8.9 Carbohydrate 4

Food Group: 18 Baked Products

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.524		0		1		1.283	2.941	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0		1		0.028	0.064	
17:1.....g									
18:1 undifferentiated.....g	4.414		0		1		1.251	2.869	
20:1.....g	0.007		0		1		0.002	0.005	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.594		0		1		0.735	1.686	
18:2 undifferentiated.....g	2.431		0		1		0.689	1.580	
18:3 undifferentiated.....g	0.115		0		1		0.033	0.075	
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	0.038		0		1		0.011	0.025	
20:5 n-3.....g	0.001		0		1		0.000	0.001	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.010		0		1		0.003	0.007	
Fatty acids, total trans.....g									
Cholesterol.....mg	116		0		1		33	75	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.027	0.061	
Threonine.....g	0.305		0		1		0.086	0.198	
Isoleucine.....g	0.375		0		1		0.106	0.244	
Leucine.....g	0.621		0		1		0.176	0.404	
Lysine.....g	0.413		0		1		0.117	0.268	
Methionine.....g	0.188		0		1		0.053	0.122	
Cystine.....g	0.156		0		1		0.044	0.101	
Phenylalanine.....g	0.389		0		1		0.110	0.253	
Tyrosine.....g	0.282		0		1		0.080	0.183	
Valine.....g	0.419		0		1		0.119	0.272	
Arginine.....g	0.364		0		1		0.103	0.237	
Histidine.....g	0.179		0		1		0.051	0.116	
Alanine.....g	0.334		0		1		0.095	0.217	
Aspartic acid.....g	0.578		0		1		0.164	0.376	
Glutamic acid.....g	1.718		0		1		0.487	1.117	
Glycine.....g	0.251		0		1		0.071	0.163	
Proline.....g	0.588		0		1		0.167	0.382	
Serine.....g	0.465		0		1		0.132	0.302	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	66		0	RK	4		18.711	42.900	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 65g: 1 slice

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18269

French toast, prepared from recipe, made with low fat (2%) milk

Food Group: 18 Baked Products

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

NDB No. 18602

GENERAL MILLS, BETTY CROCKER SUPERMOIST PARTY CAKE, SWIRL Cake Mix, dry

General Mills Inc.

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	3.80		1	A	1		1.63		
Energy.....kcal	414		0	NC	4		178		
Energy.....kj	1732				4		745		
Protein.....g	3.90		1	A	1		1.68		
Total lipid (fat).....g	7.60		1	A	1		3.27		
Ash.....g	2.20		1	A	1		0.95		
Carbohydrate, by difference.....g	82.50		0	NC	4		35.48		
Fiber, total dietary.....g									
Sugars, total.....g	45.70		1	A	1		19.65		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	186		1	A	1		80		
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	618		1	A	1		266		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.260		1	A	1		0.972		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18642
GENERAL MILLS, BETTY CROCKER SUPERMOIST Yellow Cake Mix, dry
General Mills Inc.

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	4.20		1	A	1		1.81		
Energy.....kcal	413		0	NC	4		178		
Energy.....kj	1729				4		744		
Protein.....g	3.80		1	A	1		1.63		
Total lipid (fat).....g	8.10		1	A	1		3.48		
Ash.....g	2.60		1	A	1		1.12		
Carbohydrate, by difference.....g	81.30		0	NC	4		34.96		
Fiber, total dietary.....g									
Sugars, total.....g	43.90		1	A	1		18.88		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	161		1	A	1		69		
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	672		1	A	1		289		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.280		1	A	1		0.980		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 43g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18601

GENERAL MILLS, BETTY CROCKER Wild Blueberry Muffin Mix, dry

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 = 40g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18605

GENERAL MILLS, GOLD MEDAL Imitation Blueberry Muffin Mix, dry

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
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 31g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18640

HEINZ, WEIGHT WATCHERS Chocolate Eclairs, frozen

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 = 59g: 1 éclair, frozen

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18636

HIDDEN VALLEY RANCH, SALAD CRISPINS Italian Style, Parmesan Croutons

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 = 7.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18270

Hush puppies, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.263		0		1		4.960	0.925	0.718
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		1		0.087	0.016	0.013
17:1.....g									
18:1 undifferentiated.....g	3.178		0		1		4.831	0.901	0.699
20:1.....g	0.026		0		1		0.040	0.007	0.006
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.219		0		1		10.973	2.047	1.588
18:2 undifferentiated.....g	6.390		0		1		9.713	1.812	1.406
18:3 undifferentiated.....g	0.811		0		1		1.233	0.230	0.178
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	0.015		0		1		0.023	0.004	0.003
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	0.004		0		1		0.006	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	45		0		1		68	13	10
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0		1		0.125	0.023	0.018
Threonine.....g	0.279		0		1		0.424	0.079	0.061
Isoleucine.....g	0.321		0		1		0.488	0.091	0.071
Leucine.....g	0.710		0		1		1.079	0.201	0.156
Lysine.....g	0.310		0		1		0.471	0.088	0.068
Methionine.....g	0.169		0		1		0.257	0.048	0.037
Cystine.....g	0.144		0		1		0.219	0.041	0.032
Phenylalanine.....g	0.382		0		1		0.581	0.108	0.084
Tyrosine.....g	0.289		0		1		0.439	0.082	0.064
Valine.....g	0.388		0		1		0.590	0.110	0.085
Arginine.....g	0.352		0		1		0.535	0.100	0.077
Histidine.....g	0.197		0		1		0.299	0.056	0.043
Alanine.....g	0.383		0		1		0.582	0.109	0.084
Aspartic acid.....g	0.501		0		1		0.762	0.142	0.110
Glutamic acid.....g	1.793		0		1		2.725	0.508	0.394
Glycine.....g	0.268		0		1		0.407	0.076	0.059
Proline.....g	0.693		0		1		1.053	0.196	0.152
Serine.....g	0.412		0		1		0.626	0.117	0.091
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	27		0	RA	4		40.885	7.626	5.918
Carotene, alpha.....mcg	17		0	RA	4		25.638	4.782	3.711
Cryptoxanthin, beta.....mcg	1		0	RA	4		1.495	0.279	0.216
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	401		0	RA	4		608.997	113.586	88.144

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

Common Measures:

- Measure 1 = 152g: 1 cup
- Measure 2 = 28.35g: 1 oz
- Measure 3 = 22g: 1 hush puppy

NDB No. 18270

Hush puppies, prepared from recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18606

INTERSTATE BRANDS CORP, HOSTESS DING DONGS Chocolate Snack Cake, Creme Filling

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 = 80g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18641

INTERSTATE BRANDS CORP, WONDER Hamburger Rolls

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 = 43g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18271

Ice cream cones, cake or wafer-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	1.845		0	FLA	4		0.523	0.074	0.535
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.003	0.000	0.003
17:1.....g									
18:1 undifferentiated.....g	1.833		0	FLA	4		0.520	0.073	0.532
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.264		0	FLA	4		0.925	0.131	0.947
18:2 undifferentiated.....g	3.076		0	FLA	4		0.872	0.123	0.892
18:3 undifferentiated.....g	0.188		0	FLA	4		0.053	0.008	0.055
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0		1		0.027	0.004	0.027
Threonine.....g	0.217		0		1		0.062	0.009	0.063
Isoleucine.....g	0.301		0		1		0.085	0.012	0.087
Leucine.....g	0.561		0		1		0.159	0.022	0.163
Lysine.....g	0.157		0		1		0.045	0.006	0.046
Methionine.....g	0.142		0		1		0.040	0.006	0.041
Cystine.....g	0.182		0		1		0.052	0.007	0.053
Phenylalanine.....g	0.400		0		1		0.113	0.016	0.116
Tyrosine.....g	0.222		0		1		0.063	0.009	0.064
Valine.....g	0.340		0		1		0.096	0.014	0.099
Arginine.....g	0.282		0		1		0.080	0.011	0.082
Histidine.....g	0.172		0		1		0.049	0.007	0.050
Alanine.....g	0.248		0		1		0.070	0.010	0.072
Aspartic acid.....g	0.328		0		1		0.093	0.013	0.095
Glutamic acid.....g	2.845		0		1		0.807	0.114	0.825
Glycine.....g	0.278		0		1		0.079	0.011	0.081
Proline.....g	0.954		0		1		0.270	0.038	0.277
Serine.....g	0.393		0		1		0.111	0.016	0.114
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.040	0.006	0.041
Carotene, alpha.....mcg	0		0	FLC	4		0.019	0.003	0.019
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.027	0.004	0.027
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	17		0	FLC	4		4.843	0.683	4.955

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 4.0g: 1 cone

Measure 3 = 29g: 1 large waffle cone

NDB No. 18271

Ice cream cones, cake or wafer-type

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18272

Ice cream cones, sugar, rolled-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	1.470		0		1		0.417	0.147	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.004	0.001	
17:1.....g									
18:1 undifferentiated.....g	1.457		0		1		0.413	0.146	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.452		0		1		0.412	0.145	
18:2 undifferentiated.....g	1.355		0		1		0.384	0.136	
18:3 undifferentiated.....g	0.097		0		1		0.027	0.010	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.092		0		1		0.026	0.009	
Threonine.....g	0.211		0		1		0.060	0.021	
Isoleucine.....g	0.293		0		1		0.083	0.029	
Leucine.....g	0.547		0		1		0.155	0.055	
Lysine.....g	0.153		0		1		0.043	0.015	
Methionine.....g	0.139		0		1		0.039	0.014	
Cystine.....g	0.178		0		1		0.050	0.018	
Phenylalanine.....g	0.390		0		1		0.111	0.039	
Tyrosine.....g	0.217		0		1		0.062	0.022	
Valine.....g	0.332		0		1		0.094	0.033	
Arginine.....g	0.275		0		1		0.078	0.028	
Histidine.....g	0.168		0		1		0.048	0.017	
Alanine.....g	0.242		0		1		0.069	0.024	
Aspartic acid.....g	0.319		0		1		0.090	0.032	
Glutamic acid.....g	2.774		0		1		0.786	0.277	
Glycine.....g	0.271		0		1		0.077	0.027	
Proline.....g	0.931		0		1		0.264	0.093	
Serine.....g	0.383		0		1		0.109	0.038	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.033	0.011	
Carotene, alpha.....mcg	0		0	FLC	4		0.015	0.005	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.022	0.008	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	14		0	FLC	4		3.930	1.386	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 10.0g: 1 cone

NDB No. 18272

Ice cream cones, sugar, rolled-type

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18608

KEEBLER, KEEBLER Chocolate Graham SELECTS

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 = 31g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18609

KEEBLER, KEEBLER GOLDEN Vanilla Wafers, Artificially Flavored

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 = 31g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18512
KELLOGG'S Eggo Golden Oat Waffles

Kellogg, Co.

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	50.60		0	MC	9		17.71	35.42	
Energy.....kcal	198		0	MC	9		69	139	
Energy.....kj	828						290	580	
Protein.....g	6.83		0	MC	9		2.39	4.78	
Total lipid (fat).....g	3.22		0	MC	9		1.13	2.25	
Ash.....g	1.83		0	MC	9		0.64	1.28	
Carbohydrate, by difference.....g	37.52		0	MC	9		13.13	26.26	
Fiber, total dietary.....g	3.5		0	MC	9		1.2	2.5	
Sugars, total.....g	3.47		0	MC	9		1.21	2.43	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66		0	MC	9		23	46	
Iron, Fe.....mg	4.60		0	MC	9		1.61	3.22	
Magnesium, Mg.....mg	44		0	MC	9		15	31	
Phosphorus, P.....mg	323		0	MC	9		113	226	
Potassium, K.....mg	191		0	MC	9		67	134	
Sodium, Na.....mg	385		0	MC	9		135	270	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0	MC	9		0.3	0.6	
Thiamin.....mg	0.400		0	MC	9		0.140	0.280	
Riboflavin.....mg	0.500		0	MC	9		0.175	0.350	
Niacin.....mg	5.100		0	MC	9		1.785	3.570	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.500		0	MC	9		0.175	0.350	
Folate, total.....mcg	41		0	MC	9		14	29	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.50		0	MC	9		0.53	1.05	
Vitamin A, IU.....IU	1282		0	MC	9		449	897	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.210	0.420	
Fatty acids, total monounsaturated.....g	1.067		0	MC	9		0.373	0.747	
Fatty acids, total polyunsaturated.....g	1.067		0	MC	9		0.373	0.747	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0	1	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

NDB No. 18512

KELLOGG'S Eggo Golden Oat Waffles

Footnotes

1 Serving equals 2 waffles

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18507
KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles

Kellogg, Co.

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	46.06		0	MC	9		16.12	32.24	
Energy.....kcal	208		0	MC	9		73	146	
Energy.....kj	870						305	609	
Protein.....g	5.95		0	MC	9		2.08	4.17	
Total lipid (fat).....g	2.83		0	MC	9		0.99	1.98	
Ash.....g	2.45		0	MC	9		0.86	1.72	
Carbohydrate, by difference.....g	42.71		0	MC	9		14.95	29.90	
Fiber, total dietary.....g	3.5		0	MC	9		1.2	2.5	
Sugars, total.....g	8.89		0	MC	9		3.11	6.22	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61		0	MC	9		21	43	
Iron, Fe.....mg	4.62		0	MC	9		1.62	3.23	
Magnesium, Mg.....mg	54		0	MC	9		19	38	
Phosphorus, P.....mg	77		0	MC	9		27	54	
Potassium, K.....mg	68		0	MC	9		24	48	
Sodium, Na.....mg	591		0	MC	9		207	414	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0	0.0	
Thiamin.....mg	0.380		0	MC	9		0.133	0.266	
Riboflavin.....mg	0.440		0	MC	9		0.154	0.308	
Niacin.....mg	5.130		0	MC	9		1.796	3.591	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.510		0	MC	9		0.179	0.357	
Folate, total.....mcg	51		0	MC	9		18	36	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.54		0	MC	9		0.54	1.08	
Vitamin A, IU.....IU	1282		0	MC	9		449	897	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.410		0	MC	9		0.144	0.287	
Fatty acids, total monounsaturated.....g	1.150		0	MC	9		0.403	0.805	
Fatty acids, total polyunsaturated.....g	0.800		0	MC	9		0.280	0.560	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

NDB No. 18507

KELLOGG'S Eggo Lowfat Blueberry Nutri-Grain Waffles

Footnotes

1 Serving equals 2 waffles

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18505
KELLOGG'S Eggo Lowfat Homestyle Waffles
Kellogg, Co.

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	43.44		0	MC	9		30.41	15.20	
Energy.....kcal	236		0	MC	9		165	83	
Energy.....kj	987						691	346	
Protein.....g	7.06		0	MC	9		4.94	2.47	
Total lipid (fat).....g	3.56		0	MC	9		2.49	1.25	
Ash.....g	1.79		0	MC	9		1.25	0.63	
Carbohydrate, by difference.....g	44.15		0	MC	9		30.91	15.45	
Fiber, total dietary.....g	1.0		0	MC	9		0.7	0.4	
Sugars, total.....g	2.92		0	MC	9		2.04	1.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	58		0	MC	9		41	20	
Iron, Fe.....mg	5.56		0	MC	9		3.89	1.95	
Magnesium, Mg.....mg	68		0	MC	9		48	24	
Phosphorus, P.....mg	81		0	MC	9		57	28	
Potassium, K.....mg	143		0	MC	9		100	50	
Sodium, Na.....mg	442		0	MC	9		309	155	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0	0.0	
Thiamin.....mg	0.880		0	MC	9		0.616	0.308	
Riboflavin.....mg	0.740		0	MC	9		0.518	0.259	
Niacin.....mg	7.410		0	MC	9		5.187	2.594	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.470		0	MC	9		0.329	0.165	
Folate, total.....mcg	77		0	MC	9		54	27	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.57		0	MC	9		1.10	0.55	
Vitamin A, IU.....IU	1447		0	MC	9		1013	506	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.900		0	MC	9		0.630	0.315	
Fatty acids, total monounsaturated.....g	1.000		0	MC	9		0.700	0.350	
Fatty acids, total polyunsaturated.....g	1.070		0	MC	9		0.749	0.375	
Fatty acids, total trans.....g									
Cholesterol.....mg	25		0	MC	9		18	9	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 70g: 1 serving

Measure 2 = 35g: 1 round waffle (4" dia) (include frozen)

NDB No. 18505

KELLOGG'S Eggo Lowfat Homestyle Waffles

Footnotes

1 Serving equals 2 waffles

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18506
KELLOGG'S Eggo Lowfat Nutri-Grain Waffles

Kellogg, Co.

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	47.75		0	MC	9		16.71	33.43	
Energy.....kcal	203		0	MC	9		71	142	
Energy.....kj	849						297	595	
Protein.....g	6.28		0	MC	9		2.20	4.40	
Total lipid (fat).....g	3.20		0	MC	9		1.12	2.24	
Ash.....g	2.50		0	MC	9		0.88	1.75	
Carbohydrate, by difference.....g	40.27		0	MC	9		14.09	28.19	
Fiber, total dietary.....g	3.7		0	MC	9		1.3	2.6	
Sugars, total.....g	5.73		0	MC	9		2.01	4.01	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61		0	MC	9		21	43	
Iron, Fe.....mg	4.62		0	MC	9		1.62	3.23	
Magnesium, Mg.....mg	56		0	MC	9		20	39	
Phosphorus, P.....mg	81		0	MC	9		28	57	
Potassium, K.....mg	72		0	MC	9		25	50	
Sodium, Na.....mg	614		0	MC	9		215	430	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0	0.0	
Thiamin.....mg	0.380		0	MC	9		0.133	0.266	
Riboflavin.....mg	0.440		0	MC	9		0.154	0.308	
Niacin.....mg	5.130		0	MC	9		1.796	3.591	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.510		0	MC	9		0.179	0.357	
Folate, total.....mcg	51		0	MC	9		18	36	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.54		0	MC	9		0.54	1.08	
Vitamin A, IU.....IU	1282		0	MC	9		449	897	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.470		0	MC	9		0.165	0.329	
Fatty acids, total monounsaturated.....g	1.340		0	MC	9		0.469	0.938	
Fatty acids, total polyunsaturated.....g	0.900		0	MC	9		0.315	0.630	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 35g: 1 waffle, round (4" dia) (include frozen)

Measure 2 = 70g: 1 serving

NDB No. 18506

KELLOGG'S Eggo Lowfat Nutri-Grain Waffles

Footnotes

1 Serving equals 2 waffles

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18508
KELLOGG'S Pop-Tarts Pastry Swirls, Apple Cinnamon Danish
Kellogg, Co.

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	16.80		0	MC	9		10.42		
Energy.....kcal	413		0	MC	9		256		
Energy.....kj	1728						1071		
Protein.....g	4.80		0	MC	9		2.98		
Total lipid (fat).....g	17.70		0	MC	9		10.97		
Ash.....g	1.00		0	MC	9		0.62		
Carbohydrate, by difference.....g	59.70		0	MC	9		37.01		
Fiber, total dietary.....g	1.4		0	MC	9		0.9		
Sugars, total.....g	17.70		0	MC	9		10.97		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	MC	9		20		
Iron, Fe.....mg	1.74		0	MC	9		1.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	306		0	MC	9		190		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.800		0	MC	9		2.976		
Fatty acids, total monounsaturated.....g	5.800		0	MC	9		3.596		
Fatty acids, total polyunsaturated.....g	7.100		0	MC	9		4.402		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 62g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18508

KELLOGG'S Pop-Tarts Pastry Swirls, Apple Cinnamon Danish

Food Group: 18 Baked Products

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

NDB No. 18510
KELLOGG'S Pop-Tarts Pastry Swirls, Cheese Danish
Kellogg, Co.

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	16.85		0	MC	9		10.45		
Energy.....kcal	407		0	MC	9		252		
Energy.....kj	1703						1056		
Protein.....g	4.80		0	MC	9		2.98		
Total lipid (fat).....g	17.70		0	MC	9		10.97		
Ash.....g	1.55		0	MC	9		0.96		
Carbohydrate, by difference.....g	59.10		0	MC	9		36.64		
Fiber, total dietary.....g	0.5		0	MC	9		0.3		
Sugars, total.....g	19.40		0	MC	9		12.03		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64		0	MC	9		40		
Iron, Fe.....mg	1.74		0	MC	9		1.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	290		0	MC	9		180		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.800		0	MC	9		2.976		
Fatty acids, total monounsaturated.....g	5.800		0	MC	9		3.596		
Fatty acids, total polyunsaturated.....g	7.100		0	MC	9		4.402		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		1		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 62g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18510

KELLOGG'S Pop-Tarts Pastry Swirls, Cheese Danish

Food Group: 18 Baked Products

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

NDB No. 18509
KELLOGG'S Pop-Tarts Pastry Swirls, Strawberry Danish
Kellogg, Co.

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	16.32		0	MC	9		10.12		
Energy.....kcal	410		0	MC	9		254		
Energy.....kj	1715						1064		
Protein.....g	4.80		0	MC	9		2.98		
Total lipid (fat).....g	17.70		0	MC	9		10.97		
Ash.....g	1.18		0	MC	9		0.73		
Carbohydrate, by difference.....g	60.00		0	MC	9		37.20		
Fiber, total dietary.....g	1.8		0	MC	9		1.1		
Sugars, total.....g	25.80		0	MC	9		16.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	MC	9		20		
Iron, Fe.....mg	1.74		0	MC	9		1.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	274		0	MC	9		170		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.800		0	MC	9		2.976		
Fatty acids, total monounsaturated.....g	5.800		0	MC	9		3.596		
Fatty acids, total polyunsaturated.....g	7.100		0	MC	9		4.402		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 62g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18509

KELLOGG'S Pop-Tarts Pastry Swirls, Strawberry Danish

Food Group: 18 Baked Products

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

NDB No. 18501
KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry
Kellogg, Co.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	14.50		0	MC		9			
Energy.....kcal	370		0	MC		9			
Energy.....kj	1548								
Protein.....g	4.30		0	MC		9			
Total lipid (fat).....g	7.60		0	MC		9			
Ash.....g	0.80		0	MC		9			
Carbohydrate, by difference.....g	72.80		0	MC		9			
Fiber, total dietary.....g	1.9		0	MC		9			
Sugars, total.....g	33.60		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0	MC		9			
Iron, Fe.....mg	4.90		0	MC		9			
Magnesium, Mg.....mg	26		0	MC		9			
Phosphorus, P.....mg	98		0	MC		9			
Potassium, K.....mg	188		0	MC		9			
Sodium, Na.....mg	297		0	MC		9			
Zinc, Zn.....mg	4.10		0	MC		9			
Copper, Cu.....mg	0.100		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	1.000		0	MC		9			
Riboflavin.....mg	1.100		0	MC		9			
Niacin.....mg	13.500		0	MC		9			
Pantothenic acid.....mg	0.000		0	MC		9			
Vitamin B-6.....mg	1.400		0	MC		9			
Folate, total.....mcg	108		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	2027		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.500		0	MC		9			
Fatty acids, total monounsaturated.....g	5.000		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.100		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 18501

KELLOGG, KELLOGG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry

Food Group: 18 Baked Products

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

NDB No. 18500
KELLOGG, KELLOGG'S EGGO, Banana Bread Waffles
Kellogg, Co.

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	41.20		0	MC	9		32.14		
Energy.....kcal	272		0	MC	9		212		
Energy.....kj	1138						888		
Protein.....g	6.80		0	MC	9		5.30		
Total lipid (fat).....g	9.50		0	MC	9		7.41		
Ash.....g	0.90		0	MC	9		0.70		
Carbohydrate, by difference.....g	41.60		0	MC	9		32.45		
Fiber, total dietary.....g	2.5		0	MC	9		2.0		
Sugars, total.....g	6.70		0	MC	9		5.23		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	51		0	MC	9		40		
Iron, Fe.....mg	4.60		0	MC	9		3.59		
Magnesium, Mg.....mg	18		0	MC	9		14		
Phosphorus, P.....mg	341		0	MC	9		266		
Potassium, K.....mg	180		0	MC	9		140		
Sodium, Na.....mg	359		0	MC	9		280		
Zinc, Zn.....mg	0.60		0	MC	9		0.47		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0	MC	9		1.1		
Thiamin.....mg	0.400		0	MC	9		0.312		
Riboflavin.....mg	0.400		0	MC	9		0.312		
Niacin.....mg	5.100		0	MC	9		3.978		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.500		0	MC	9		0.390		
Folate, total.....mcg	51		0	MC	9		40		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.50		0	MC	9		1.17		
Vitamin A, IU.....IU	1282		0	MC	9		1000		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.710		0	MC	9		1.334		
Fatty acids, total monounsaturated.....g	5.280		0	MC	9		4.118		
Fatty acids, total polyunsaturated.....g	2.510		0	MC	9		1.958		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 78g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18500

KELLOGG, KELLOGG'S EGGO, Banana Bread Waffles

Food Group: 18 Baked Products

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

NDB No. 18499
KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake
Kellogg, Co.

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	47.20		0	MC		9			
Energy.....kcal	233		0	MC		9			
Energy.....kj	975								
Protein.....g	6.00		0	MC		9			
Total lipid (fat).....g	6.69		0	MC		9			
Ash.....g	1.96		0	MC		9			
Carbohydrate, by difference.....g	38.10		0	MC		9			
Fiber, total dietary.....g	1.1		0	MC		9			
Sugars, total.....g	8.20		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	35		0	MC		9			
Iron, Fe.....mg	3.10		0	MC		9			
Magnesium, Mg.....mg	18		0	MC		9			
Phosphorus, P.....mg	341		0	MC		9			
Potassium, K.....mg	103		0	MC		9			
Sodium, Na.....mg	530		0	MC		9			
Zinc, Zn.....mg	0.60		0	MC		9			
Copper, Cu.....mg	0.000		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.4		0	MC		9			
Thiamin.....mg	0.260		0	MC		9			
Riboflavin.....mg	0.290		0	MC		9			
Niacin.....mg	3.450		0	MC		9			
Pantothenic acid.....mg	0.000		0	MC		9			
Vitamin B-6.....mg	0.350		0	MC		9			
Folate, total.....mcg	52		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.03		0	MC		9			
Vitamin A, IU.....IU	862		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.440		0	MC		9			
Fatty acids, total monounsaturated.....g	2.940		0	MC		9			
Fatty acids, total polyunsaturated.....g	2.130		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	MC		9			
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 18499

KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake

Food Group: 18 Baked Products

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

NDB No. 18492
KELLOGG, KELLOGG'S LOW FAT POP TARTS, Blueberry
Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	369		0	MC	9		192		
Energy.....kj	1544						803		
Protein.....g	4.50		0	MC	9		2.34		
Total lipid (fat).....g	5.50		0	MC	9		2.86		
Ash.....g	1.00		0	MC	9		0.52		
Carbohydrate, by difference.....g	76.50		0	MC	9		39.78		
Fiber, total dietary.....g	1.2		0	MC	9		0.6		
Sugars, total.....g	35.90		0	MC	9		18.67		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0	MC	9		6		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	9		0	MC	9		5		
Phosphorus, P.....mg	44		0	MC	9		23		
Potassium, K.....mg	57		0	MC	9		30		
Sodium, Na.....mg	426		0	MC	9		222		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.200		0	MC	9		0.624		
Fatty acids, total monounsaturated.....g	3.000		0	MC	9		1.560		
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.676		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18492

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Blueberry

Food Group: 18 Baked Products

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

NDB No. 18493
KELLOGG, KELLOGG'S LOW FAT POP TARTS, Cherry
Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	369		0	MC	9		192		
Energy.....kj	1544						803		
Protein.....g	4.50		0	MC	9		2.34		
Total lipid (fat).....g	5.50		0	MC	9		2.86		
Ash.....g	1.00		0	MC	9		0.52		
Carbohydrate, by difference.....g	76.50		0	MC	9		39.78		
Fiber, total dietary.....g	1.2		0	MC	9		0.6		
Sugars, total.....g	35.80		0	MC	9		18.62		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0	MC	9		6		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	9		0	MC	9		5		
Phosphorus, P.....mg	43		0	MC	9		22		
Potassium, K.....mg	57		0	MC	9		30		
Sodium, Na.....mg	426		0	MC	9		222		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.200		0	MC	9		0.624		
Fatty acids, total monounsaturated.....g	3.000		0	MC	9		1.560		
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.676		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18493

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Cherry

Food Group: 18 Baked Products

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

NDB No. 18491

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted apple cinnamon

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	368		0	MC	9		191		
Energy.....kj	1540						801		
Protein.....g	4.20		0	MC	9		2.18		
Total lipid (fat).....g	5.50		0	MC	9		2.86		
Ash.....g	0.90		0	MC	9		0.47		
Carbohydrate, by difference.....g	76.90		0	MC	9		39.99		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	38.30		0	MC	9		19.92		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0	MC	9		6		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	9		0	MC	9		5		
Phosphorus, P.....mg	41		0	MC	9		21		
Potassium, K.....mg	54		0	MC	9		28		
Sodium, Na.....mg	396		0	MC	9		206		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.572		
Fatty acids, total monounsaturated.....g	2.800		0	MC	9		1.456		
Fatty acids, total polyunsaturated.....g	1.600		0	MC	9		0.832		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18491

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted apple cinnamon

Food Group: 18 Baked Products

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

NDB No. 18494

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

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	10.50		0	MC	9		5.25		
Energy.....kcal	376		0	MC	9		188		
Energy.....kj	1573						787		
Protein.....g	4.70		0	MC	9		2.35		
Total lipid (fat).....g	5.50		0	MC	9		2.75		
Ash.....g	1.00		0	MC	9		0.50		
Carbohydrate, by difference.....g	78.30		0	MC	9		39.15		
Fiber, total dietary.....g	1.2		0	MC	9		0.6		
Sugars, total.....g	36.20		0	MC	9		18.10		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		0	MC	9		7		
Iron, Fe.....mg	3.60		0	MC	9		1.80		
Magnesium, Mg.....mg	10		0	MC	9		5		
Phosphorus, P.....mg	45		0	MC	9		23		
Potassium, K.....mg	61		0	MC	9		31		
Sodium, Na.....mg	419		0	MC	9		210		
Zinc, Zn.....mg	0.30		0	MC	9		0.15		
Copper, Cu.....mg	0.100		0	MC	9		0.050		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.150		
Riboflavin.....mg	0.300		0	MC	9		0.150		
Niacin.....mg	4.000		0	MC	9		2.000		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.200		
Folate, total.....mcg	100		0	MC	9		50		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	1000		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.200		0	MC	9		0.600		
Fatty acids, total monounsaturated.....g	2.900		0	MC	9		1.450		
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.650		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18494

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted brown sugar cinnamon

Food Group: 18 Baked Products

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

NDB No. 18495

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted chocolate fudge

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	366		0	MC	9		190		
Energy.....kj	1531						796		
Protein.....g	5.10		0	MC	9		2.65		
Total lipid (fat).....g	5.80		0	MC	9		3.02		
Ash.....g	1.40		0	MC	9		0.73		
Carbohydrate, by difference.....g	76.00		0	MC	9		39.52		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	36.20		0	MC	9		18.82		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0	MC	9		14		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	28		0	MC	9		15		
Phosphorus, P.....mg	76		0	MC	9		40		
Potassium, K.....mg	119		0	MC	9		62		
Sodium, Na.....mg	478		0	MC	9		249		
Zinc, Zn.....mg	0.50		0	MC	9		0.26		
Copper, Cu.....mg	0.200		0	MC	9		0.104		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.000		0	MC	9		0.520		
Fatty acids, total monounsaturated.....g	2.400		0	MC	9		1.248		
Fatty acids, total polyunsaturated.....g	1.700		0	MC	9		0.884		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18495

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted chocolate fudge

Food Group: 18 Baked Products

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

NDB No. 18497
KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry
Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	367		0	MC	9		191		
Energy.....kj	1536						798		
Protein.....g	4.10		0	MC	9		2.13		
Total lipid (fat).....g	5.80		0	MC	9		3.02		
Ash.....g	0.90		0	MC	9		0.47		
Carbohydrate, by difference.....g	77.50		0	MC	9		40.30		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	39.90		0	MC	9		20.75		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0	MC	9		5		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	8		0	MC	9		4		
Phosphorus, P.....mg	39		0	MC	9		20		
Potassium, K.....mg	49		0	MC	9		25		
Sodium, Na.....mg	387		0	MC	9		201		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.100		0	MC	9		0.572		
Fatty acids, total monounsaturated.....g	2.700		0	MC	9		1.404		
Fatty acids, total polyunsaturated.....g	2.000		0	MC	9		1.040		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18497

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Frosted strawberry

Food Group: 18 Baked Products

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

NDB No. 18496

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Strawberry

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	369		0	MC	9		192		
Energy.....kj	1544						803		
Protein.....g	4.50		0	MC	9		2.34		
Total lipid (fat).....g	5.50		0	MC	9		2.86		
Ash.....g	1.00		0	MC	9		0.52		
Carbohydrate, by difference.....g	76.60		0	MC	9		39.83		
Fiber, total dietary.....g	1.2		0	MC	9		0.6		
Sugars, total.....g	35.80		0	MC	9		18.62		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		0	MC	9		6		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	9		0	MC	9		5		
Phosphorus, P.....mg	43		0	MC	9		22		
Potassium, K.....mg	54		0	MC	9		28		
Sodium, Na.....mg	424		0	MC	9		220		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE	48		0	NC	4		25		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.200		0	MC	9		0.624		
Fatty acids, total monounsaturated.....g	2.900		0	MC	9		1.508		
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.676		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18496

KELLOGG, KELLOGG'S LOW FAT POP TARTS, Strawberry

Food Group: 18 Baked Products

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

NDB No. 18498
KELLOGG, KELLOGG'S POP TARTS, Frosted Wild Watermelon
Kellogg, Co.

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	12.50		0	MC		9			
Energy.....kcal	388		0	MC		9			
Energy.....kj	1623								
Protein.....g	4.30		0	MC		9			
Total lipid (fat).....g	9.20		0	MC		9			
Ash.....g	1.00		0	MC		9			
Carbohydrate, by difference.....g	72.90		0	MC		9			
Fiber, total dietary.....g	1.0		0	MC		9			
Sugars, total.....g	38.80		0	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	213		0	MC		9			
Iron, Fe.....mg	3.30		0	MC		9			
Magnesium, Mg.....mg	10		0	MC		9			
Phosphorus, P.....mg	49		0	MC		9			
Potassium, K.....mg	82		0	MC		9			
Sodium, Na.....mg	311		0	MC		9			
Zinc, Zn.....mg	0.30		0	MC		9			
Copper, Cu.....mg	0.000		0	MC		9			
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC		9			
Thiamin.....mg	0.300		0	MC		9			
Riboflavin.....mg	0.300		0	MC		9			
Niacin.....mg	3.700		0	MC		9			
Pantothenic acid.....mg	0.000		0	MC		9			
Vitamin B-6.....mg	0.400		0	MC		9			
Folate, total.....mcg	100		0	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC		9			
Vitamin A, IU.....IU	926		0	MC		9			
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.600		0	MC		9			
Fatty acids, total monounsaturated.....g	5.400		0	MC		9			
Fatty acids, total polyunsaturated.....g	1.300		0	MC		9			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC		9			
Phytosterols.....mg									

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

Common Measures:

Calories Factors: Protein Fat Carbohydrate

NDB No. 18498

KELLOGG, KELLOGG'S POP TARTS, Frosted Wild Watermelon

Food Group: 18 Baked Products

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

NDB No. 18637

KRAFT FOODS, SHAKE 'N' BAKE ORIGINAL RECIPE, Coating for Pork, dry

Kraft Foods, Inc.

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	3.20		1	A	1		0.90		
Energy.....kcal	377		0	NC	4		106		
Energy.....kj	1577				4		442		
Protein.....g	6.10		1	A	1		1.71		
Total lipid (fat).....g	3.70		1	A	1		1.04		
Ash.....g	7.20		1	A	1		2.02		
Carbohydrate, by difference.....g	79.80		0	NC	4		22.34		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	2840		1	A	1		795		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18567
KRAFT, STOVE TOP Stuffing Mix Chicken Flavor
Kraft Foods, Inc.

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	5.30		0	MC	9		1.48		
Energy.....kcal	381		0	MC	9		107		
Energy.....kj	1594						446		
Protein.....g	12.60		0	MC	9		3.53		
Total lipid (fat).....g	4.10		0	NR	4		1.15		
Ash.....g	4.80		0	MC	9		1.34		
Carbohydrate, by difference.....g	73.10		0	MC	9		20.47		
Fiber, total dietary.....g	2.5		0	MC	9		0.7		
Sugars, total.....g	10.10		0	MC	9		2.83		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	63		0	MC	9		18		
Iron, Fe.....mg	4.32		0	MC	9		1.21		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	129		0	MC	9		36		
Potassium, K.....mg	267		0	MC	9		75		
Sodium, Na.....mg	1532		0	MC	9		429		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	3.3		0	MC	9		0.9		
Thiamin.....mg	0.390		0	MC	9		0.109		
Riboflavin.....mg	0.290		0	MC	9		0.081		
Niacin.....mg	3.840		0	MC	9		1.075		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	80		0	MC	9		22		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	107		0	MC	9		30		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.800		0	MC	9		0.224		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0	MC	9		1		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 NLEA serving (makes 1/2 cup prepared)

Footnotes

1 1/6 BOX (makes 1/2 cup prepared)

NDB No. 18567

KRAFT, STOVE TOP Stuffing Mix Chicken Flavor

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18504
LENDER'S Bagel Shop Blueberry Bagels
Kellogg, Co.

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	33.96		0	MC	9		34.64		
Energy.....kcal	259		0	MC	9		264		
Energy.....kj	1084						1105		
Protein.....g	10.50		0	MC	9		10.71		
Total lipid (fat).....g	1.50		0	MC	9		1.53		
Ash.....g	1.53		0	MC	9		1.56		
Carbohydrate, by difference.....g	52.33		0	MC	9		53.38		
Fiber, total dietary.....g	1.7		0	MC	9		1.7		
Sugars, total.....g	9.43		0	MC	9		9.62		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	56		0	MC	9		57		
Iron, Fe.....mg	1.80		0	MC	9		1.84		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	155		0	MC	9		158		
Sodium, Na.....mg	419		0	MC	9		427		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.260		0	MC	9		0.265		
Riboflavin.....mg	0.200		0	MC	9		0.204		
Niacin.....mg	4.000		0	MC	9		4.080		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.060		0	MC	9		0.061		
Folate, total.....mcg	74		0	MC	9		75		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.300		0	MC	9		0.306		
Fatty acids, total monounsaturated.....g	0.400		0	MC	9		0.408		
Fatty acids, total polyunsaturated.....g	0.500		0	MC	9		0.510		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 102g: 1 bagel (4" dia)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18504

LENDER'S Bagel Shop Blueberry Bagels

Food Group: 18 Baked Products

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

NDB No. 18502
LENDER'S Big'N Crusty Blueberry Bagel
Kellogg, Co.

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	34.35		0	MC	9		29.20		
Energy.....kcal	252		0	MC	9		214		
Energy.....kj	1054						896		
Protein.....g	9.26		0	MC	9		7.87		
Total lipid (fat).....g	0.90		0	MC	9		0.77		
Ash.....g	1.51		0	MC	9		1.28		
Carbohydrate, by difference.....g	53.96		0	MC	9		45.87		
Fiber, total dietary.....g	2.0		0	MC	9		1.7		
Sugars, total.....g	11.23		0	MC	9		9.55		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	13		0	MC	9		11		
Iron, Fe.....mg	3.70		0	MC	9		3.15		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	86		0	MC	9		73		
Sodium, Na.....mg	481		0	MC	9		409		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.543		0	MC	9		0.462		
Riboflavin.....mg	0.310		0	MC	9		0.264		
Niacin.....mg	4.000		0	MC	9		3.400		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.056		0	MC	9		0.048		
Folate, total.....mcg	70		0	MC	9		60		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.170		
Fatty acids, total monounsaturated.....g	0.100		0	MC	9		0.085		
Fatty acids, total polyunsaturated.....g	0.500		0	MC	9		0.425		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 85g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18502
LENDER'S Big'N Crusty Blueberry Bagel

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18503
LENDER'S Premium Refrigerated Blueberry Bagels

Kellogg, Co.

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	33.76		0	MC	9		27.35		
Energy.....kcal	258		0	MC	9		209		
Energy.....kj	1079						874		
Protein.....g	10.43		0	MC	9		8.45		
Total lipid (fat).....g	1.63		0	MC	9		1.32		
Ash.....g	1.65		0	MC	9		1.34		
Carbohydrate, by difference.....g	52.51		0	MC	9		42.53		
Fiber, total dietary.....g	2.5		0	MC	9		2.0		
Sugars, total.....g	9.86		0	MC	9		7.99		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	15		0	MC	9		12		
Iron, Fe.....mg	2.03		0	MC	9		1.64		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	162		0	MC	9		131		
Sodium, Na.....mg	505		0	MC	9		409		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.260		0	MC	9		0.211		
Riboflavin.....mg	0.176		0	MC	9		0.143		
Niacin.....mg	2.000		0	MC	9		1.620		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.066		0	MC	9		0.053		
Folate, total.....mcg	74		0	MC	9		60		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.330		0	MC	9		0.267		
Fatty acids, total monounsaturated.....g	0.430		0	MC	9		0.348		
Fatty acids, total polyunsaturated.....g	0.530		0	MC	9		0.429		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 81g: 1 bagel (3" dia)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18503

LENDER'S Premium Refrigerated Blueberry Bagels

Food Group: 18 Baked Products

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

NDB No. 18369

Leavening agents, baking powder, double-acting, sodium aluminum sulfate

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

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

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein 1.5

Fat 8.4

Carbohydrate 1.9

Food Group: 18 Baked Products

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

NDB No. 18370

Leavening agents, baking powder, double-acting, straight phosphate

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

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

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein 1.8

Fat 8.4

Carbohydrate 2.1

Food Group: 18 Baked Products

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

NDB No. 18371

Leavening agents, baking powder, low-sodium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.006		0		4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.003		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0		4		0.006	0.003	
18:2 undifferentiated.....g	0.090		0		4		0.005	0.002	
18:3 undifferentiated.....g	0.029		0		4		0.001	0.001	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 5.0g: 1 tsp

Measure 2 = 2.5g: .5 tsp

Calories Factors: Protein 2.7

Fat 8.4

Carbohydrate 2

Food Group: 18 Baked Products

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

NDB No. 18372
Leavening agents, baking soda

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

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

Common Measures:

Measure 1 = 4.6g: 1 tsp

Measure 2 = 2.3g: .5 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18373
Leavening agents, cream of tartar

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

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

Common Measures:

Measure 1 = 3.0g: 1 tsp
 Measure 2 = 1.5g: .5 tsp

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 4.2

Food Group: 18 Baked Products

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

NDB No. 18375

Leavening agents, yeast, baker's, active dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.562		0		1		0.307	0.102	0.179
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.361		0		1		0.163	0.054	0.095
17:1.....g									
18:1 undifferentiated.....g	1.201		0		1		0.144	0.048	0.084
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	0.010		0		1		0.001	0.000	0.001
18:2 undifferentiated.....g	0.010		0		1		0.001	0.000	0.001
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.484		0		1		0.058	0.019	0.034
Threonine.....g	1.989		0		1		0.239	0.080	0.139
Isoleucine.....g	2.177		0		1		0.261	0.087	0.152
Leucine.....g	3.057		0		1		0.367	0.122	0.214
Lysine.....g	3.158		0		1		0.379	0.126	0.221
Methionine.....g	0.759		0		1		0.091	0.030	0.053
Cystine.....g	0.511		0		1		0.061	0.020	0.036
Phenylalanine.....g	1.861		0		1		0.223	0.074	0.130
Tyrosine.....g	1.579		0		1		0.189	0.063	0.111
Valine.....g	2.345		0		1		0.281	0.094	0.164
Arginine.....g	2.116		0		1		0.254	0.085	0.148
Histidine.....g	0.994		0		1		0.119	0.040	0.070
Alanine.....g	2.533		0		1		0.304	0.101	0.177
Aspartic acid.....g	3.904		0		1		0.468	0.156	0.273
Glutamic acid.....g	5.651		0		1		0.678	0.226	0.396
Glycine.....g	1.861		0		1		0.223	0.074	0.130
Proline.....g	1.633		0		1		0.196	0.065	0.114
Serine.....g	1.888		0		1		0.227	0.076	0.132
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 12.0g: 1 tbsp

Measure 2 = 4.0g: 1 tsp

Measure 3 = 7.0g: 1 package

NDB No. 18375

Leavening agents, yeast, baker's, active dry

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.4

Food Group: 18 Baked Products

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

NDB No. 18374

Leavening agents, yeast, baker's, compressed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.047		0		1		0.178		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.556		0		1		0.095		
17:1.....g									
18:1 undifferentiated.....g	0.491		0		1		0.083		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.004		0		1		0.001		
18:2 undifferentiated.....g	0.004		0		1		0.001		
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		1		1		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.018		
Threonine.....g	0.435		0		1		0.074		
Isoleucine.....g	0.476		0		1		0.081		
Leucine.....g	0.668		0		1		0.114		
Lysine.....g	0.690		0		1		0.117		
Methionine.....g	0.166		0		1		0.028		
Cystine.....g	0.112		0		1		0.019		
Phenylalanine.....g	0.407		0		1		0.069		
Tyrosine.....g	0.345		0		1		0.059		
Valine.....g	0.512		0		1		0.087		
Arginine.....g	0.462		0		1		0.079		
Histidine.....g	0.217		0		1		0.037		
Alanine.....g	0.553		0		1		0.094		
Aspartic acid.....g	0.853		0		1		0.145		
Glutamic acid.....g	1.235		0		1		0.210		
Glycine.....g	0.407		0		1		0.069		
Proline.....g	0.357		0		1		0.061		
Serine.....g	0.413		0		1		0.070		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	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 = 17g: 1 cake (0.6 oz)

NDB No. 18374

Leavening agents, yeast, baker's, compressed

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.4

Food Group: 18 Baked Products

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

NDB No. 18613

MARTHA WHITE FOODS, MARTHA WHITE'S Artificial Blueberry Muffin Mix

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 = 40g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18615

MARTHA WHITE FOODS, MARTHA WHITE'S Buttermilk Biscuit Mix, dry

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 = 41g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18614

MARTHA WHITE FOODS, MARTHA WHITE'S Chewy Fudge Brownie Mix, dry

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	4.20		1	A	1		1.18		
Energy.....kcal	408		0	NC	4		114		
Energy.....kj	1705				4		477		
Protein.....g	4.70		1	A	1		1.32		
Total lipid (fat).....g	6.30		1	A	1		1.76		
Ash.....g	1.80		1	A	1		0.50		
Carbohydrate, by difference.....g	83.00		0	NC	4		23.24		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	3.89		1	A	1		1.09		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	494		1	A	1		138		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.580		1	A	1		0.442		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18612

MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

McKee Baking, Co.

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	3.00		1	A	1		1.71		
Energy.....kcal	548		0	NC	4		312		
Energy.....kj	2293				4		1307		
Protein.....g	8.00		1	A	1		4.56		
Total lipid (fat).....g	32.80		1	A	1		18.70		
Ash.....g	1.00		1	A	1		0.57		
Carbohydrate, by difference.....g	55.20		0	NC	4		31.46		
Fiber, total dietary.....g									
Sugars, total.....g	34.00		1	A	1		19.38		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	223		1	A	1		127		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.0		1	A	1		1.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	6.290		1	A	1		3.585		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 57g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18612

MCKEE BAKING, LITTLE DEBBIE NUTTY BARS, Wafers with Peanut Butter, Chocolate Covered

Food Group: 18 Baked Products

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

NDB No. 18616

MISSION FOODS, MISSION Flour Tortillas, Soft Taco, 8 inch

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 = 51g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18274

Muffins, blueberry, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.972		0	FLA	4		0.335	1.302	2.228
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0	FLA	4		0.009	0.035	0.060
17:1.....g									
18:1 undifferentiated.....g	1.911		0	FLA	4		0.325	1.261	2.159
20:1.....g	0.005		0	FLA	4		0.001	0.003	0.006
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.495		0	FLA	4		0.424	1.647	2.819
18:2 undifferentiated.....g	2.302		0	FLA	4		0.391	1.519	2.601
18:3 undifferentiated.....g	0.147		0	FLA	4		0.025	0.097	0.166
18:4.....g	0.002		0	FLA	4		0.000	0.001	0.002
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024		0	FLA	4		0.004	0.016	0.027
20:5 n-3.....g	0.012		0	FLA	4		0.002	0.008	0.014
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.008		0	FLA	4		0.001	0.005	0.009
Fatty acids, total trans.....g									
Cholesterol.....mg	30		1		1		5	20	34
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		4		0.011	0.044	0.075
Threonine.....g	0.181		0		4		0.031	0.119	0.205
Isoleucine.....g	0.224		0		4		0.038	0.148	0.253
Leucine.....g	0.421		0		4		0.072	0.278	0.476
Lysine.....g	0.199		0		4		0.034	0.131	0.225
Methionine.....g	0.115		0		4		0.020	0.076	0.130
Cystine.....g	0.112		0		4		0.019	0.074	0.127
Phenylalanine.....g	0.277		0		4		0.047	0.183	0.313
Tyrosine.....g	0.184		0		4		0.031	0.121	0.208
Valine.....g	0.257		0		4		0.044	0.170	0.290
Arginine.....g	0.243		0		4		0.041	0.160	0.275
Histidine.....g	0.128		0		4		0.022	0.084	0.145
Alanine.....g	0.211		0		4		0.036	0.139	0.238
Aspartic acid.....g	0.319		0		4		0.054	0.211	0.360
Glutamic acid.....g	1.527		0		4		0.260	1.008	1.726
Glycine.....g	0.189		0		4		0.032	0.125	0.214
Proline.....g	0.535		0		4		0.091	0.353	0.605
Serine.....g	0.299		0		4		0.051	0.197	0.338
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	9		0	FLC	4		1.598	6.203	10.621
Carotene, alpha.....mcg	0		0	FLC	4		0.073	0.283	0.484
Cryptoxanthin, beta.....mcg	2		0	FLC	4		0.268	1.039	1.779
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	89		0	FLC	4		15.151	58.823	100.713

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

Common Measures:

Measure 1 = 17g: 1 mini

Measure 2 = 66g: 1 small

Measure 3 = 113g: 1 medium

NDB No. 18274

Muffins, blueberry, commercially prepared

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18275
Muffins, blueberry, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.507		0	FLA	4		1.561	19.605	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.007	
17:1.....g									
18:1 undifferentiated.....g	5.505		0	FLA	4		1.561	19.598	
20:1.....g	0.001		0		1		0.000	0.004	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.393		0	FLA	4		0.395	4.959	
18:2 undifferentiated.....g	1.307		0	FLA	4		0.371	4.653	
18:3 undifferentiated.....g	0.086		0	FLA	4		0.024	0.306	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.069		0		1		0.020	0.246	
Threonine.....g	0.135		0		1		0.038	0.481	
Isoleucine.....g	0.184		0		1		0.052	0.655	
Leucine.....g	0.330		0		1		0.094	1.175	
Lysine.....g	0.168		0		1		0.048	0.598	
Methionine.....g	0.082		0		1		0.023	0.292	
Cystine.....g	0.106		0		1		0.030	0.377	
Phenylalanine.....g	0.229		0		1		0.065	0.815	
Tyrosine.....g	0.138		0		1		0.039	0.491	
Valine.....g	0.213		0		1		0.060	0.758	
Arginine.....g	0.187		0		1		0.053	0.666	
Histidine.....g	0.099		0		1		0.028	0.352	
Alanine.....g	0.147		0		1		0.042	0.523	
Aspartic acid.....g	0.205		0		1		0.058	0.730	
Glutamic acid.....g	1.596		0		1		0.452	5.682	
Glycine.....g	0.165		0		1		0.047	0.587	
Proline.....g	0.538		0		1		0.153	1.915	
Serine.....g	0.255		0		1		0.072	0.908	
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 = 356g: 1 package, mix + drained berries

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18278

Muffins, blueberry, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.596		0		1		0.736	1.480	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.059		0		1		0.017	0.034	
17:1.....g									
18:1 undifferentiated.....g	2.515		0		1		0.713	1.434	
20:1.....g	0.020		0		1		0.006	0.011	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.388		0		1		1.527	3.071	
18:2 undifferentiated.....g	4.752		0		1		1.347	2.709	
18:3 undifferentiated.....g	0.621		0		1		0.176	0.354	
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	0.011		0		1		0.003	0.006	
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	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	37		0		1		10	21	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.023	0.046	
Threonine.....g	0.219		0		1		0.062	0.125	
Isoleucine.....g	0.276		0		1		0.078	0.157	
Leucine.....g	0.498		0		1		0.141	0.284	
Lysine.....g	0.264		0		1		0.075	0.150	
Methionine.....g	0.137		0		1		0.039	0.078	
Cystine.....g	0.124		0		1		0.035	0.071	
Phenylalanine.....g	0.325		0		1		0.092	0.185	
Tyrosine.....g	0.227		0		1		0.064	0.129	
Valine.....g	0.314		0		1		0.089	0.179	
Arginine.....g	0.277		0		1		0.079	0.158	
Histidine.....g	0.151		0		1		0.043	0.086	
Alanine.....g	0.235		0		1		0.067	0.134	
Aspartic acid.....g	0.376		0		1		0.107	0.214	
Glutamic acid.....g	1.799		0		1		0.510	1.025	
Glycine.....g	0.213		0		1		0.060	0.121	
Proline.....g	0.644		0		1		0.183	0.367	
Serine.....g	0.352		0		1		0.100	0.201	
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 = 57g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18277
Muffins, blueberry, toaster-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	2.162		0	FLA	4		0.613	0.713	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.022		0	FLA	4		0.006	0.007	
17:1.....g									
18:1 undifferentiated.....g	2.113		0	FLA	4		0.599	0.697	
20:1.....g	0.018		0	FLA	4		0.005	0.006	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.351		0	FLA	4		1.517	1.766	
18:2 undifferentiated.....g	4.722		0	FLA	4		1.339	1.558	
18:3 undifferentiated.....g	0.617		0	FLA	4		0.175	0.204	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	FLA	4		2	2	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.062		0		1		0.018	0.020	
Threonine.....g	0.180		0		1		0.051	0.059	
Isoleucine.....g	0.205		0		1		0.058	0.068	
Leucine.....g	0.353		0		1		0.100	0.116	
Lysine.....g	0.259		0		1		0.073	0.085	
Methionine.....g	0.067		0		1		0.019	0.022	
Cystine.....g	0.076		0		1		0.022	0.025	
Phenylalanine.....g	0.228		0		1		0.065	0.075	
Tyrosine.....g	0.162		0		1		0.046	0.053	
Valine.....g	0.217		0		1		0.062	0.072	
Arginine.....g	0.304		0		1		0.086	0.100	
Histidine.....g	0.115		0		1		0.033	0.038	
Alanine.....g	0.196		0		1		0.056	0.065	
Aspartic acid.....g	0.479		0		1		0.136	0.158	
Glutamic acid.....g	0.967		0		1		0.274	0.319	
Glycine.....g	0.192		0		1		0.054	0.063	
Proline.....g	0.307		0		1		0.087	0.101	
Serine.....g	0.251		0		1		0.071	0.083	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	3		0	FLC	4		0.753	0.876	
Carotene, alpha.....mcg	0		0	FLC	4		0.009	0.010	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.051	0.060	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	19		0	FLC	4		5.435	6.327	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 muffin, toaster

NDB No. 18277

Muffins, blueberry, toaster-type

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18386

Muffins, blueberry, toaster-type, 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	2.371		0		1		0.672	0.735	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0		1		0.010	0.011	
17:1.....g									
18:1 undifferentiated.....g	2.314		0		1		0.656	0.717	
20:1.....g	0.019		0		1		0.005	0.006	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.477		0		1		1.553	1.698	
18:2 undifferentiated.....g	4.839		0		1		1.372	1.500	
18:3 undifferentiated.....g	0.627		0		1		0.178	0.194	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.009		0		1		0.003	0.003	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.002		0		1		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0		4		1	2	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0		1		0.019	0.020	
Threonine.....g	0.192		0		1		0.054	0.060	
Isoleucine.....g	0.218		0		1		0.062	0.068	
Leucine.....g	0.375		0		1		0.106	0.116	
Lysine.....g	0.276		0		1		0.078	0.086	
Methionine.....g	0.071		0		1		0.020	0.022	
Cystine.....g	0.080		0		1		0.023	0.025	
Phenylalanine.....g	0.242		0		1		0.069	0.075	
Tyrosine.....g	0.172		0		1		0.049	0.053	
Valine.....g	0.231		0		1		0.065	0.072	
Arginine.....g	0.324		0		1		0.092	0.100	
Histidine.....g	0.122		0		1		0.035	0.038	
Alanine.....g	0.208		0		1		0.059	0.064	
Aspartic acid.....g	0.510		0		1		0.145	0.158	
Glutamic acid.....g	1.029		0		1		0.292	0.319	
Glycine.....g	0.204		0		1		0.058	0.063	
Proline.....g	0.326		0		1		0.092	0.101	
Serine.....g	0.267		0		1		0.076	0.083	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	RA	4		0.769	0.841	
Carotene, alpha.....mcg	0		0	RA	4		0.009	0.010	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.052	0.057	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	20		0	RA	4		5.552	6.071	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 31g: 1 muffin, toaster

NDB No. 18386

Muffins, blueberry, toaster-type, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18279

Muffins, corn, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.104		0	FLA	4		0.358	1.389	2.378
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.031		0	FLA	4		0.005	0.020	0.035
17:1.....g									
18:1 undifferentiated.....g	2.070		0	FLA	4		0.352	1.366	2.339
20:1.....g	0.002		0	FLA	4		0.000	0.001	0.002
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.215		0	FLA	4		0.547	2.122	3.633
18:2 undifferentiated.....g	3.021		0	FLA	4		0.514	1.994	3.414
18:3 undifferentiated.....g	0.182		0	FLA	4		0.031	0.120	0.206
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.009		0	FLA	4		0.002	0.006	0.010
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.002		0	FLA	4		0.000	0.001	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0	FLA	4		4	17	29
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.068		0		1		0.012	0.045	0.077
Threonine.....g	0.226		0		1		0.038	0.149	0.255
Isoleucine.....g	0.257		0		1		0.044	0.170	0.290
Leucine.....g	0.516		0		1		0.088	0.341	0.583
Lysine.....g	0.279		0		1		0.047	0.184	0.315
Methionine.....g	0.117		0		1		0.020	0.077	0.132
Cystine.....g	0.110		0		1		0.019	0.073	0.124
Phenylalanine.....g	0.297		0		1		0.050	0.196	0.336
Tyrosine.....g	0.218		0		1		0.037	0.144	0.246
Valine.....g	0.294		0		1		0.050	0.194	0.332
Arginine.....g	0.319		0		1		0.054	0.211	0.360
Histidine.....g	0.151		0		1		0.026	0.100	0.171
Alanine.....g	0.285		0		1		0.048	0.188	0.322
Aspartic acid.....g	0.480		0		1		0.082	0.317	0.542
Glutamic acid.....g	1.326		0		1		0.225	0.875	1.498
Glycine.....g	0.224		0		1		0.038	0.148	0.253
Proline.....g	0.477		0		1		0.081	0.315	0.539
Serine.....g	0.325		0		1		0.055	0.215	0.367
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	20		0	FLC	4		3.356	13.028	22.306
Carotene, alpha.....mcg	12		0	FLC	4		2.009	7.799	13.352
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.037	0.144	0.247
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	263		0	FLC	4		44.785	173.872	297.690

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

Common Measures:

Measure 1 = 17g: 1 mini

Measure 2 = 66g: 1 small

Measure 3 = 113g: 1 medium

NDB No. 18279

Muffins, corn, commercially prepared

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18280
Muffins, corn, dry mix, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.249		0		1		1.488		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0		1		0.015		
17:1.....g									
18:1 undifferentiated.....g	5.189		0		1		1.471		
20:1.....g	0.004		0		1		0.001		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.250		0		1		0.354		
18:2 undifferentiated.....g	1.159		0		1		0.329		
18:3 undifferentiated.....g	0.064		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006		
20:5 n-3.....g	0.001		0		1		0.000		
22:5 n-3.....g									
22:6 n-3.....g	0.005		0		1		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		1		18		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.081		0		1		0.023		
Threonine.....g	0.273		0		1		0.077		
Isoleucine.....g	0.317		0		1		0.090		
Leucine.....g	0.660		0		1		0.187		
Lysine.....g	0.323		0		1		0.092		
Methionine.....g	0.166		0		1		0.047		
Cystine.....g	0.139		0		1		0.039		
Phenylalanine.....g	0.367		0		1		0.104		
Tyrosine.....g	0.275		0		1		0.078		
Valine.....g	0.379		0		1		0.107		
Arginine.....g	0.341		0		1		0.097		
Histidine.....g	0.184		0		1		0.052		
Alanine.....g	0.356		0		1		0.101		
Aspartic acid.....g	0.498		0		1		0.141		
Glutamic acid.....g	1.659		0		1		0.470		
Glycine.....g	0.251		0		1		0.071		
Proline.....g	0.634		0		1		0.180		
Serine.....g	0.404		0		1		0.115		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18282

Muffins, corn, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.012		0		1		0.854	1.717	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.068		0		1		0.019	0.039	
17:1.....g									
18:1 undifferentiated.....g	2.919		0		1		0.828	1.664	
20:1.....g	0.022		0		1		0.006	0.013	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.162		0		1		1.747	3.512	
18:2 undifferentiated.....g	5.445		0		1		1.544	3.104	
18:3 undifferentiated.....g	0.700		0		1		0.198	0.399	
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	0.013		0		1		0.004	0.007	
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	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0		1		12	24	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.022	0.044	
Threonine.....g	0.261		0		1		0.074	0.149	
Isoleucine.....g	0.304		0		1		0.086	0.173	
Leucine.....g	0.655		0		1		0.186	0.373	
Lysine.....g	0.304		0		1		0.086	0.173	
Methionine.....g	0.156		0		1		0.044	0.089	
Cystine.....g	0.127		0		1		0.036	0.072	
Phenylalanine.....g	0.350		0		1		0.099	0.200	
Tyrosine.....g	0.271		0		1		0.077	0.154	
Valine.....g	0.364		0		1		0.103	0.207	
Arginine.....g	0.319		0		1		0.090	0.182	
Histidine.....g	0.182		0		1		0.052	0.104	
Alanine.....g	0.345		0		1		0.098	0.197	
Aspartic acid.....g	0.466		0		1		0.132	0.266	
Glutamic acid.....g	1.628		0		1		0.462	0.928	
Glycine.....g	0.239		0		1		0.068	0.136	
Proline.....g	0.637		0		1		0.181	0.363	
Serine.....g	0.378		0		1		0.107	0.215	
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 = 57g: 1 muffin (2-3/4" dia x 2")

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18281
Muffins, corn, toaster-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	2.625		0	FLA	4		0.744	0.866	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0	FLA	4		0.009	0.010	
17:1.....g									
18:1 undifferentiated.....g	2.562		0	FLA	4		0.726	0.845	
20:1.....g	0.022		0	FLA	4		0.006	0.007	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.324		0	FLA	4		1.793	2.087	
18:2 undifferentiated.....g	5.586		0	FLA	4		1.584	1.843	
18:3 undifferentiated.....g	0.722		0	FLA	4		0.205	0.238	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		0	FLA	4		0.001	0.001	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	FLA	4		4	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.060		0		1		0.017	0.020	
Threonine.....g	0.186		0		1		0.053	0.061	
Isoleucine.....g	0.214		0		1		0.061	0.071	
Leucine.....g	0.441		0		1		0.125	0.146	
Lysine.....g	0.197		0		1		0.056	0.065	
Methionine.....g	0.118		0		1		0.033	0.039	
Cystine.....g	0.113		0		1		0.032	0.037	
Phenylalanine.....g	0.271		0		1		0.077	0.089	
Tyrosine.....g	0.186		0		1		0.053	0.061	
Valine.....g	0.254		0		1		0.072	0.084	
Arginine.....g	0.252		0		1		0.071	0.083	
Histidine.....g	0.129		0		1		0.037	0.043	
Alanine.....g	0.245		0		1		0.069	0.081	
Aspartic acid.....g	0.336		0		1		0.095	0.111	
Glutamic acid.....g	1.352		0		1		0.383	0.446	
Glycine.....g	0.192		0		1		0.054	0.063	
Proline.....g	0.478		0		1		0.136	0.158	
Serine.....g	0.300		0		1		0.085	0.099	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 muffin, toaster

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18283
Muffins, oat bran

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.695		0	FLA	4		0.288	1.119	1.915
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0	FLA	4		0.003	0.011	0.018
17:1.....g									
18:1 undifferentiated.....g	1.661		0	FLA	4		0.282	1.096	1.877
20:1.....g	0.013		0	FLA	4		0.002	0.009	0.015
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.129		0	FLA	4		0.702	2.725	4.666
18:2 undifferentiated.....g	3.664		0	FLA	4		0.623	2.418	4.140
18:3 undifferentiated.....g	0.458		0	FLA	4		0.078	0.302	0.518
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.105		0		4		0.018	0.069	0.119
Threonine.....g	0.210		0		4		0.036	0.139	0.237
Isoleucine.....g	0.262		0		4		0.045	0.173	0.296
Leucine.....g	0.506		0		4		0.086	0.334	0.572
Lysine.....g	0.277		0		4		0.047	0.183	0.313
Methionine.....g	0.123		0		4		0.021	0.081	0.139
Cystine.....g	0.182		0		4		0.031	0.120	0.206
Phenylalanine.....g	0.346		0		4		0.059	0.228	0.391
Tyrosine.....g	0.234		0		4		0.040	0.154	0.264
Valine.....g	0.364		0		4		0.062	0.240	0.411
Arginine.....g	0.472		0		4		0.080	0.312	0.533
Histidine.....g	0.156		0		4		0.027	0.103	0.176
Alanine.....g	0.337		0		4		0.057	0.222	0.381
Aspartic acid.....g	0.576		0		4		0.098	0.380	0.651
Glutamic acid.....g	1.430		0		4		0.243	0.944	1.616
Glycine.....g	0.338		0		4		0.057	0.223	0.382
Proline.....g	0.365		0		4		0.062	0.241	0.412
Serine.....g	0.309		0		4		0.053	0.204	0.349
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.005	0.018	0.031
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.003	0.005
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.016	0.061	0.104
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	13		0	FLC	4		2.163	8.399	14.381

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Common Measures:

Measure 1 = 17g: 1 mini

Measure 2 = 66g: 1 small

Measure 3 = 113g: 1 medium

NDB No. 18283
Muffins, oat bran

Calories Factors: Protein 3.2

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18273

Muffins, plain, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.757		0		1		0.782	1.571	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0		1		0.018	0.036	
17:1.....g									
18:1 undifferentiated.....g	2.671		0		1		0.757	1.522	
20:1.....g	0.021		0		1		0.006	0.012	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.721		0		1		1.622	3.261	
18:2 undifferentiated.....g	5.046		0		1		1.431	2.876	
18:3 undifferentiated.....g	0.659		0		1		0.187	0.376	
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	0.012		0		1		0.003	0.007	
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	0.003		0		1		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	39		0		1		11	22	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.024	0.049	
Threonine.....g	0.231		0		1		0.065	0.132	
Isoleucine.....g	0.290		0		1		0.082	0.165	
Leucine.....g	0.523		0		1		0.148	0.298	
Lysine.....g	0.279		0		1		0.079	0.159	
Methionine.....g	0.144		0		1		0.041	0.082	
Cystine.....g	0.130		0		1		0.037	0.074	
Phenylalanine.....g	0.342		0		1		0.097	0.195	
Tyrosine.....g	0.240		0		1		0.068	0.137	
Valine.....g	0.330		0		1		0.094	0.188	
Arginine.....g	0.290		0		1		0.082	0.165	
Histidine.....g	0.159		0		1		0.045	0.091	
Alanine.....g	0.246		0		1		0.070	0.140	
Aspartic acid.....g	0.393		0		1		0.111	0.224	
Glutamic acid.....g	1.900		0		1		0.539	1.083	
Glycine.....g	0.222		0		1		0.063	0.127	
Proline.....g	0.681		0		1		0.193	0.388	
Serine.....g	0.371		0		1		0.105	0.211	
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 = 57g: 1 muffin

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18284
Muffins, wheat bran, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.403		0	FLA	4		1.815	12.678	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001	0.010	
17:1.....g									
18:1 undifferentiated.....g	6.398		0	FLA	4		1.814	12.668	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.904		0	FLA	4		0.540	3.770	
18:2 undifferentiated.....g	1.795		0	FLA	4		0.509	3.554	
18:3 undifferentiated.....g	0.108		0	FLA	4		0.031	0.214	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLA	4		0.000	0.002	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.115		0		1		0.033	0.228	
Threonine.....g	0.212		0		1		0.060	0.420	
Isoleucine.....g	0.245		0		1		0.069	0.485	
Leucine.....g	0.453		0		1		0.128	0.897	
Lysine.....g	0.259		0		1		0.073	0.513	
Methionine.....g	0.112		0		1		0.032	0.222	
Cystine.....g	0.162		0		1		0.046	0.321	
Phenylalanine.....g	0.303		0		1		0.086	0.600	
Tyrosine.....g	0.201		0		1		0.057	0.398	
Valine.....g	0.322		0		1		0.091	0.638	
Arginine.....g	0.385		0		1		0.109	0.762	
Histidine.....g	0.170		0		1		0.048	0.337	
Alanine.....g	0.282		0		1		0.080	0.558	
Aspartic acid.....g	0.406		0		1		0.115	0.804	
Glutamic acid.....g	1.823		0		1		0.517	3.610	
Glycine.....g	0.326		0		1		0.092	0.645	
Proline.....g	0.594		0		1		0.168	1.176	
Serine.....g	0.343		0		1		0.097	0.679	
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 = 198g: 1 package (7 oz)

Calories Factors: Protein 2.9

Fat 8.8

Carbohydrate 3.7

Food Group: 18 Baked Products

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

NDB No. 18286

Muffins, wheat bran, toaster-type with raisins

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.036		0	FLA	4		0.577	0.733	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.027		0	FLA	4		0.008	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.983		0	FLA	4		0.562	0.714	
20:1.....g	0.017		0	FLA	4		0.005	0.006	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.822		0	FLA	4		1.367	1.736	
18:2 undifferentiated.....g	4.254		0	FLA	4		1.206	1.531	
18:3 undifferentiated.....g	0.549		0	FLA	4		0.156	0.198	
18:4.....g	0.001		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0	FLA	4		0.002	0.002	
20:5 n-3.....g	0.003		0	FLA	4		0.001	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0	FLA	4		5	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.020	0.025	
Threonine.....g	0.185		0		1		0.052	0.067	
Isoleucine.....g	0.206		0		1		0.058	0.074	
Leucine.....g	0.370		0		1		0.105	0.133	
Lysine.....g	0.235		0		1		0.067	0.085	
Methionine.....g	0.088		0		1		0.025	0.032	
Cystine.....g	0.100		0		1		0.028	0.036	
Phenylalanine.....g	0.247		0		1		0.070	0.089	
Tyrosine.....g	0.168		0		1		0.048	0.060	
Valine.....g	0.236		0		1		0.067	0.085	
Arginine.....g	0.306		0		1		0.087	0.110	
Histidine.....g	0.127		0		1		0.036	0.046	
Alanine.....g	0.216		0		1		0.061	0.078	
Aspartic acid.....g	0.433		0		1		0.123	0.156	
Glutamic acid.....g	1.200		0		1		0.340	0.432	
Glycine.....g	0.212		0		1		0.060	0.076	
Proline.....g	0.387		0		1		0.110	0.139	
Serine.....g	0.276		0		1		0.078	0.099	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.333	0.423	
Carotene, alpha.....mcg	0		0	FLA	4		0.004	0.005	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.107	0.136	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	47		0	FLA	4		13.438	17.064	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 36g: 1 muffin, toaster

NDB No. 18286

Muffins, wheat bran, toaster-type with raisins

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, 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	2.221		0		1		0.630	0.755	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.012	0.015	
17:1.....g									
18:1 undifferentiated.....g	2.158		0		1		0.612	0.734	
20:1.....g	0.018		0		1		0.005	0.006	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.918		0		1		1.394	1.672	
18:2 undifferentiated.....g	4.350		0		1		1.233	1.479	
18:3 undifferentiated.....g	0.551		0		1		0.156	0.187	
18:4.....g	0.000		0	RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0		1		0.004	0.004	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	
22:6 n-3.....g	0.003		0		1		0.001	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0		4		3	3	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.021	0.025	
Threonine.....g	0.197		0		1		0.056	0.067	
Isoleucine.....g	0.219		0		1		0.062	0.074	
Leucine.....g	0.394		0		1		0.112	0.134	
Lysine.....g	0.250		0		1		0.071	0.085	
Methionine.....g	0.094		0		1		0.027	0.032	
Cystine.....g	0.106		0		1		0.030	0.036	
Phenylalanine.....g	0.263		0		1		0.075	0.089	
Tyrosine.....g	0.179		0		1		0.051	0.061	
Valine.....g	0.251		0		1		0.071	0.085	
Arginine.....g	0.325		0		1		0.092	0.111	
Histidine.....g	0.135		0		1		0.038	0.046	
Alanine.....g	0.230		0		1		0.065	0.078	
Aspartic acid.....g	0.460		0		1		0.130	0.156	
Glutamic acid.....g	1.277		0		1		0.362	0.434	
Glycine.....g	0.225		0		1		0.064	0.077	
Proline.....g	0.412		0		1		0.117	0.140	
Serine.....g	0.293		0		1		0.083	0.100	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	RK	4		0.336	0.403	
Carotene, alpha.....mcg	0		0	RK	4		0.004	0.004	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.108	0.130	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	48		0	RK	4		13.581	16.287	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 34g: 1 muffin, toaster

NDB No. 18388

Muffins, wheat bran, toaster-type with raisins, toasted

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18617
NABISCO, NABISCO GRAHAMS Crackers

Nabisco Brands, Inc.

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	3.60		1	A	1		1.01		
Energy.....kcal	424		0	NC	4		119		
Energy.....kj	1776				4		497		
Protein.....g	6.99		1	MA	12		1.96		
Total lipid (fat).....g	10.00		1	A	1		2.80		
Ash.....g	2.80		1	A	1		0.78		
Carbohydrate, by difference.....g	76.20		0	NC	4		21.34		
Fiber, total dietary.....g	3.4		0	MA	12		1.0		
Sugars, total.....g	23.00		1	MC	9		6.44		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	79		0	MC	9		22		
Iron, Fe.....mg	4.13		1	MA	12		1.16		
Magnesium, Mg.....mg	59		0	MC	9		17		
Phosphorus, P.....mg	202		0	MC	9		57		
Potassium, K.....mg	177		0	MA	12		50		
Sodium, Na.....mg	659		1	MA	12		185		
Zinc, Zn.....mg	1.94		0	MC	9		0.54		
Copper, Cu.....mg	0.030		0	MC	9		0.008		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.228		0	MC	9		0.064		
Riboflavin.....mg	0.240		0	MC	9		0.067		
Niacin.....mg	3.780		0	MC	9		1.058		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.100		0	MC	9		0.028		
Folate, total.....mcg	46		0	MC	9		13		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.560		1	A	1		0.437		
Fatty acids, total monounsaturated.....g	3.600		0	MA	12		1.008		
Fatty acids, total polyunsaturated.....g	0.460		0	MA	12		0.129		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18617
NABISCO, NABISCO GRAHAMS Crackers

Food Group: 18 Baked Products
USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 18618

NABISCO, NABISCO NILLA Pie Crust, ready to use

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.038		1	A	1		0.011		
17:1.....g	0.014		1	A	1		0.004		
18:1 undifferentiated.....g	13.972		1	A	1		3.912		
20:1.....g	0.086		1	A	1		0.024		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.350		0	MC	9		0.378		
18:2 undifferentiated.....g	1.980		1	A	1		0.554		
18:3 undifferentiated.....g	0.081		1	A	1		0.023		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.014		1	A	1		0.004		
20:4 undifferentiated.....g	0.014		1	A	1		0.004		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	MC	9		3		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18619

NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.029		1	A	1		0.003		
17:1.....g	0.010		1	A	1		0.001		
18:1 undifferentiated.....g	11.101		1	A	1		1.221		
20:1.....g	0.067		1	A	1		0.007		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.820		0	MC	9		0.090		
18:2 undifferentiated.....g	2.066		1	A	1		0.227		
18:3 undifferentiated.....g	0.096		1	A	1		0.011		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.010		1	A	1		0.001		
20:4 undifferentiated.....g	0.010		1	A	1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 11.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18620

NABISCO, NABISCO ORIGINAL PREMIUM Saltine Crackers

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		1	A	1		0.001		
17:1.....g	0.005		1	A	1		0.001		
18:1 undifferentiated.....g	6.000		1	A	1		0.840		
20:1.....g	0.038		1	A	1		0.005		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.720		0	MA	12		0.241		
18:2 undifferentiated.....g	0.880		1	A	1		0.123		
18:3 undifferentiated.....g	0.043		1	A	1		0.006		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.005		1	A	1		0.001		
20:4 undifferentiated.....g	0.005		1	A	1		0.001		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18621
NABISCO, NABISCO RITZ Crackers

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.029		1	A	1		0.005		
17:1.....g	0.019		1	A	1		0.003		
18:1 undifferentiated.....g	13.781		1	A	1		2.205		
20:1.....g	0.067		1	A	1		0.011		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.770		0	MA	12		0.283		
18:2 undifferentiated.....g	1.272		1	A	1		0.204		
18:3 undifferentiated.....g	0.057		1	A	1		0.009		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.010		1	A	1		0.002		
20:4 undifferentiated.....g	0.010		1	A	1		0.002		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 16g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18650
NABISCO, NABISCO SNACKWELL'S Caramel Delights Cookies

Nabisco Brands, Inc.

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	13.35		0	MC	9		2.40		
Energy.....kcal	383		0	MC	9		69		
Energy.....kj	1602						288		
Protein.....g	4.50		0	MC	9		0.81		
Total lipid (fat).....g	11.23		0	MC	9		2.02		
Ash.....g	1.06		0	MC	9		0.19		
Carbohydrate, by difference.....g	69.85		0	MC	9		12.57		
Fiber, total dietary.....g	1.7		0	MC	9		0.3		
Sugars, total.....g	46.21		0	MC	9		8.32		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	47		0	MC	9		8		
Iron, Fe.....mg	0.91		0	MC	9		0.16		
Magnesium, Mg.....mg	26		0	MC	9		5		
Phosphorus, P.....mg	93		0	MC	9		17		
Potassium, K.....mg	122		0	MC	9		22		
Sodium, Na.....mg	184		0	MC	9		33		
Zinc, Zn.....mg	0.53		0	MC	9		0.10		
Copper, Cu.....mg	0.172		0	MC	9		0.031		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg	0.028		0	MC	9		0.005		
Riboflavin.....mg	0.099		0	MC	9		0.018		
Niacin.....mg	0.474		0	MC	9		0.085		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.026		0	MC	9		0.005		
Folate, total.....mcg	53		0	MC	9		10		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.12		0	MC	9		0.02		
Vitamin A, IU.....IU	3		0	MC	9		1		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.734		0	MC	9		0.492		
Fatty acids, total monounsaturated.....g	3.440		0	MC	9		0.619		
Fatty acids, total polyunsaturated.....g	0.585		0	MC	9		0.105		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	8		0	MC	9		1		
Theobromine.....mg	101		0	MC	9		18		

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

Common Measures:

NDB No. 18650

NABISCO, NABISCO SNACKWELL'S Caramel Delights Cookies

Measure 1 = 18g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18645

NABISCO, NABISCO SNACKWELL'S Cracked Pepper Cracker

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	1.70		0	MC	9		0.24		
Energy.....kcal	439		0	MC	9		61		
Energy.....kj	1837						257		
Protein.....g	9.26		0	MC	9		1.30		
Total lipid (fat).....g	11.07		0	MC	9		1.55		
Ash.....g	3.27		0	MC	9		0.46		
Carbohydrate, by difference.....g	74.69		0	MC	9		10.46		
Fiber, total dietary.....g	2.8		0	MC	9		0.4		
Sugars, total.....g	6.52		0	MC	9		0.91		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	170		0	MC	9		24		
Iron, Fe.....mg	3.63		0	MC	9		0.51		
Magnesium, Mg.....mg	27		0	MC	9		4		
Phosphorus, P.....mg	322		0	MC	9		45		
Potassium, K.....mg	116		0	MC	9		16		
Sodium, Na.....mg	833		0	MC	9		117		
Zinc, Zn.....mg	0.82		0	MC	9		0.11		
Copper, Cu.....mg	0.170		0	MC	9		0.024		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg	0.312		0	MC	9		0.044		
Riboflavin.....mg	0.388		0	MC	9		0.054		
Niacin.....mg	5.371		0	MC	9		0.752		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.053		0	MC	9		0.007		
Folate, total.....mcg	82		0	MC	9		11		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	2		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.959		0	MC	9		0.274		
Fatty acids, total monounsaturated.....g	4.576		0	MC	9		0.641		
Fatty acids, total polyunsaturated.....g	1.090		0	MC	9		0.153		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18645

NABISCO, NABISCO SNACKWELL'S Cracked Pepper Cracker

Food Group: 18 Baked Products

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

NDB No. 18651

NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.65		0	MC	9		2.82		
Energy.....kcal	305		0	MC	9		49		
Energy.....kj	1276						204		
Protein.....g	5.00		0	MC	9		0.80		
Total lipid (fat).....g	1.09		0	MC	9		0.17		
Ash.....g	1.02		0	MC	9		0.16		
Carbohydrate, by difference.....g	74.25		0	MC	9		11.88		
Fiber, total dietary.....g	1.6		0	MC	9		0.3		
Sugars, total.....g	43.38		0	MC	9		6.94		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		0	MC	9		5		
Iron, Fe.....mg	2.78		0	MC	9		0.44		
Magnesium, Mg.....mg	25		0	MC	9		4		
Phosphorus, P.....mg	71		0	MC	9		11		
Potassium, K.....mg	111		0	MC	9		18		
Sodium, Na.....mg	174		0	MC	9		28		
Zinc, Zn.....mg	0.46		0	MC	9		0.07		
Copper, Cu.....mg	0.168		0	MC	9		0.027		
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.7		0	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg	0.087		0	MC	9		0.014		
Riboflavin.....mg	0.171		0	MC	9		0.027		
Niacin.....mg	1.345		0	MC	9		0.215		
Pantothenic acid.....mg	0.057		0	MC	9		0.009		
Vitamin B-6.....mg	0.021		0	MC	9		0.003		
Folate, total.....mcg	19		0	MC	9		3		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.07		0	MC	9		0.01		
Vitamin A, IU.....IU	1		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.427		0	MC	9		0.068		
Fatty acids, total monounsaturated.....g	0.246		0	MC	9		0.039		
Fatty acids, total polyunsaturated.....g	0.196		0	MC	9		0.031		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	8		0	MC	9		1		
Theobromine.....mg	95		0	MC	9		15		

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

Common Measures:

NDB No. 18651

NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes

Measure 1 = 16g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18648
NABISCO, NABISCO SNACKWELL'S French Onion Snack Crackers

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	2.00		0	MC	9		0.60		
Energy.....kcal	428		0	MC	9		128		
Energy.....kj	1791						537		
Protein.....g	7.14		0	MC	9		2.14		
Total lipid (fat).....g	10.00		0	MC	9		3.00		
Ash.....g	3.19		0	MC	9		0.96		
Carbohydrate, by difference.....g	77.00		0	MC	9		23.10		
Fiber, total dietary.....g	2.0		0	MC	9		0.6		
Sugars, total.....g	7.61		0	MC	9		2.28		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	39		0	MC	9		12		
Iron, Fe.....mg	3.13		0	MC	9		0.94		
Magnesium, Mg.....mg	32		0	MC	9		10		
Phosphorus, P.....mg	228		0	MC	9		68		
Potassium, K.....mg	147		0	MC	9		44		
Sodium, Na.....mg	915		0	MC	9		275		
Zinc, Zn.....mg	1.60		0	MC	9		0.48		
Copper, Cu.....mg	0.035		0	MC	9		0.011		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		0	MC	9		0.2		
Thiamin.....mg	0.238		0	MC	9		0.071		
Riboflavin.....mg	0.311		0	MC	9		0.093		
Niacin.....mg	3.636		0	MC	9		1.091		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.087		0	MC	9		0.026		
Folate, total.....mcg	57		0	MC	9		17		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.06		0	MC	9		0.02		
Vitamin A, IU.....IU	22		0	MC	9		7		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.802		0	MC	9		0.541		
Fatty acids, total monounsaturated.....g	2.444		0	MC	9		0.733		
Fatty acids, total polyunsaturated.....g	1.411		0	MC	9		0.423		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18648

NABISCO, NABISCO SNACKWELL'S French Onion Snack Crackers

Food Group: 18 Baked Products

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

NDB No. 18647
NABISCO, NABISCO SNACKWELL'S Italian Ranch Snack Crackers

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	1.78		0	MC	9		0.53		
Energy.....kcal	428		0	MC	9		128		
Energy.....kj	1791						537		
Protein.....g	7.07		0	MC	9		2.12		
Total lipid (fat).....g	10.00		0	MC	9		3.00		
Ash.....g	2.98		0	MC	9		0.89		
Carbohydrate, by difference.....g	77.77		0	MC	9		23.33		
Fiber, total dietary.....g	2.0		0	MC	9		0.6		
Sugars, total.....g	7.23		0	MC	9		2.17		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	41		0	MC	9		12		
Iron, Fe.....mg	3.15		0	MC	9		0.95		
Magnesium, Mg.....mg	22		0	MC	9		7		
Phosphorus, P.....mg	227		0	MC	9		68		
Potassium, K.....mg	140		0	MC	9		42		
Sodium, Na.....mg	1037		0	MC	9		311		
Zinc, Zn.....mg	0.98		0	MC	9		0.29		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0	MC	9		0.2		
Thiamin.....mg	0.237		0	MC	9		0.071		
Riboflavin.....mg	0.306		0	MC	9		0.092		
Niacin.....mg	3.642		0	MC	9		1.093		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.081		0	MC	9		0.024		
Folate, total.....mcg	73		0	MC	9		22		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.05		0	MC	9		0.02		
Vitamin A, IU.....IU	38		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.000		0	MC	9		0.600		
Fatty acids, total monounsaturated.....g	2.517		0	MC	9		0.755		
Fatty acids, total polyunsaturated.....g	1.424		0	MC	9		0.427		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18647

NABISCO, NABISCO SNACKWELL'S Italian Ranch Snack Crackers

Food Group: 18 Baked Products

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

NDB No. 18649
NABISCO, NABISCO SNACKWELL'S Mint Creme Cookies

Nabisco Brands, Inc.

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	4.40		0	MC	9		1.10		
Energy.....kcal	432		0	MC	9		108		
Energy.....kj	1807						452		
Protein.....g	3.80		0	MC	9		0.95		
Total lipid (fat).....g	14.25		0	MC	9		3.56		
Ash.....g	1.27		0	MC	9		0.32		
Carbohydrate, by difference.....g	75.95		0	MC	9		18.99		
Fiber, total dietary.....g	2.6		0	MC	9		0.7		
Sugars, total.....g	53.20		0	MC	9		13.30		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	20		0	MC	9		5		
Iron, Fe.....mg	2.39		0	MC	9		0.60		
Magnesium, Mg.....mg	40		0	MC	9		10		
Phosphorus, P.....mg	85		0	MC	9		21		
Potassium, K.....mg	146		0	MC	9		37		
Sodium, Na.....mg	289		0	MC	9		72		
Zinc, Zn.....mg	0.62		0	MC	9		0.16		
Copper, Cu.....mg	0.280		0	MC	9		0.070		
Manganese, Mn.....mg	0.002		0	MC	9		0.001		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.072		0	MC	9		0.018		
Riboflavin.....mg	0.120		0	MC	9		0.030		
Niacin.....mg	1.253		0	MC	9		0.313		
Pantothenic acid.....mg	0.033		0	MC	9		0.008		
Vitamin B-6.....mg	0.023		0	MC	9		0.006		
Folate, total.....mcg	20		0	MC	9		5		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.01		0	MC	9		0.00		
Vitamin A, IU.....IU	1		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.480		0	MC	9		0.870		
Fatty acids, total monounsaturated.....g	3.240		0	MC	9		0.810		
Fatty acids, total polyunsaturated.....g	0.932		0	MC	9		0.233		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	166		0	MC	9		42		
Theobromine.....mg	12		0	MC	9		3		

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

Common Measures:

NDB No. 18649

NABISCO, NABISCO SNACKWELL'S Mint Creme Cookies

Measure 1 = 25g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18646
NABISCO, NABISCO SNACKWELL'S Salsa Snack Crackers

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	2.00		0	MC	9		0.60		
Energy.....kcal	427		0	MC	9		128		
Energy.....kj	1787						536		
Protein.....g	7.00		0	MC	9		2.10		
Total lipid (fat).....g	10.00		0	MC	9		3.00		
Ash.....g	3.49		0	MC	9		1.05		
Carbohydrate, by difference.....g	77.84		0	MC	9		23.35		
Fiber, total dietary.....g	2.0		0	MC	9		0.6		
Sugars, total.....g	7.28		0	MC	9		2.18		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		0	MC	9		13		
Iron, Fe.....mg	3.13		0	MC	9		0.94		
Magnesium, Mg.....mg	32		0	MC	9		10		
Phosphorus, P.....mg	219		0	MC	9		66		
Potassium, K.....mg	135		0	MC	9		41		
Sodium, Na.....mg	1070		0	MC	9		321		
Zinc, Zn.....mg	1.57		0	MC	9		0.47		
Copper, Cu.....mg	0.038		0	MC	9		0.011		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0	MC	9		0.2		
Thiamin.....mg	0.237		0	MC	9		0.071		
Riboflavin.....mg	0.299		0	MC	9		0.090		
Niacin.....mg	3.632		0	MC	9		1.090		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.083		0	MC	9		0.025		
Folate, total.....mcg	73		0	MC	9		22		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.03		0	MC	9		0.01		
Vitamin A, IU.....IU	47		0	MC	9		14		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.811		0	MC	9		0.543		
Fatty acids, total monounsaturated.....g	2.459		0	MC	9		0.738		
Fatty acids, total polyunsaturated.....g	1.406		0	MC	9		0.422		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	MC	9		1		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18646

NABISCO, NABISCO SNACKWELL'S Salsa Snack Crackers

Food Group: 18 Baked Products

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

NDB No. 18652
 NABISCO, NABISCO SNACKWELL'S Wheat Cracker

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	2.02		0	MC	9		0.30		
Energy.....kcal	415		0	MC	9		62		
Energy.....kj	1736						260		
Protein.....g	7.94		0	MC	9		1.19		
Total lipid (fat).....g	10.00		0	MC	9		1.50		
Ash.....g	3.82		0	MC	9		0.57		
Carbohydrate, by difference.....g	77.00		0	MC	9		11.55		
Fiber, total dietary.....g	3.9		0	MC	9		0.6		
Sugars, total.....g	11.83		0	MC	9		1.77		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	149		0	MC	9		22		
Iron, Fe.....mg	3.90		0	MC	9		0.59		
Magnesium, Mg.....mg	46		0	MC	9		7		
Phosphorus, P.....mg	330		0	MC	9		50		
Potassium, K.....mg	190		0	MC	9		29		
Sodium, Na.....mg	1000		0	MC	9		150		
Zinc, Zn.....mg	2.15		0	MC	9		0.32		
Copper, Cu.....mg	0.006		0	MC	9		0.001		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.281		0	MC	9		0.042		
Riboflavin.....mg	0.368		0	MC	9		0.055		
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18622
NABISCO, NABISCO SNACKWELL'S Zesty Cheese Crackers

Nabisco Brands, Inc.

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	1.99		0	MC	9		0.60		
Energy.....kcal	431		0	MC	9		129		
Energy.....kj	1803						541		
Protein.....g	7.45		0	MC	9		2.24		
Total lipid (fat).....g	10.00		0	MC	9		3.00		
Ash.....g	3.40		0	MC	9		1.02		
Carbohydrate, by difference.....g	77.00		0	MC	9		23.10		
Fiber, total dietary.....g	2.0		0	MC	9		0.6		
Sugars, total.....g	7.02		0	MC	9		2.11		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		0	MC	9		13		
Iron, Fe.....mg	3.18		0	MC	9		0.95		
Magnesium, Mg.....mg	33		0	MC	9		10		
Phosphorus, P.....mg	200		0	MC	9		60		
Potassium, K.....mg	157		0	MC	9		47		
Sodium, Na.....mg	1050		0	MC	9		315		
Zinc, Zn.....mg	1.50		0	MC	9		0.45		
Copper, Cu.....mg	0.033		0	MC	9		0.010		
Manganese, Mn.....mg	0.000		0	MC	9		0.000		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	MC	9		0.2		
Thiamin.....mg	0.241		0	MC	9		0.072		
Riboflavin.....mg	0.336		0	MC	9		0.101		
Niacin.....mg	3.706		0	MC	9		1.112		
Pantothenic acid.....mg	0.120		0	MC	9		0.036		
Vitamin B-6.....mg	0.091		0	MC	9		0.027		
Folate, total.....mcg	57		0	MC	9		17		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.06		0	MC	9		0.02		
Vitamin A, IU.....IU	159		0	MC	9		48		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.239		0	MC	9		0.672		
Fatty acids, total monounsaturated.....g	2.689		0	MC	9		0.807		
Fatty acids, total polyunsaturated.....g	1.446		0	MC	9		0.434		
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0	MC	9		1		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 30g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18622

NABISCO, NABISCO SNACKWELL'S Zesty Cheese Crackers

Food Group: 18 Baked Products

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

NDB No. 18624
NABISCO, NABISCO WHEAT THINS Crackers, baked

Nabisco Brands, Inc.

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	2.50		1	A	1		0.73		
Energy.....kcal	470		0	NC	4		136		
Energy.....kj	1966				4		570		
Protein.....g	8.30		1	A	1		2.41		
Total lipid (fat).....g	20.00		0	MC	9		5.80		
Ash.....g	2.30		1	A	1		0.67		
Carbohydrate, by difference.....g	69.10		0	NC	4		20.04		
Fiber, total dietary.....g	3.0		0	MC	9		0.9		
Sugars, total.....g	9.00		0	MC	9		2.61		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	80		0	MC	9		23		
Iron, Fe.....mg	3.70		0	MC	9		1.07		
Magnesium, Mg.....mg	52		0	MA	12		15		
Phosphorus, P.....mg	208		0	MA	12		60		
Potassium, K.....mg	194		0	MA	12		56		
Sodium, Na.....mg	578		1	A	1		168		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.087		
Riboflavin.....mg	0.300		0	MC	9		0.087		
Niacin.....mg	4.000		0	MC	9		1.160		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.087		0	MC	9		0.025		
Folate, total.....mcg	42		0	MC	9		12		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MC	9		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	3.190		1	A	1		0.925		
Fatty acids, total monounsaturated.....g	7.000		0	MC	9		2.030		
Fatty acids, total polyunsaturated.....g	1.240		0	MA	12		0.360		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 29g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18624

NABISCO, NABISCO WHEAT THINS Crackers, baked

Food Group: 18 Baked Products

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

NDB No. 18628

PEPPERIDGE FARM Apple Turnovers, frozen, ready to bake

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 = 89g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18626

PEPPERIDGE FARM Classic Style Croutons, seasoned

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 = 7.0g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18627

PEPPERIDGE FARM Crusty Italian Bread, Garlic

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 = 50g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18629

PILLSBURY Buttermilk Biscuits, Artificial Flavor, refrigerated dough

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 = 64g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18635

PILLSBURY Cinnamon Rolls with Icing, refrigerated dough

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 = 44g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18633

PILLSBURY GRANDS Buttermilk Biscuits, refrigerated dough

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 = 61g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18634

PILLSBURY HUNGRY JACK Buttermilk Biscuits, Artificial Flavor, refrigerated dough

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 = 34g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18630

PILLSBURY, Chocolate Chip Cookies, refrigerated dough

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 = 28g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18631

PILLSBURY, Crusty French Loaf, refrigerated dough

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 = 62g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18632

PILLSBURY, Traditional Fudge Brownie Mix, dry

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 = 30g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18288

Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.207		0		1		0.495	0.881	0.122
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.016	0.029	0.004
17:1.....g									
18:1 undifferentiated.....g	1.165		0		1		0.478	0.850	0.118
20:1.....g	0.002		0		1		0.001	0.001	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	0.963		0		1		0.395	0.703	0.097
18:2 undifferentiated.....g	0.887		0		1		0.364	0.648	0.090
18:3 undifferentiated.....g	0.061		0		1		0.025	0.045	0.006
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0		1		0.005	0.009	0.001
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	0.003		0		1		0.001	0.002	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1		1		4	7	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.025	0.045	0.006
Threonine.....g	0.184		0		1		0.075	0.134	0.019
Isoleucine.....g	0.225		0		1		0.092	0.164	0.023
Leucine.....g	0.416		0		1		0.171	0.304	0.042
Lysine.....g	0.223		0		1		0.091	0.163	0.023
Methionine.....g	0.112		0		1		0.046	0.082	0.011
Cystine.....g	0.099		0		1		0.041	0.072	0.010
Phenylalanine.....g	0.265		0		1		0.109	0.193	0.027
Tyrosine.....g	0.181		0		1		0.074	0.132	0.018
Valine.....g	0.262		0		1		0.107	0.191	0.026
Arginine.....g	0.229		0		1		0.094	0.167	0.023
Histidine.....g	0.125		0		1		0.051	0.091	0.013
Alanine.....g	0.205		0		1		0.084	0.150	0.021
Aspartic acid.....g	0.318		0		1		0.130	0.232	0.032
Glutamic acid.....g	1.368		0		1		0.561	0.999	0.138
Glycine.....g	0.173		0		1		0.071	0.126	0.017
Proline.....g	0.505		0		1		0.207	0.369	0.051
Serine.....g	0.283		0		1		0.116	0.207	0.029
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	2		0	FLC	4		0.720	1.281	0.177
Carotene, alpha.....mcg	0		0	FLC	4		0.010	0.018	0.002
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.465	0.827	0.114
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	42		0	FLC	4		17.021	30.306	4.193

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Common Measures:

- Measure 1 = 41g: 1 pancake (4" dia)
- Measure 2 = 73g: 1 pancake (6" dia)
- Measure 3 = 10.1g: 1 mini pancake

NDB No. 18288

Pancakes plain, frozen, ready-to-heat (includes buttermilk)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18294

Pancakes, blueberry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.316		0		1		0.657	0.880	1.783
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0		1		0.021	0.028	0.056
17:1.....g									
18:1 undifferentiated.....g	2.223		0		1		0.630	0.845	1.712
20:1.....g	0.017		0		1		0.005	0.006	0.013
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.162		0		1		1.180	1.582	3.205
18:2 undifferentiated.....g	3.662		0		1		1.038	1.392	2.820
18:3 undifferentiated.....g	0.478		0		1		0.136	0.182	0.368
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	0.017		0		1		0.005	0.006	0.013
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	0.004		0		1		0.001	0.002	0.003
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		1		16	21	43
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.022	0.029	0.059
Threonine.....g	0.225		0		1		0.064	0.086	0.173
Isoleucine.....g	0.281		0		1		0.080	0.107	0.216
Leucine.....g	0.487		0		1		0.138	0.185	0.375
Lysine.....g	0.303		0		1		0.086	0.115	0.233
Methionine.....g	0.139		0		1		0.039	0.053	0.107
Cystine.....g	0.110		0		1		0.031	0.042	0.085
Phenylalanine.....g	0.303		0		1		0.086	0.115	0.233
Tyrosine.....g	0.226		0		1		0.064	0.086	0.174
Valine.....g	0.318		0		1		0.090	0.121	0.245
Arginine.....g	0.268		0		1		0.076	0.102	0.206
Histidine.....g	0.144		0		1		0.041	0.055	0.111
Alanine.....g	0.234		0		1		0.066	0.089	0.180
Aspartic acid.....g	0.403		0		1		0.114	0.153	0.310
Glutamic acid.....g	1.484		0		1		0.421	0.564	1.143
Glycine.....g	0.190		0		1		0.054	0.072	0.146
Proline.....g	0.543		0		1		0.154	0.206	0.418
Serine.....g	0.343		0		1		0.097	0.130	0.264
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18295

Pancakes, buckwheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	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		0.709	0.165	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		1		0.017	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.564		0		1		0.688	0.160	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.003		0		1		0.004	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		1.220	0.284	
18:2 undifferentiated.....g	0.945		0		1		1.153	0.268	
18:3 undifferentiated.....g	0.054		0		1		0.066	0.015	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.159		0		1		0.194	0.045	
Threonine.....g	0.352		0		1		0.429	0.100	
Isoleucine.....g	0.408		0		1		0.498	0.116	
Leucine.....g	0.756		0		1		0.922	0.214	
Lysine.....g	0.381		0		1		0.465	0.108	
Methionine.....g	0.166		0		1		0.203	0.047	
Cystine.....g	0.228		0		1		0.278	0.065	
Phenylalanine.....g	0.488		0		1		0.595	0.138	
Tyrosine.....g	0.286		0		1		0.349	0.081	
Valine.....g	0.514		0		1		0.627	0.146	
Arginine.....g	0.605		0		1		0.738	0.172	
Histidine.....g	0.257		0		1		0.314	0.073	
Alanine.....g	0.483		0		1		0.589	0.137	
Aspartic acid.....g	0.689		0		1		0.841	0.195	
Glutamic acid.....g	2.808		0		1		3.426	0.796	
Glycine.....g	0.570		0		1		0.695	0.162	
Proline.....g	0.895		0		1		1.092	0.254	
Serine.....g	0.530		0		1		0.647	0.150	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLC	4		2.207	0.513	
Carotene, alpha.....mcg	0		0	FLC	4		0.033	0.008	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.202	0.047	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	154		0	FLC	4		187.826	43.646	

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Common Measures:

Measure 1 = 122g: 1 cup, poured from box

Measure 2 = 28.35g: 1 oz

NDB No. 18295

Pancakes, buckwheat, dry mix, incomplete

Calories Factors: Protein 3.6

Fat 8.4

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18390

Pancakes, buttermilk, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.361		0		1		0.669	0.897	1.818
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		0		1		0.019	0.025	0.052
17:1.....g									
18:1 undifferentiated.....g	2.268		0		1		0.643	0.862	1.746
20:1.....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.486		0		1		1.272	1.705	3.454
18:2 undifferentiated.....g	3.953		0		1		1.121	1.502	3.044
18:3 undifferentiated.....g	0.509		0		1		0.144	0.193	0.392
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	0.019		0		1		0.005	0.007	0.015
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	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	58		0		1		16	22	45
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.082		0		1		0.023	0.031	0.063
Threonine.....g	0.254		0		1		0.072	0.097	0.196
Isoleucine.....g	0.316		0		1		0.090	0.120	0.243
Leucine.....g	0.545		0		1		0.155	0.207	0.420
Lysine.....g	0.349		0		1		0.099	0.133	0.269
Methionine.....g	0.154		0		1		0.044	0.059	0.119
Cystine.....g	0.120		0		1		0.034	0.046	0.092
Phenylalanine.....g	0.339		0		1		0.096	0.129	0.261
Tyrosine.....g	0.248		0		1		0.070	0.094	0.191
Valine.....g	0.362		0		1		0.103	0.138	0.279
Arginine.....g	0.294		0		1		0.083	0.112	0.226
Histidine.....g	0.162		0		1		0.046	0.062	0.125
Alanine.....g	0.258		0		1		0.073	0.098	0.199
Aspartic acid.....g	0.448		0		1		0.127	0.170	0.345
Glutamic acid.....g	1.627		0		1		0.461	0.618	1.253
Glycine.....g	0.206		0		1		0.058	0.078	0.159
Proline.....g	0.611		0		1		0.173	0.232	0.470
Serine.....g	0.379		0		1		0.107	0.144	0.292
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 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18289

Pancakes, plain, dry mix, complete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.710		0		1		2.223	0.485	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0		1		0.057	0.012	
17:1.....g									
18:1 undifferentiated.....g	1.663		0		1		2.162	0.471	
20:1.....g	0.002		0		1		0.003	0.001	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.592		0		1		2.070	0.451	
18:2 undifferentiated.....g	1.484		0		1		1.929	0.421	
18:3 undifferentiated.....g	0.093		0		1		0.121	0.026	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.012		0		1		0.016	0.003	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g									
22:6 n-3.....g	0.003		0		1		0.004	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	FLA	4		27	6	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.114		0		1		0.148	0.032	
Threonine.....g	0.360		0		1		0.468	0.102	
Isoleucine.....g	0.419		0		1		0.545	0.119	
Leucine.....g	0.863		0		1		1.122	0.245	
Lysine.....g	0.407		0		1		0.529	0.115	
Methionine.....g	0.204		0		1		0.265	0.058	
Cystine.....g	0.186		0		1		0.242	0.053	
Phenylalanine.....g	0.494		0		1		0.642	0.140	
Tyrosine.....g	0.352		0		1		0.458	0.100	
Valine.....g	0.501		0		1		0.651	0.142	
Arginine.....g	0.427		0		1		0.555	0.121	
Histidine.....g	0.245		0		1		0.319	0.069	
Alanine.....g	0.434		0		1		0.564	0.123	
Aspartic acid.....g	0.611		0		1		0.794	0.173	
Glutamic acid.....g	2.571		0		1		3.342	0.729	
Glycine.....g	0.332		0		1		0.432	0.094	
Proline.....g	0.978		0		1		1.271	0.277	
Serine.....g	0.516		0		1		0.671	0.146	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 130g: 1 cup, poured from box

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18290

Pancakes, plain, dry mix, complete, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.881		0		1		0.250	0.335	0.678
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		1		0.007	0.009	0.018
17:1.....g									
18:1 undifferentiated.....g	0.857		0		1		0.243	0.326	0.660
20:1.....g	0.001		0		1		0.000	0.000	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.820		0		1		0.232	0.312	0.631
18:2 undifferentiated.....g	0.764		0		1		0.217	0.290	0.588
18:3 undifferentiated.....g	0.048		0		1		0.014	0.018	0.037
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.006		0		1		0.002	0.002	0.005
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g									
22:6 n-3.....g	0.002		0		1		0.001	0.001	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		4		3	5	9
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.017	0.022	0.045
Threonine.....g	0.186		0		1		0.053	0.071	0.143
Isoleucine.....g	0.216		0		1		0.061	0.082	0.166
Leucine.....g	0.444		0		1		0.126	0.169	0.342
Lysine.....g	0.210		0		1		0.060	0.080	0.162
Methionine.....g	0.105		0		1		0.030	0.040	0.081
Cystine.....g	0.096		0		1		0.027	0.036	0.074
Phenylalanine.....g	0.255		0		1		0.072	0.097	0.196
Tyrosine.....g	0.181		0		1		0.051	0.069	0.139
Valine.....g	0.258		0		1		0.073	0.098	0.199
Arginine.....g	0.220		0		1		0.062	0.084	0.169
Histidine.....g	0.126		0		1		0.036	0.048	0.097
Alanine.....g	0.223		0		1		0.063	0.085	0.172
Aspartic acid.....g	0.315		0		1		0.089	0.120	0.243
Glutamic acid.....g	1.325		0		1		0.376	0.504	1.020
Glycine.....g	0.171		0		1		0.048	0.065	0.132
Proline.....g	0.504		0		1		0.143	0.192	0.388
Serine.....g	0.266		0		1		0.075	0.101	0.205
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 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.324		0		4		0.363	0.092	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		4		0.003	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.322		0		4		0.361	0.091	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.726		0		4		0.813	0.206	
18:2 undifferentiated.....g	0.695		0		4		0.778	0.197	
18:3 undifferentiated.....g	0.031		0		4		0.035	0.009	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.112		0		4		0.125	0.032	
Threonine.....g	0.293		0		4		0.328	0.083	
Isoleucine.....g	0.372		0		4		0.417	0.105	
Leucine.....g	0.767		0		4		0.859	0.217	
Lysine.....g	0.236		0		4		0.264	0.067	
Methionine.....g	0.179		0		4		0.200	0.051	
Cystine.....g	0.219		0		4		0.245	0.062	
Phenylalanine.....g	0.494		0		4		0.553	0.140	
Tyrosine.....g	0.296		0		4		0.332	0.084	
Valine.....g	0.447		0		4		0.501	0.127	
Arginine.....g	0.411		0		4		0.460	0.117	
Histidine.....g	0.227		0		4		0.254	0.064	
Alanine.....g	0.391		0		4		0.438	0.111	
Aspartic acid.....g	0.502		0		4		0.562	0.142	
Glutamic acid.....g	3.094		0		4		3.465	0.877	
Glycine.....g	0.370		0		4		0.414	0.105	
Proline.....g	1.055		0		4		1.182	0.299	
Serine.....g	0.480		0		4		0.538	0.136	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.721	0.182	
Carotene, alpha.....mcg	0		0	FLC	4		0.173	0.044	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.352	0.089	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	78		0	FLC	4		87.323	22.104	

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Common Measures:

Measure 1 = 112g: 1 cup, poured from box

Measure 2 = 28.35g: 1 oz

NDB No. 18291

Pancakes, plain, dry mix, incomplete (includes buttermilk)

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18292

Pancakes, plain, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.070		0		1		0.587	0.787	1.594
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.088		0		1		0.025	0.033	0.068
17:1.....g									
18:1 undifferentiated.....g	1.964		0		1		0.557	0.746	1.512
20:1.....g	0.013		0		1		0.004	0.005	0.010
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.923		0		1		0.829	1.111	2.251
18:2 undifferentiated.....g	2.574		0		1		0.730	0.978	1.982
18:3 undifferentiated.....g	0.321		0		1		0.091	0.122	0.247
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	0.022		0		1		0.006	0.008	0.017
20:5 n-3.....g	0.001		0		1		0.000	0.000	0.001
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.006		0		1		0.002	0.002	0.005
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		1		20	27	55
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.095		0		1		0.027	0.036	0.073
Threonine.....g	0.298		0		1		0.084	0.113	0.229
Isoleucine.....g	0.375		0		1		0.106	0.143	0.289
Leucine.....g	0.657		0		1		0.186	0.250	0.506
Lysine.....g	0.405		0		1		0.115	0.154	0.312
Methionine.....g	0.180		0		1		0.051	0.068	0.139
Cystine.....g	0.141		0		1		0.040	0.054	0.109
Phenylalanine.....g	0.384		0		1		0.109	0.146	0.296
Tyrosine.....g	0.293		0		1		0.083	0.111	0.226
Valine.....g	0.428		0		1		0.121	0.163	0.330
Arginine.....g	0.341		0		1		0.097	0.130	0.263
Histidine.....g	0.187		0		1		0.053	0.071	0.144
Alanine.....g	0.321		0		1		0.091	0.122	0.247
Aspartic acid.....g	0.543		0		1		0.154	0.206	0.418
Glutamic acid.....g	1.803		0		1		0.511	0.685	1.388
Glycine.....g	0.241		0		1		0.068	0.092	0.186
Proline.....g	0.666		0		1		0.189	0.253	0.513
Serine.....g	0.435		0		1		0.123	0.165	0.335
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 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18293

Pancakes, plain, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.474		0		1		0.701	0.940	1.905
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0		1		0.022	0.030	0.060
17:1.....g									
18:1 undifferentiated.....g	2.375		0		1		0.673	0.903	1.829
20:1.....g	0.018		0		1		0.005	0.007	0.014
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.447		0		1		1.261	1.690	3.424
18:2 undifferentiated.....g	3.913		0		1		1.109	1.487	3.013
18:3 undifferentiated.....g	0.510		0		1		0.145	0.194	0.393
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	0.018		0		1		0.005	0.007	0.014
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	0.005		0		1		0.001	0.002	0.004
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		17	22	45
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.030	0.062
Threonine.....g	0.237		0		1		0.067	0.090	0.182
Isoleucine.....g	0.297		0		1		0.084	0.113	0.229
Leucine.....g	0.513		0		1		0.145	0.195	0.395
Lysine.....g	0.321		0		1		0.091	0.122	0.247
Methionine.....g	0.147		0		1		0.042	0.056	0.113
Cystine.....g	0.116		0		1		0.033	0.044	0.089
Phenylalanine.....g	0.319		0		1		0.090	0.121	0.246
Tyrosine.....g	0.240		0		1		0.068	0.091	0.185
Valine.....g	0.335		0		1		0.095	0.127	0.258
Arginine.....g	0.280		0		1		0.079	0.106	0.216
Histidine.....g	0.152		0		1		0.043	0.058	0.117
Alanine.....g	0.245		0		1		0.069	0.093	0.189
Aspartic acid.....g	0.420		0		1		0.119	0.160	0.323
Glutamic acid.....g	1.570		0		1		0.445	0.597	1.209
Glycine.....g	0.198		0		1		0.056	0.075	0.152
Proline.....g	0.576		0		1		0.163	0.219	0.444
Serine.....g	0.363		0		1		0.103	0.138	0.280
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 = 38g: 1 pancake (4" dia)

Measure 3 = 77g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18297
Pancakes, special dietary, dry mix

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.276		0		1		0.078	0.627	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.001	0.007	
17:1.....g									
18:1 undifferentiated.....g	0.273		0		1		0.077	0.620	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.611		0		1		0.173	1.387	
18:2 undifferentiated.....g	0.586		0		1		0.166	1.330	
18:3 undifferentiated.....g	0.025		0		1		0.007	0.057	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.090		0		1		0.026	0.204	
Threonine.....g	0.271		0		1		0.077	0.615	
Isoleucine.....g	0.337		0		1		0.096	0.765	
Leucine.....g	0.796		0		1		0.226	1.807	
Lysine.....g	0.251		0		1		0.071	0.570	
Methionine.....g	0.158		0		1		0.045	0.359	
Cystine.....g	0.178		0		1		0.050	0.404	
Phenylalanine.....g	0.450		0		1		0.128	1.022	
Tyrosine.....g	0.295		0		1		0.084	0.670	
Valine.....g	0.394		0		1		0.112	0.894	
Arginine.....g	0.420		0		1		0.119	0.953	
Histidine.....g	0.223		0		1		0.063	0.506	
Alanine.....g	0.400		0		1		0.113	0.908	
Aspartic acid.....g	0.572		0		1		0.162	1.298	
Glutamic acid.....g	2.415		0		1		0.685	5.482	
Glycine.....g	0.322		0		1		0.091	0.731	
Proline.....g	0.878		0		1		0.249	1.993	
Serine.....g	0.429		0		1		0.122	0.974	
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 = 227g: 1 package (8 oz)

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18299

Pancakes, whole-wheat, dry mix, incomplete

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.279		0		1		0.391	0.079	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.010	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.273		0		1		0.382	0.077	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.605		0		1		0.847	0.172	
18:2 undifferentiated.....g	0.575		0		1		0.805	0.163	
18:3 undifferentiated.....g	0.030		0		1		0.042	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.001	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.187		0		1		0.262	0.053	
Threonine.....g	0.394		0		1		0.552	0.112	
Isoleucine.....g	0.496		0		1		0.694	0.141	
Leucine.....g	0.908		0		1		1.271	0.257	
Lysine.....g	0.430		0		1		0.602	0.122	
Methionine.....g	0.216		0		1		0.302	0.061	
Cystine.....g	0.300		0		1		0.420	0.085	
Phenylalanine.....g	0.634		0		1		0.888	0.180	
Tyrosine.....g	0.397		0		1		0.556	0.113	
Valine.....g	0.628		0		1		0.879	0.178	
Arginine.....g	0.705		0		1		0.987	0.200	
Histidine.....g	0.297		0		1		0.416	0.084	
Alanine.....g	0.529		0		1		0.741	0.150	
Aspartic acid.....g	0.813		0		1		1.138	0.230	
Glutamic acid.....g	3.602		0		1		5.043	1.021	
Glycine.....g	0.555		0		1		0.777	0.157	
Proline.....g	1.108		0		1		1.551	0.314	
Serine.....g	0.599		0		1		0.839	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 = 140g: 1 cup, poured from box

Measure 2 = 28.35g: 1 oz

Calories Factors: Protein 3.7

Fat 8.4

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18300

Pancakes, whole-wheat, dry mix, incomplete, prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.742		0		1		0.494	0.766	2.247
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.077		0		1		0.022	0.034	0.099
17:1.....g									
18:1 undifferentiated.....g	1.650		0		1		0.468	0.726	2.129
20:1.....g	0.010		0		1		0.003	0.004	0.013
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.406		0		1		0.682	1.059	3.104
18:2 undifferentiated.....g	2.118		0		1		0.600	0.932	2.732
18:3 undifferentiated.....g	0.264		0		1		0.075	0.116	0.341
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	0.019		0		1		0.005	0.008	0.025
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	0.005		0		1		0.001	0.002	0.006
Fatty acids, total trans.....g									
Cholesterol.....mg	61		0		1		17	27	79
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.118		0		1		0.033	0.052	0.152
Threonine.....g	0.316		0		1		0.090	0.139	0.408
Isoleucine.....g	0.396		0		1		0.112	0.174	0.511
Leucine.....g	0.675		0		1		0.191	0.297	0.871
Lysine.....g	0.438		0		1		0.124	0.193	0.565
Methionine.....g	0.182		0		1		0.052	0.080	0.235
Cystine.....g	0.167		0		1		0.047	0.073	0.215
Phenylalanine.....g	0.419		0		1		0.119	0.184	0.541
Tyrosine.....g	0.312		0		1		0.088	0.137	0.402
Valine.....g	0.468		0		1		0.133	0.206	0.604
Arginine.....g	0.432		0		1		0.122	0.190	0.557
Histidine.....g	0.204		0		1		0.058	0.090	0.263
Alanine.....g	0.357		0		1		0.101	0.157	0.461
Aspartic acid.....g	0.620		0		1		0.176	0.273	0.800
Glutamic acid.....g	1.969		0		1		0.558	0.866	2.540
Glycine.....g	0.303		0		1		0.086	0.133	0.391
Proline.....g	0.671		0		1		0.190	0.295	0.866
Serine.....g	0.454		0		1		0.129	0.200	0.586
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 44g: 1 pancake (4" dia)

Measure 3 = 129g: 1 pancake (6" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

Phyllo dough

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.149		0	FLA	4		0.893	0.598	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.003	0.002	
17:1.....g									
18:1 undifferentiated.....g	3.149		0	FLA	4		0.893	0.598	
20:1.....g	0.011		0		1		0.003	0.002	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.923		0	FLA	4		0.262	0.175	
18:2 undifferentiated.....g	0.876		0	FLA	4		0.248	0.166	
18:3 undifferentiated.....g	0.047		0	FLA	4		0.013	0.009	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.088		0		1		0.025	0.017	
Threonine.....g	0.194		0		1		0.055	0.037	
Isoleucine.....g	0.246		0		1		0.070	0.047	
Leucine.....g	0.490		0		1		0.139	0.093	
Lysine.....g	0.158		0		1		0.045	0.030	
Methionine.....g	0.126		0		1		0.036	0.024	
Cystine.....g	0.151		0		1		0.043	0.029	
Phenylalanine.....g	0.359		0		1		0.102	0.068	
Tyrosine.....g	0.215		0		1		0.061	0.041	
Valine.....g	0.286		0		1		0.081	0.054	
Arginine.....g	0.288		0		1		0.082	0.055	
Histidine.....g	0.159		0		1		0.045	0.030	
Alanine.....g	0.229		0		1		0.065	0.044	
Aspartic acid.....g	0.300		0		1		0.085	0.057	
Glutamic acid.....g	2.400		0		1		0.680	0.456	
Glycine.....g	0.256		0		1		0.073	0.049	
Proline.....g	0.826		0		1		0.234	0.157	
Serine.....g	0.356		0		1		0.101	0.068	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.026	0.018	
Carotene, alpha.....mcg	0		0	FLC	4		0.012	0.008	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.018	0.012	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	11		0	FLC	4		3.179	2.131	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 19g: 1 sheet dough

NDB No. 18338
Phyllo dough

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18398

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.729		0		1		32.846	4.124	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.040	0.005	
17:1.....g									
18:1 undifferentiated.....g	14.711		0		1		32.806	4.119	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.713		0		1		17.200	2.160	
18:2 undifferentiated.....g	7.407		0		1		16.518	2.074	
18:3 undifferentiated.....g	0.304		0		1		0.678	0.085	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.004	0.001	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.001		0		1		0.002	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		1		2	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.167	0.021	
Threonine.....g	0.174		0		1		0.388	0.049	
Isoleucine.....g	0.208		0		1		0.464	0.058	
Leucine.....g	0.355		0		1		0.792	0.099	
Lysine.....g	0.227		0		1		0.506	0.064	
Methionine.....g	0.084		0		1		0.187	0.024	
Cystine.....g	0.097		0		1		0.216	0.027	
Phenylalanine.....g	0.240		0		1		0.535	0.067	
Tyrosine.....g	0.163		0		1		0.363	0.046	
Valine.....g	0.256		0		1		0.571	0.072	
Arginine.....g	0.221		0		1		0.493	0.062	
Histidine.....g	0.101		0		1		0.225	0.028	
Alanine.....g	0.185		0		1		0.413	0.052	
Aspartic acid.....g	0.320		0		1		0.714	0.090	
Glutamic acid.....g	1.353		0		1		3.017	0.379	
Glycine.....g	0.181		0		1		0.404	0.051	
Proline.....g	0.452		0		1		1.008	0.127	
Serine.....g	0.262		0		1		0.584	0.073	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	5		0	FLA	4		11	1	
Theobromine.....mg	166		0	FLA	4		370	46	
Carotenoids:									
Carotene, beta.....mcg	156		0	FLA	4		347.193	43.594	
Carotene, alpha.....mcg	0		0	FLA	4		0.006	0.001	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.445	0.056	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	8		0	FLA	4		18.648	2.341	

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Common Measures:

Measure 1 = 223g: 1 crust, single 9"

Measure 2 = 28g: 1 piece (1/8 of 9" crust)

NDB No. 18398

Pie crust, cookie-type, prepared from recipe, chocolate wafer, chilled

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18330

Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.370		0		1		23.877	2.501	27.174
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		0		1		0.105	0.011	0.120
17:1.....g									
18:1 undifferentiated.....g	11.320		0		1		23.772	2.490	27.055
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	6.908		0		1		14.507	1.520	16.510
18:2 undifferentiated.....g	6.608		0		1		13.877	1.454	15.793
18:3 undifferentiated.....g	0.300		0		1		0.630	0.066	0.717
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		1		0.116	0.012	0.131
Threonine.....g	0.119		0		1		0.250	0.026	0.284
Isoleucine.....g	0.152		0		1		0.319	0.033	0.363
Leucine.....g	0.293		0		1		0.615	0.064	0.700
Lysine.....g	0.109		0		1		0.229	0.024	0.261
Methionine.....g	0.073		0		1		0.153	0.016	0.174
Cystine.....g	0.088		0		1		0.185	0.019	0.210
Phenylalanine.....g	0.208		0		1		0.437	0.046	0.497
Tyrosine.....g	0.129		0		1		0.271	0.028	0.308
Valine.....g	0.178		0		1		0.374	0.039	0.425
Arginine.....g	0.175		0		1		0.368	0.039	0.418
Histidine.....g	0.094		0		1		0.197	0.021	0.225
Alanine.....g	0.137		0		1		0.288	0.030	0.327
Aspartic acid.....g	0.192		0		1		0.403	0.042	0.459
Glutamic acid.....g	1.362		0		1		2.860	0.300	3.255
Glycine.....g	0.151		0		1		0.317	0.033	0.361
Proline.....g	0.469		0		1		0.985	0.103	1.121
Serine.....g	0.207		0		1		0.435	0.046	0.495
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RK	4		0	0	0
Theobromine.....mg	0		0	RK	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	131		0	RK	4		275.101	28.820	313.091
Carotene, alpha.....mcg	0		0	RK	4		0.018	0.002	0.020
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.025	0.003	0.029
Lycopene.....mcg	0		0	RK	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	29		0	RK	4		59.990	6.285	68.274

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

Common Measures:

- Measure 1 = 210g: 1 pie shell (9" dia)
- Measure 2 = 22g: 1 tart shell
- Measure 3 = 239g: 1 crust, single 9"

NDB No. 18330

Pie crust, cookie-type, prepared from recipe, graham cracker, baked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.142		0		1		27.186	3.343	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.049		0		1		0.120	0.015	
17:1.....g									
18:1 undifferentiated.....g	11.094		0		1		27.069	3.328	
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	6.769		0		1		16.516	2.031	
18:2 undifferentiated.....g	6.475		0		1		15.799	1.943	
18:3 undifferentiated.....g	0.294		0		1		0.717	0.088	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.054		0		1		0.132	0.016	
Threonine.....g	0.117		0		1		0.285	0.035	
Isoleucine.....g	0.149		0		1		0.364	0.045	
Leucine.....g	0.287		0		1		0.700	0.086	
Lysine.....g	0.107		0		1		0.261	0.032	
Methionine.....g	0.072		0		1		0.176	0.022	
Cystine.....g	0.086		0		1		0.210	0.026	
Phenylalanine.....g	0.203		0		1		0.495	0.061	
Tyrosine.....g	0.127		0		1		0.310	0.038	
Valine.....g	0.174		0		1		0.425	0.052	
Arginine.....g	0.171		0		1		0.417	0.051	
Histidine.....g	0.092		0		1		0.224	0.028	
Alanine.....g	0.135		0		1		0.329	0.041	
Aspartic acid.....g	0.189		0		1		0.461	0.057	
Glutamic acid.....g	1.335		0		1		3.257	0.401	
Glycine.....g	0.148		0		1		0.361	0.044	
Proline.....g	0.460		0		1		1.122	0.138	
Serine.....g	0.202		0		1		0.493	0.061	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	143		0	RA	4		348.053	42.793	
Carotene, alpha.....mcg	0		0	RA	4		0.022	0.003	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.032	0.004	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	31		0	RA	4		75.898	9.332	

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

Common Measures:

Measure 1 = 244g: 1 crust, single 9"

Measure 2 = 30g: 1 piece (1/8 of 9" crust)

NDB No. 18399

Pie crust, cookie-type, prepared from recipe, graham cracker, chilled

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.647		0		1		20.185	27.539	3.442
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.002	0.000
17:1.....g									
18:1 undifferentiated.....g	15.646		0		1		20.183	27.537	3.442
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	10.682		0		1		13.780	18.800	2.350
18:2 undifferentiated.....g	10.175		0		1		13.126	17.908	2.239
18:3 undifferentiated.....g	0.508		0		1		0.655	0.894	0.112
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	39		0		1		50	69	9
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.050		0		1		0.065	0.088	0.011
Threonine.....g	0.127		0		1		0.164	0.224	0.028
Isoleucine.....g	0.161		0		1		0.208	0.283	0.035
Leucine.....g	0.274		0		1		0.353	0.482	0.060
Lysine.....g	0.178		0		1		0.230	0.313	0.039
Methionine.....g	0.078		0		1		0.101	0.137	0.017
Cystine.....g	0.077		0		1		0.099	0.136	0.017
Phenylalanine.....g	0.178		0		1		0.230	0.313	0.039
Tyrosine.....g	0.122		0		1		0.157	0.215	0.027
Valine.....g	0.184		0		1		0.237	0.324	0.040
Arginine.....g	0.160		0		1		0.206	0.282	0.035
Histidine.....g	0.079		0		1		0.102	0.139	0.017
Alanine.....g	0.137		0		1		0.177	0.241	0.030
Aspartic acid.....g	0.222		0		1		0.286	0.391	0.049
Glutamic acid.....g	0.963		0		1		1.242	1.695	0.212
Glycine.....g	0.119		0		1		0.154	0.209	0.026
Proline.....g	0.328		0		1		0.423	0.577	0.072
Serine.....g	0.213		0		1		0.275	0.375	0.047
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RC	4		0	0	0
Theobromine.....mg	0		0	RC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	197		0	RC	4		254.465	347.177	43.397
Carotene, alpha.....mcg	0		0	RC	4		0.003	0.005	0.001
Cryptoxanthin, beta.....mcg	1		0	RC	4		1.002	1.366	0.171
Lycopene.....mcg	0		0	RC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	27		0	RC	4		35.446	48.360	6.045

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Common Measures:

Measure 1 = 129g: 1 cup

Measure 2 = 176g: 1 crust, single 9"

Measure 3 = 22g: 1 piece (1/8 of 9" crust)

NDB No. 18401

Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18332
Pie crust, standard-type, dry mix

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.887		0	FLA	4		5.071	50.799	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	17.887		0	FLA	4		5.071	50.799	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.968		0	FLA	4		1.125	11.269	
18:2 undifferentiated.....g	3.768		0	FLA	4		1.068	10.701	
18:3 undifferentiated.....g	0.199		0	FLA	4		0.056	0.565	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.080		0		1		0.023	0.227	
Threonine.....g	0.184		0		1		0.052	0.523	
Isoleucine.....g	0.255		0		1		0.072	0.724	
Leucine.....g	0.476		0		1		0.135	1.352	
Lysine.....g	0.133		0		1		0.038	0.378	
Methionine.....g	0.121		0		1		0.034	0.344	
Cystine.....g	0.155		0		1		0.044	0.440	
Phenylalanine.....g	0.339		0		1		0.096	0.963	
Tyrosine.....g	0.188		0		1		0.053	0.534	
Valine.....g	0.289		0		1		0.082	0.821	
Arginine.....g	0.239		0		1		0.068	0.679	
Histidine.....g	0.146		0		1		0.041	0.415	
Alanine.....g	0.210		0		1		0.060	0.596	
Aspartic acid.....g	0.278		0		1		0.079	0.790	
Glutamic acid.....g	2.412		0		1		0.684	6.850	
Glycine.....g	0.236		0		1		0.067	0.670	
Proline.....g	0.809		0		1		0.229	2.298	
Serine.....g	0.333		0		1		0.094	0.946	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

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

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18333

Pie crust, standard-type, dry mix, prepared, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	17.289		0		1		27.662	3.458	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	17.289		0		1		27.662	3.458	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.847		0		1		6.155	0.769	
18:2 undifferentiated.....g	3.654		0		1		5.846	0.731	
18:3 undifferentiated.....g	0.193		0		1		0.309	0.039	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.077		0		1		0.123	0.015	
Threonine.....g	0.178		0		1		0.285	0.036	
Isoleucine.....g	0.247		0		1		0.395	0.049	
Leucine.....g	0.460		0		1		0.736	0.092	
Lysine.....g	0.129		0		1		0.206	0.026	
Methionine.....g	0.117		0		1		0.187	0.023	
Cystine.....g	0.150		0		1		0.240	0.030	
Phenylalanine.....g	0.328		0		1		0.525	0.066	
Tyrosine.....g	0.182		0		1		0.291	0.036	
Valine.....g	0.279		0		1		0.446	0.056	
Arginine.....g	0.231		0		1		0.370	0.046	
Histidine.....g	0.141		0		1		0.226	0.028	
Alanine.....g	0.203		0		1		0.325	0.041	
Aspartic acid.....g	0.269		0		1		0.430	0.054	
Glutamic acid.....g	2.333		0		1		3.733	0.467	
Glycine.....g	0.228		0		1		0.365	0.046	
Proline.....g	0.783		0		1		1.253	0.157	
Serine.....g	0.322		0		1		0.515	0.064	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 160g: 1 crust, single 9"

Measure 2 = 20g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.715		0		1		19.801	2.514	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.622		0		1		0.784	0.100	
17:1.....g									
18:1 undifferentiated.....g	15.093		0		1		19.017	2.415	
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	4.034		0		1		5.083	0.645	
18:2 undifferentiated.....g	3.788		0		1		4.773	0.606	
18:3 undifferentiated.....g	0.245		0		1		0.309	0.039	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.079	0.010	
Threonine.....g	0.126		0		1		0.159	0.020	
Isoleucine.....g	0.168		0		1		0.212	0.027	
Leucine.....g	0.300		0		1		0.378	0.048	
Lysine.....g	0.157		0		1		0.198	0.025	
Methionine.....g	0.073		0		1		0.092	0.012	
Cystine.....g	0.095		0		1		0.120	0.015	
Phenylalanine.....g	0.205		0		1		0.258	0.033	
Tyrosine.....g	0.125		0		1		0.158	0.020	
Valine.....g	0.193		0		1		0.243	0.031	
Arginine.....g	0.166		0		1		0.209	0.027	
Histidine.....g	0.089		0		1		0.112	0.014	
Alanine.....g	0.134		0		1		0.169	0.021	
Aspartic acid.....g	0.190		0		1		0.239	0.030	
Glutamic acid.....g	1.422		0		1		1.792	0.228	
Glycine.....g	0.147		0		1		0.185	0.024	
Proline.....g	0.480		0		1		0.605	0.077	
Serine.....g	0.230		0		1		0.290	0.037	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RK	4		0	0	
Theobromine.....mg	0		0	RK	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RK	4		0.060	0.008	
Carotene, alpha.....mcg	0		0	RK	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RK	4		0.104	0.013	
Lycopene.....mcg	0		0	RK	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	RK	4		1.325	0.168	

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Common Measures:

Measure 1 = 126g: 1 crust, single 9"

Measure 2 = 16g: 1 piece (1/8 of 9" crust)

NDB No. 18335

Pie crust, standard-type, frozen, ready-to-bake, baked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18334

Pie crust, standard-type, frozen, ready-to-bake, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.419		0	FLA	4		17.635	2.235	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.117		0	FLA	4		0.166	0.021	
17:1.....g									
18:1 undifferentiated.....g	12.273		0	FLA	4		17.428	2.209	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.000		0	FLA	4		15.620	1.980	
18:2 undifferentiated.....g	10.212		0	FLA	4		14.501	1.838	
18:3 undifferentiated.....g	0.759		0	FLA	4		1.078	0.137	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		4		0.080	0.010	
Threonine.....g	0.112		0		4		0.159	0.020	
Isoleucine.....g	0.150		0		4		0.213	0.027	
Leucine.....g	0.267		0		4		0.379	0.048	
Lysine.....g	0.140		0		4		0.199	0.025	
Methionine.....g	0.065		0		4		0.092	0.012	
Cystine.....g	0.085		0		4		0.121	0.015	
Phenylalanine.....g	0.182		0		4		0.258	0.033	
Tyrosine.....g	0.111		0		4		0.158	0.020	
Valine.....g	0.172		0		4		0.244	0.031	
Arginine.....g	0.148		0		4		0.210	0.027	
Histidine.....g	0.079		0		4		0.112	0.014	
Alanine.....g	0.119		0		4		0.169	0.021	
Aspartic acid.....g	0.169		0		4		0.240	0.030	
Glutamic acid.....g	1.266		0		4		1.798	0.228	
Glycine.....g	0.131		0		4		0.186	0.024	
Proline.....g	0.427		0		4		0.606	0.077	
Serine.....g	0.205		0		4		0.291	0.037	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.067	0.008	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.116	0.015	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.476	0.187	

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Common Measures:

Measure 1 = 142g: 1 crust, single 9"

Measure 2 = 18g: 1 piece (1/8 of 9" crust)

NDB No. 18334

Pie crust, standard-type, frozen, ready-to-bake, enriched

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18446

Pie crust, standard-type, frozen, ready-to-bake, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.414		0	BFZN	4		17.628	1.986	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.117		0	BFZN	4		0.166	0.019	
17:1.....g									
18:1 undifferentiated.....g	12.273		0	BFZN	4		17.428	1.964	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.000		0	BFZN	4		15.620	1.760	
18:2 undifferentiated.....g	10.212		0	BFZN	4		14.501	1.634	
18:3 undifferentiated.....g	0.759		0	BFZN	4		1.078	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		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0		4		0.080	0.009	
Threonine.....g	0.112		0		4		0.159	0.018	
Isoleucine.....g	0.150		0		4		0.213	0.024	
Leucine.....g	0.267		0		4		0.379	0.043	
Lysine.....g	0.140		0		4		0.199	0.022	
Methionine.....g	0.065		0		4		0.092	0.010	
Cystine.....g	0.085		0		4		0.121	0.014	
Phenylalanine.....g	0.182		0		4		0.258	0.029	
Tyrosine.....g	0.111		0		4		0.158	0.018	
Valine.....g	0.172		0		4		0.244	0.028	
Arginine.....g	0.148		0		4		0.210	0.024	
Histidine.....g	0.079		0		4		0.112	0.013	
Alanine.....g	0.119		0		4		0.169	0.019	
Aspartic acid.....g	0.169		0		4		0.240	0.027	
Glutamic acid.....g	1.266		0		4		1.798	0.203	
Glycine.....g	0.131		0		4		0.186	0.021	
Proline.....g	0.427		0		4		0.606	0.068	
Serine.....g	0.205		0		4		0.291	0.033	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 142g: 1 crust, single 9"

Measure 2 = 16g: 1 piece (1/8 of 9" crust)

Calories Factors: Protein 4.1

Fat 8.9

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	15.169		0		1		27.304	3.489	
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	15.169		0		1		27.304	3.489	
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	9.122		0		1		16.420	2.098	
18:2 undifferentiated.....g	8.565		0		1		15.417	1.970	
18:3 undifferentiated.....g	0.557		0		1		1.003	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.142	0.018	
Threonine.....g	0.175		0		1		0.315	0.040	
Isoleucine.....g	0.222		0		1		0.400	0.051	
Leucine.....g	0.442		0		1		0.796	0.102	
Lysine.....g	0.142		0		1		0.256	0.033	
Methionine.....g	0.114		0		1		0.205	0.026	
Cystine.....g	0.136		0		1		0.245	0.031	
Phenylalanine.....g	0.324		0		1		0.583	0.075	
Tyrosine.....g	0.194		0		1		0.349	0.045	
Valine.....g	0.258		0		1		0.464	0.059	
Arginine.....g	0.259		0		1		0.466	0.060	
Histidine.....g	0.143		0		1		0.257	0.033	
Alanine.....g	0.206		0		1		0.371	0.047	
Aspartic acid.....g	0.271		0		1		0.488	0.062	
Glutamic acid.....g	2.165		0		1		3.897	0.498	
Glycine.....g	0.231		0		1		0.416	0.053	
Proline.....g	0.745		0		1		1.341	0.171	
Serine.....g	0.321		0		1		0.578	0.074	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	RA	4		18.276	2.335	

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

Common Measures:

Measure 1 = 180g: 1 crust, single 9"

Measure 2 = 23g: 1 piece (1/8 of 9" crust)

NDB No. 18336

Pie crust, standard-type, prepared from recipe, baked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18402

Pie crust, standard-type, prepared from recipe, unbaked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.500		0		1		26.190	3.240	
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	13.500		0		1		26.190	3.240	
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	8.119		0		1		15.751	1.949	
18:2 undifferentiated.....g	7.623		0		1		14.789	1.830	
18:3 undifferentiated.....g	0.496		0		1		0.962	0.119	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0		1		0.136	0.017	
Threonine.....g	0.156		0		1		0.303	0.037	
Isoleucine.....g	0.198		0		1		0.384	0.048	
Leucine.....g	0.393		0		1		0.762	0.094	
Lysine.....g	0.126		0		1		0.244	0.030	
Methionine.....g	0.101		0		1		0.196	0.024	
Cystine.....g	0.121		0		1		0.235	0.029	
Phenylalanine.....g	0.288		0		1		0.559	0.069	
Tyrosine.....g	0.173		0		1		0.336	0.042	
Valine.....g	0.230		0		1		0.446	0.055	
Arginine.....g	0.231		0		1		0.448	0.055	
Histidine.....g	0.127		0		1		0.246	0.030	
Alanine.....g	0.184		0		1		0.357	0.044	
Aspartic acid.....g	0.241		0		1		0.468	0.058	
Glutamic acid.....g	1.927		0		1		3.738	0.462	
Glycine.....g	0.206		0		1		0.400	0.049	
Proline.....g	0.663		0		1		1.286	0.159	
Serine.....g	0.286		0		1		0.555	0.069	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RC	4		0	0	
Theobromine.....mg	0		0	RC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	RC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	RC	4		17.531	2.169	

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Common Measures:

Measure 1 = 194g: 1 crust, single 9"

Measure 2 = 24g: 1 piece (1/8 of 9" crust)

NDB No. 18402

Pie crust, standard-type, prepared from recipe, unbaked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18301

Pie, apple, commercially prepared, enriched flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.388		0	FLA	4		1.244	5.485	5.134
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.146		0	FLA	4		0.041	0.183	0.171
17:1.....g									
18:1 undifferentiated.....g	4.109		0	FLA	4		1.165	5.136	4.808
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.198		0	FLA	4		0.623	2.748	2.572
18:2 undifferentiated.....g	2.066		0	FLA	4		0.586	2.583	2.417
18:3 undifferentiated.....g	0.123		0	FLA	4		0.035	0.154	0.144
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.026		0		1		0.007	0.033	0.030
Threonine.....g	0.054		0		1		0.015	0.068	0.063
Isoleucine.....g	0.073		0		1		0.021	0.091	0.085
Leucine.....g	0.129		0		1		0.037	0.161	0.151
Lysine.....g	0.070		0		1		0.020	0.088	0.082
Methionine.....g	0.032		0		1		0.009	0.040	0.037
Cystine.....g	0.040		0		1		0.011	0.050	0.047
Phenylalanine.....g	0.088		0		1		0.025	0.110	0.103
Tyrosine.....g	0.054		0		1		0.015	0.068	0.063
Valine.....g	0.084		0		1		0.024	0.105	0.098
Arginine.....g	0.074		0		1		0.021	0.093	0.087
Histidine.....g	0.038		0		1		0.011	0.048	0.044
Alanine.....g	0.060		0		1		0.017	0.075	0.070
Aspartic acid.....g	0.095		0		1		0.027	0.119	0.111
Glutamic acid.....g	0.587		0		1		0.166	0.734	0.687
Glycine.....g	0.065		0		1		0.018	0.081	0.076
Proline.....g	0.199		0		1		0.056	0.249	0.233
Serine.....g	0.099		0		1		0.028	0.124	0.116
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	9		0	FLC	4		2.552	11.254	10.534
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.002	0.002
Cryptoxanthin, beta.....mcg	6		0	FLC	4		1.597	7.040	6.589
Lycopene.....mcg	0		0	FLC	4		0.041	0.183	0.171
Lutein + zeaxanthin.....mcg	9		0	FLC	4		2.643	11.654	10.909

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

NDB No. 18301

Pie, apple, commercially prepared, enriched flour

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18443

Pie, apple, commercially prepared, unenriched flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.388		0	BFZN	4		1.244	5.485	5.134
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.146		0	BFZN	4		0.041	0.183	0.171
17:1.....g									
18:1 undifferentiated.....g	4.109		0	BFZN	4		1.165	5.136	4.808
20:1.....g	0.061		0	BFZN	4		0.017	0.076	0.071
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.198		0	BFZN	4		0.623	2.748	2.572
18:2 undifferentiated.....g	2.066		0	BFZN	4		0.586	2.583	2.417
18:3 undifferentiated.....g	0.123		0	BFZN	4		0.035	0.154	0.144
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.026		0		4		0.007	0.033	0.030
Threonine.....g	0.054		0		4		0.015	0.068	0.063
Isoleucine.....g	0.073		0		4		0.021	0.091	0.085
Leucine.....g	0.129		0		4		0.037	0.161	0.151
Lysine.....g	0.070		0		4		0.020	0.088	0.082
Methionine.....g	0.032		0		4		0.009	0.040	0.037
Cystine.....g	0.040		0		4		0.011	0.050	0.047
Phenylalanine.....g	0.088		0		4		0.025	0.110	0.103
Tyrosine.....g	0.054		0		4		0.015	0.068	0.063
Valine.....g	0.084		0		4		0.024	0.105	0.098
Arginine.....g	0.074		0		4		0.021	0.093	0.087
Histidine.....g	0.038		0		4		0.011	0.048	0.044
Alanine.....g	0.060		0		4		0.017	0.075	0.070
Aspartic acid.....g	0.095		0		4		0.027	0.119	0.111
Glutamic acid.....g	0.587		0		4		0.166	0.734	0.687
Glycine.....g	0.065		0		4		0.018	0.081	0.076
Proline.....g	0.199		0		4		0.056	0.249	0.233
Serine.....g	0.099		0		4		0.028	0.124	0.116
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 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18302
Pie, apple, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.393		0		1		1.529	8.359	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.002	
17:1.....g									
18:1 undifferentiated.....g	5.392		0		1		1.529	8.358	
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	3.338		0		1		0.946	5.174	
18:2 undifferentiated.....g	3.134		0		1		0.888	4.858	
18:3 undifferentiated.....g	0.204		0		1		0.058	0.316	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.008	0.045	
Threonine.....g	0.066		0		1		0.019	0.102	
Isoleucine.....g	0.083		0		1		0.024	0.129	
Leucine.....g	0.164		0		1		0.046	0.254	
Lysine.....g	0.056		0		1		0.016	0.087	
Methionine.....g	0.042		0		1		0.012	0.065	
Cystine.....g	0.050		0		1		0.014	0.078	
Phenylalanine.....g	0.118		0		1		0.033	0.183	
Tyrosine.....g	0.072		0		1		0.020	0.112	
Valine.....g	0.097		0		1		0.027	0.150	
Arginine.....g	0.096		0		1		0.027	0.149	
Histidine.....g	0.053		0		1		0.015	0.082	
Alanine.....g	0.077		0		1		0.022	0.119	
Aspartic acid.....g	0.111		0		1		0.031	0.172	
Glutamic acid.....g	0.786		0		1		0.223	1.218	
Glycine.....g	0.086		0		1		0.024	0.133	
Proline.....g	0.271		0		1		0.077	0.420	
Serine.....g	0.119		0		1		0.034	0.184	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18303

Pie, banana cream, prepared from mix, no-bake 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	4.559		0	FLA	4		1.292	4.194	5.608
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.221		0	FLA	4		0.063	0.203	0.272
17:1.....g									
18:1 undifferentiated.....g	4.191		0	FLA	4		1.188	3.856	5.155
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.764		0	FLA	4		0.217	0.703	0.940
18:2 undifferentiated.....g	0.600		0	FLA	4		0.170	0.552	0.738
18:3 undifferentiated.....g	0.164		0	FLA	4		0.046	0.151	0.202
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	29		0	FLA	4		8	27	36
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.042	0.057
Threonine.....g	0.137		0		1		0.039	0.126	0.169
Isoleucine.....g	0.168		0		1		0.048	0.155	0.207
Leucine.....g	0.285		0		1		0.081	0.262	0.351
Lysine.....g	0.202		0		1		0.057	0.186	0.248
Methionine.....g	0.066		0		1		0.019	0.061	0.081
Cystine.....g	0.050		0		1		0.014	0.046	0.062
Phenylalanine.....g	0.161		0		1		0.046	0.148	0.198
Tyrosine.....g	0.132		0		1		0.037	0.121	0.162
Valine.....g	0.181		0		1		0.051	0.167	0.223
Arginine.....g	0.156		0		1		0.044	0.144	0.192
Histidine.....g	0.084		0		1		0.024	0.077	0.103
Alanine.....g	0.125		0		1		0.035	0.115	0.154
Aspartic acid.....g	0.265		0		1		0.075	0.244	0.326
Glutamic acid.....g	0.792		0		1		0.225	0.729	0.974
Glycine.....g	0.104		0		1		0.029	0.096	0.128
Proline.....g	0.301		0		1		0.085	0.277	0.370
Serine.....g	0.178		0		1		0.050	0.164	0.219
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 = 92g: 1 piece (1/8 of 9" dia)

Measure 3 = 123g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18304

Pie, banana cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.719		0		1		1.621	67.827	8.235
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0		1		0.017	0.712	0.086
17:1.....g									
18:1 undifferentiated.....g	5.652		0		1		1.602	67.033	8.139
20:1.....g	0.003		0		1		0.001	0.036	0.004
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.292		0		1		0.933	39.043	4.740
18:2 undifferentiated.....g	3.067		0		1		0.869	36.375	4.416
18:3 undifferentiated.....g	0.205		0		1		0.058	2.431	0.295
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	0.016		0		1		0.005	0.190	0.023
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	0.004		0		1		0.001	0.047	0.006
Fatty acids, total trans.....g									
Cholesterol.....mg	51		0		1		14	605	73
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.055		0		1		0.016	0.652	0.079
Threonine.....g	0.165		0		1		0.047	1.957	0.238
Isoleucine.....g	0.203		0		1		0.058	2.408	0.292
Leucine.....g	0.358		0		1		0.101	4.246	0.516
Lysine.....g	0.232		0		1		0.066	2.752	0.334
Methionine.....g	0.092		0		1		0.026	1.091	0.132
Cystine.....g	0.068		0		1		0.019	0.806	0.098
Phenylalanine.....g	0.206		0		1		0.058	2.443	0.297
Tyrosine.....g	0.168		0		1		0.048	1.992	0.242
Valine.....g	0.229		0		1		0.065	2.716	0.330
Arginine.....g	0.186		0		1		0.053	2.206	0.268
Histidine.....g	0.116		0		1		0.033	1.376	0.167
Alanine.....g	0.155		0		1		0.044	1.838	0.223
Aspartic acid.....g	0.285		0		1		0.081	3.380	0.410
Glutamic acid.....g	1.062		0		1		0.301	12.595	1.529
Glycine.....g	0.126		0		1		0.036	1.494	0.181
Proline.....g	0.407		0		1		0.115	4.827	0.586
Serine.....g	0.243		0		1		0.069	2.882	0.350
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RKI	6		0	0	0
Theobromine.....mg	0		0	RKI	6		0	0	0
Carotenoids:									
Carotene, beta.....mcg	21		0	RKI	6		6.030	252.254	30.628
Carotene, alpha.....mcg	5		0	RKI	6		1.391	58.181	7.064
Cryptoxanthin, beta.....mcg	1		0	RKI	6		0.344	14.392	1.747
Lycopene.....mcg	0		0	RKI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	46		0	RKI	6		12.950	541.746	65.777

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1186g: 1 pie (9" dia)

Measure 3 = 144g: 1 piece (1/8 of 9" dia)

NDB No. 18304

Pie, banana cream, prepared from recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18305

Pie, blueberry, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.244		0	FLA	4		1.203	5.305	4.965
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0	FLA	4		0.007	0.029	0.027
17:1.....g									
18:1 undifferentiated.....g	4.215		0	FLA	4		1.195	5.269	4.932
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.524		0	FLA	4		0.999	4.405	4.123
18:2 undifferentiated.....g	3.281		0	FLA	4		0.930	4.101	3.839
18:3 undifferentiated.....g	0.239		0	FLA	4		0.068	0.299	0.280
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.007	0.031	0.029
Threonine.....g	0.051		0		1		0.014	0.064	0.060
Isoleucine.....g	0.069		0		1		0.020	0.086	0.081
Leucine.....g	0.125		0		1		0.035	0.156	0.146
Lysine.....g	0.062		0		1		0.018	0.078	0.073
Methionine.....g	0.031		0		1		0.009	0.039	0.036
Cystine.....g	0.039		0		1		0.011	0.049	0.046
Phenylalanine.....g	0.086		0		1		0.024	0.108	0.101
Tyrosine.....g	0.051		0		1		0.014	0.064	0.060
Valine.....g	0.080		0		1		0.023	0.100	0.094
Arginine.....g	0.072		0		1		0.020	0.090	0.084
Histidine.....g	0.037		0		1		0.010	0.046	0.043
Alanine.....g	0.057		0		1		0.016	0.071	0.067
Aspartic acid.....g	0.082		0		1		0.023	0.103	0.096
Glutamic acid.....g	0.580		0		1		0.164	0.725	0.679
Glycine.....g	0.063		0		1		0.018	0.079	0.074
Proline.....g	0.195		0		1		0.055	0.244	0.228
Serine.....g	0.094		0		1		0.027	0.118	0.110
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	39		0	FLC	4		10.941	48.242	45.154
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.002	0.002
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.010	0.045	0.042
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	15		0	FLC	4		4.254	18.758	17.557

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

NDB No. 18305

Pie, blueberry, commercially prepared

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18306

Pie, blueberry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.121		0		1		1.452	7.528	
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	5.121		0		1		1.452	7.528	
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	3.080		0		1		0.873	4.528	
18:2 undifferentiated.....g	2.892		0		1		0.820	4.251	
18:3 undifferentiated.....g	0.188		0		1		0.053	0.276	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.008	0.043	
Threonine.....g	0.073		0		1		0.021	0.107	
Isoleucine.....g	0.090		0		1		0.026	0.132	
Leucine.....g	0.179		0		1		0.051	0.263	
Lysine.....g	0.057		0		1		0.016	0.084	
Methionine.....g	0.046		0		1		0.013	0.068	
Cystine.....g	0.051		0		1		0.014	0.075	
Phenylalanine.....g	0.127		0		1		0.036	0.187	
Tyrosine.....g	0.072		0		1		0.020	0.106	
Valine.....g	0.108		0		1		0.031	0.159	
Arginine.....g	0.113		0		1		0.032	0.166	
Histidine.....g	0.056		0		1		0.016	0.082	
Alanine.....g	0.091		0		1		0.026	0.134	
Aspartic acid.....g	0.130		0		1		0.037	0.191	
Glutamic acid.....g	0.793		0		1		0.225	1.166	
Glycine.....g	0.099		0		1		0.028	0.146	
Proline.....g	0.270		0		1		0.077	0.397	
Serine.....g	0.124		0		1		0.035	0.182	
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 = 147g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18308

Pie, cherry, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.837		0	FLA	4		1.655	7.296	6.829
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.016	0.015
17:1.....g									
18:1 undifferentiated.....g	5.825		0	FLA	4		1.651	7.281	6.815
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.055		0	FLA	4		0.583	2.569	2.404
18:2 undifferentiated.....g	1.917		0	FLA	4		0.543	2.396	2.243
18:3 undifferentiated.....g	0.138		0	FLA	4		0.039	0.173	0.161
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		4		0.008	0.035	0.033
Threonine.....g	0.078		0		4		0.022	0.098	0.091
Isoleucine.....g	0.103		0		4		0.029	0.129	0.121
Leucine.....g	0.173		0		4		0.049	0.216	0.202
Lysine.....g	0.120		0		4		0.034	0.150	0.140
Methionine.....g	0.043		0		4		0.012	0.054	0.050
Cystine.....g	0.031		0		4		0.009	0.039	0.036
Phenylalanine.....g	0.099		0		4		0.028	0.124	0.116
Tyrosine.....g	0.080		0		4		0.023	0.100	0.094
Valine.....g	0.119		0		4		0.034	0.149	0.139
Arginine.....g	0.102		0		4		0.029	0.128	0.119
Histidine.....g	0.050		0		4		0.014	0.063	0.059
Alanine.....g	0.072		0		4		0.020	0.090	0.084
Aspartic acid.....g	0.136		0		4		0.039	0.170	0.159
Glutamic acid.....g	0.518		0		4		0.147	0.648	0.606
Glycine.....g	0.059		0		4		0.017	0.074	0.069
Proline.....g	0.196		0		4		0.056	0.245	0.229
Serine.....g	0.108		0		4		0.031	0.135	0.126
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	69		0	FLC	4		19.491	85.939	80.439
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.002	0.002
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.010	0.045	0.042
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	20		0	FLC	4		5.533	24.395	22.834

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 125g: 1 piece (1/8 of 9" dia)

Measure 3 = 117g: 1 piece (1/6 of 8" pie)

NDB No. 18308

Pie, cherry, commercially prepared

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18309

Pie, cherry, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.314		0		1		1.507	9.565	
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	5.314		0		1		1.507	9.565	
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	3.247		0		1		0.921	5.845	
18:2 undifferentiated.....g	3.045		0		1		0.863	5.481	
18:3 undifferentiated.....g	0.202		0		1		0.057	0.364	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.009	0.056	
Threonine.....g	0.072		0		1		0.020	0.130	
Isoleucine.....g	0.088		0		1		0.025	0.158	
Leucine.....g	0.170		0		1		0.048	0.306	
Lysine.....g	0.067		0		1		0.019	0.121	
Methionine.....g	0.043		0		1		0.012	0.077	
Cystine.....g	0.050		0		1		0.014	0.090	
Phenylalanine.....g	0.124		0		1		0.035	0.223	
Tyrosine.....g	0.075		0		1		0.021	0.135	
Valine.....g	0.104		0		1		0.029	0.187	
Arginine.....g	0.100		0		1		0.028	0.180	
Histidine.....g	0.057		0		1		0.016	0.103	
Alanine.....g	0.086		0		1		0.024	0.155	
Aspartic acid.....g	0.341		0		1		0.097	0.614	
Glutamic acid.....g	0.791		0		1		0.224	1.424	
Glycine.....g	0.092		0		1		0.026	0.166	
Proline.....g	0.280		0		1		0.079	0.504	
Serine.....g	0.128		0		1		0.036	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 = 28.35g: 1 oz

Measure 2 = 180g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18310

Pie, chocolate creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.117		0	FLA	4		3.152	11.006	12.562
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA	4		0.001	0.002	0.002
17:1.....g									
18:1 undifferentiated.....g	1.116		0	FLA	4		0.316	1.105	1.261
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.398		0	FLA	4		0.680	2.374	2.710
18:2 undifferentiated.....g	2.278		0	FLA	4		0.646	2.255	2.574
18:3 undifferentiated.....g	0.120		0	FLA	4		0.034	0.119	0.136
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		2		1		1	5	6
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.034		0		4		0.010	0.034	0.038
Threonine.....g	0.088		0		4		0.025	0.087	0.099
Isoleucine.....g	0.095		0		4		0.027	0.094	0.107
Leucine.....g	0.165		0		4		0.047	0.163	0.186
Lysine.....g	0.113		0		4		0.032	0.112	0.128
Methionine.....g	0.035		0		4		0.010	0.035	0.040
Cystine.....g	0.042		0		4		0.012	0.042	0.047
Phenylalanine.....g	0.113		0		4		0.032	0.112	0.128
Tyrosine.....g	0.072		0		4		0.020	0.071	0.081
Valine.....g	0.125		0		4		0.035	0.124	0.141
Arginine.....g	0.137		0		4		0.039	0.136	0.155
Histidine.....g	0.048		0		4		0.014	0.048	0.054
Alanine.....g	0.127		0		4		0.036	0.126	0.144
Aspartic acid.....g	0.184		0		4		0.052	0.182	0.208
Glutamic acid.....g	0.605		0		4		0.172	0.599	0.684
Glycine.....g	0.180		0		4		0.051	0.178	0.203
Proline.....g	0.245		0		4		0.069	0.243	0.277
Serine.....g	0.120		0		4		0.034	0.119	0.136
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	13		0	FLA	4		4	13	15

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 99g: 1 piece (1/4 of 6" pie)

Measure 3 = 113g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 3.3

Fat 8.8

Carbohydrate 3.7

Food Group: 18 Baked Products

NDB No. 18312

Pie, chocolate mousse, prepared from mix, no-bake 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	5.084		0		1		1.441	4.830	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.267		0	FLA	4		0.076	0.254	
17:1.....g									
18:1 undifferentiated.....g	4.732		0	FLA	4		1.342	4.495	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.814		0		1		0.231	0.773	
18:2 undifferentiated.....g	0.633		0	FLA	4		0.179	0.601	
18:3 undifferentiated.....g	0.192		0	FLA	4		0.054	0.182	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0	FLA	4		10	33	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.014	0.046	
Threonine.....g	0.139		0		1		0.039	0.132	
Isoleucine.....g	0.165		0		1		0.047	0.157	
Leucine.....g	0.278		0		1		0.079	0.264	
Lysine.....g	0.201		0		1		0.057	0.191	
Methionine.....g	0.062		0		1		0.018	0.059	
Cystine.....g	0.050		0		1		0.014	0.048	
Phenylalanine.....g	0.166		0		1		0.047	0.158	
Tyrosine.....g	0.133		0		1		0.038	0.126	
Valine.....g	0.190		0		1		0.054	0.181	
Arginine.....g	0.167		0		1		0.047	0.159	
Histidine.....g	0.082		0		1		0.023	0.078	
Alanine.....g	0.133		0		1		0.038	0.126	
Aspartic acid.....g	0.284		0		1		0.081	0.270	
Glutamic acid.....g	0.769		0		1		0.218	0.731	
Glycine.....g	0.115		0		1		0.033	0.109	
Proline.....g	0.283		0		1		0.080	0.269	
Serine.....g	0.178		0		1		0.050	0.169	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	1		0	FLA	4		0	1	
Theobromine.....mg	8		0	FLA	4		2	8	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 95g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.8

Food Group: 18 Baked Products

NDB No. 18314

Pie, coconut cream, prepared from mix, no-bake 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	6.554		0	FLA	4		1.858	6.161	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.171		0	FLA	4		0.048	0.161	
17:1.....g									
18:1 undifferentiated.....g	6.269		0	FLA	4		1.777	5.893	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.217		0	FLA	4		0.345	1.144	
18:2 undifferentiated.....g	1.060		0	FLA	4		0.301	0.996	
18:3 undifferentiated.....g	0.157		0	FLA	4		0.045	0.148	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0	FLA	4		7	22	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.037		0		1		0.010	0.035	
Threonine.....g	0.110		0		1		0.031	0.103	
Isoleucine.....g	0.137		0		1		0.039	0.129	
Leucine.....g	0.236		0		1		0.067	0.222	
Lysine.....g	0.159		0		1		0.045	0.149	
Methionine.....g	0.059		0		1		0.017	0.055	
Cystine.....g	0.041		0		1		0.012	0.039	
Phenylalanine.....g	0.130		0		1		0.037	0.122	
Tyrosine.....g	0.108		0		1		0.031	0.102	
Valine.....g	0.154		0		1		0.044	0.145	
Arginine.....g	0.119		0		1		0.034	0.112	
Histidine.....g	0.067		0		1		0.019	0.063	
Alanine.....g	0.097		0		1		0.027	0.091	
Aspartic acid.....g	0.184		0		1		0.052	0.173	
Glutamic acid.....g	0.690		0		1		0.196	0.649	
Glycine.....g	0.076		0		1		0.022	0.071	
Proline.....g	0.268		0		1		0.076	0.252	
Serine.....g	0.143		0		1		0.041	0.134	
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 = 94g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18313

Pie, coconut creme, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.260		0	FLA	4		2.058	4.646	3.485
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLA	4		0.000	0.001	0.000
17:1.....g									
18:1 undifferentiated.....g	7.258		0	FLA	4		2.058	4.645	3.484
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.544		0	FLA	4		0.438	0.988	0.741
18:2 undifferentiated.....g	1.469		0	FLA	4		0.416	0.940	0.705
18:3 undifferentiated.....g	0.075		0	FLA	4		0.021	0.048	0.036
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		4		0.008	0.019	0.014
Threonine.....g	0.078		0		4		0.022	0.050	0.037
Isoleucine.....g	0.103		0		4		0.029	0.066	0.049
Leucine.....g	0.174		0		4		0.049	0.111	0.084
Lysine.....g	0.119		0		4		0.034	0.076	0.057
Methionine.....g	0.043		0		4		0.012	0.028	0.021
Cystine.....g	0.030		0		4		0.009	0.019	0.014
Phenylalanine.....g	0.098		0		4		0.028	0.063	0.047
Tyrosine.....g	0.081		0		4		0.023	0.052	0.039
Valine.....g	0.120		0		4		0.034	0.077	0.058
Arginine.....g	0.108		0		4		0.031	0.069	0.052
Histidine.....g	0.051		0		4		0.014	0.033	0.024
Alanine.....g	0.074		0		4		0.021	0.047	0.036
Aspartic acid.....g	0.140		0		4		0.040	0.090	0.067
Glutamic acid.....g	0.507		0		4		0.144	0.324	0.243
Glycine.....g	0.060		0		4		0.017	0.038	0.029
Proline.....g	0.191		0		4		0.054	0.122	0.092
Serine.....g	0.107		0		4		0.030	0.068	0.051
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.019	0.042	0.032
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.086	0.194	0.145

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 64g: 1 piece (1/6 of 7" pie)

Measure 3 = 48g: 1 piece (1/8 of 7" pie)

NDB No. 18313

Pie, coconut creme, commercially prepared

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18316

Pie, coconut custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.495		0	FLA	4		1.558	5.715	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0	FLA	4		0.011	0.040	
17:1.....g									
18:1 undifferentiated.....g	5.431		0	FLA	4		1.540	5.648	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0	FLA	4		0.332	1.217	
18:2 undifferentiated.....g	1.092		0	FLA	4		0.310	1.136	
18:3 undifferentiated.....g	0.078		0	FLA	4		0.022	0.081	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		2		1		10	36	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.022	0.082	
Threonine.....g	0.216		0		1		0.061	0.225	
Isoleucine.....g	0.286		0		1		0.081	0.297	
Leucine.....g	0.482		0		1		0.137	0.501	
Lysine.....g	0.335		0		1		0.095	0.348	
Methionine.....g	0.121		0		1		0.034	0.126	
Cystine.....g	0.085		0		1		0.024	0.088	
Phenylalanine.....g	0.274		0		1		0.078	0.285	
Tyrosine.....g	0.224		0		1		0.064	0.233	
Valine.....g	0.330		0		1		0.094	0.343	
Arginine.....g	0.284		0		1		0.081	0.295	
Histidine.....g	0.140		0		1		0.040	0.146	
Alanine.....g	0.199		0		1		0.056	0.207	
Aspartic acid.....g	0.378		0		1		0.107	0.393	
Glutamic acid.....g	1.441		0		1		0.409	1.499	
Glycine.....g	0.164		0		1		0.046	0.171	
Proline.....g	0.546		0		1		0.155	0.568	
Serine.....g	0.301		0		1		0.085	0.313	
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 = 104g: 1 piece (1/6 of 8" pie)

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18317

Pie, egg custard, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.797		0	FLA	4		1.360	5.037	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0	FLA	4		0.028	0.104	
17:1.....g									
18:1 undifferentiated.....g	4.673		0	FLA	4		1.325	4.907	
20:1.....g	0.004		0	FLA	4		0.001	0.004	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.723		0	FLA	4		1.055	3.909	
18:2 undifferentiated.....g	3.438		0	FLA	4		0.975	3.610	
18:3 undifferentiated.....g	0.249		0	FLA	4		0.071	0.261	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	FLA	4		0.006	0.022	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.006		0	FLA	4		0.002	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	33	5.933	6		1		9	35	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0		1		0.020	0.075	
Threonine.....g	0.225		0		1		0.064	0.236	
Isoleucine.....g	0.281		0		1		0.080	0.295	
Leucine.....g	0.455		0		1		0.129	0.478	
Lysine.....g	0.348		0		1		0.099	0.365	
Methionine.....g	0.138		0		1		0.039	0.145	
Cystine.....g	0.099		0		1		0.028	0.104	
Phenylalanine.....g	0.269		0		1		0.076	0.282	
Tyrosine.....g	0.214		0		1		0.061	0.225	
Valine.....g	0.315		0		1		0.089	0.331	
Arginine.....g	0.251		0		1		0.071	0.264	
Histidine.....g	0.127		0		1		0.036	0.133	
Alanine.....g	0.229		0		1		0.065	0.240	
Aspartic acid.....g	0.421		0		1		0.119	0.442	
Glutamic acid.....g	1.085		0		1		0.308	1.139	
Glycine.....g	0.159		0		1		0.045	0.167	
Proline.....g	0.400		0		1		0.113	0.420	
Serine.....g	0.334		0		1		0.095	0.351	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	9		0	FLC	4		2.481	9.187	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.001	
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.386	1.430	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	50		0	FLC	4		14.161	52.446	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 105g: 1 piece (1/6 of 8" pie)

NDB No. 18317

Pie, egg custard, commercially prepared

Calories Factors: Protein 4.3

Fat 8.9

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18444
Pie, fried pies, cherry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.449		0	FLA	4		2.112	9.535	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.003	0.015	
17:1.....g									
18:1 undifferentiated.....g	7.299		0	FLA	4		2.069	9.343	
20:1.....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated.....g	0.032		0		4		0.009	0.041	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated.....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated.....g	0.568		0	FLA	4		0.161	0.727	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.042		0		4		0.012	0.054	
Threonine.....g	0.089		0		4		0.025	0.114	
Isoleucine.....g	0.120		0		4		0.034	0.154	
Leucine.....g	0.211		0		4		0.060	0.270	
Lysine.....g	0.121		0		4		0.034	0.155	
Methionine.....g	0.052		0		4		0.015	0.067	
Cystine.....g	0.059		0		4		0.017	0.076	
Phenylalanine.....g	0.138		0		4		0.039	0.177	
Tyrosine.....g	0.090		0		4		0.026	0.115	
Valine.....g	0.138		0		4		0.039	0.177	
Arginine.....g	0.112		0		4		0.032	0.143	
Histidine.....g	0.062		0		4		0.018	0.079	
Alanine.....g	0.093		0		4		0.026	0.119	
Aspartic acid.....g	0.156		0		4		0.044	0.200	
Glutamic acid.....g	0.906		0		4		0.257	1.160	
Glycine.....g	0.098		0		4		0.028	0.125	
Proline.....g	0.314		0		4		0.089	0.402	
Serine.....g	0.154		0		4		0.044	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

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18319
Pie, fried pies, fruit

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.449		0	FLA	4		2.112	9.535	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLA	4		0.003	0.015	
17:1.....g									
18:1 undifferentiated.....g	7.299		0	FLA	4		2.069	9.343	
20:1.....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated.....g	0.032		0	FLA	4		0.009	0.041	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated.....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated.....g	0.568		0	FLA	4		0.161	0.727	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.012	0.054	
Threonine.....g	0.089		0		1		0.025	0.114	
Isoleucine.....g	0.120		0		1		0.034	0.154	
Leucine.....g	0.211		0		1		0.060	0.270	
Lysine.....g	0.121		0		1		0.034	0.155	
Methionine.....g	0.052		0		1		0.015	0.067	
Cystine.....g	0.059		0		1		0.017	0.076	
Phenylalanine.....g	0.138		0		1		0.039	0.177	
Tyrosine.....g	0.090		0		1		0.026	0.115	
Valine.....g	0.138		0		1		0.039	0.177	
Arginine.....g	0.112		0		1		0.032	0.143	
Histidine.....g	0.062		0		1		0.018	0.079	
Alanine.....g	0.093		0		1		0.026	0.119	
Aspartic acid.....g	0.156		0		1		0.044	0.200	
Glutamic acid.....g	0.906		0		1		0.257	1.160	
Glycine.....g	0.098		0		1		0.028	0.125	
Proline.....g	0.314		0		1		0.089	0.402	
Serine.....g	0.154		0		1		0.044	0.197	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	5		0	FLC	4		1.414	6.384	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.001	
Cryptoxanthin, beta.....mcg	5		0	FLC	4		1.376	6.212	
Lycopene.....mcg	0		0	FLC	4		0.041	0.187	
Lutein + zeaxanthin.....mcg	8		0	FLC	4		2.246	10.143	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 128g: 1 pie (5" x 3-3/4")

NDB No. 18319
Pie, fried pies, fruit

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18445
Pie, fried pies, lemon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.449		0	FLA	4		2.112	9.535	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0		4		0.003	0.015	
17:1.....g									
18:1 undifferentiated.....g	7.299		0	FLA	4		2.069	9.343	
20:1.....g	0.089		0	FLA	4		0.025	0.114	
22:1 undifferentiated.....g	0.032		0		4		0.009	0.041	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.376		0	FLA	4		1.524	6.881	
18:2 undifferentiated.....g	4.808		0	FLA	4		1.363	6.154	
18:3 undifferentiated.....g	0.568		0	FLA	4		0.161	0.727	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.042		0		4		0.012	0.054	
Threonine.....g	0.089		0		4		0.025	0.114	
Isoleucine.....g	0.120		0		4		0.034	0.154	
Leucine.....g	0.211		0		4		0.060	0.270	
Lysine.....g	0.121		0		4		0.034	0.155	
Methionine.....g	0.052		0		4		0.015	0.067	
Cystine.....g	0.059		0		4		0.017	0.076	
Phenylalanine.....g	0.138		0		4		0.039	0.177	
Tyrosine.....g	0.090		0		4		0.026	0.115	
Valine.....g	0.138		0		4		0.039	0.177	
Arginine.....g	0.112		0		4		0.032	0.143	
Histidine.....g	0.062		0		4		0.018	0.079	
Alanine.....g	0.093		0		4		0.026	0.119	
Aspartic acid.....g	0.156		0		4		0.044	0.200	
Glutamic acid.....g	0.906		0		4		0.257	1.160	
Glycine.....g	0.098		0		4		0.028	0.125	
Proline.....g	0.314		0		4		0.089	0.402	
Serine.....g	0.154		0		4		0.044	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

Measure 2 = 128g: 1 pie (5" x 3-3/4")

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.8

Food Group: 18 Baked Products

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

NDB No. 18320

Pie, lemon meringue, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.685		0	FLA	4		0.761	3.034	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		0	FLA	4		0.017	0.068	
17:1.....g									
18:1 undifferentiated.....g	2.619		0	FLA	4		0.742	2.959	
20:1.....g	0.004		0	FLA	4		0.001	0.005	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.648		0	FLA	4		1.034	4.122	
18:2 undifferentiated.....g	3.414		0	FLA	4		0.968	3.858	
18:3 undifferentiated.....g	0.205		0	FLA	4		0.058	0.232	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	FLA	4		0.006	0.025	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.006		0	FLA	4		0.002	0.007	
Fatty acids, total trans.....g									
Cholesterol.....mg	45		2		1		13	51	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.019		0		1		0.005	0.021	
Threonine.....g	0.060		0		1		0.017	0.068	
Isoleucine.....g	0.066		0		1		0.019	0.075	
Leucine.....g	0.116		0		1		0.033	0.131	
Lysine.....g	0.084		0		1		0.024	0.095	
Methionine.....g	0.030		0		1		0.009	0.034	
Cystine.....g	0.029		0		1		0.008	0.033	
Phenylalanine.....g	0.066		0		1		0.019	0.075	
Tyrosine.....g	0.054		0		1		0.015	0.061	
Valine.....g	0.074		0		1		0.021	0.084	
Arginine.....g	0.081		0		1		0.023	0.092	
Histidine.....g	0.034		0		1		0.010	0.038	
Alanine.....g	0.061		0		1		0.017	0.069	
Aspartic acid.....g	0.106		0		1		0.030	0.120	
Glutamic acid.....g	0.342		0		1		0.097	0.386	
Glycine.....g	0.048		0		1		0.014	0.054	
Proline.....g	0.116		0		1		0.033	0.131	
Serine.....g	0.101		0		1		0.029	0.114	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.284	1.133	
Carotene, alpha.....mcg	0		0	FLC	4		0.087	0.348	
Cryptoxanthin, beta.....mcg	3		0	FLC	4		0.834	3.323	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	FLC	4		2.469	9.840	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 113g: 1 piece (1/6 of 8" pie)

NDB No. 18320

Pie, lemon meringue, commercially prepared

Calories Factors: Protein 4.2

Fat 8.9

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18321

Pie, lemon meringue, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.582		0		1		1.582	7.089	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		1		0.011	0.048	
17:1.....g									
18:1 undifferentiated.....g	5.539		0		1		1.570	7.035	
20:1.....g	0.004		0		1		0.001	0.005	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.331		0		1		0.944	4.230	
18:2 undifferentiated.....g	3.121		0		1		0.885	3.964	
18:3 undifferentiated.....g	0.186		0		1		0.053	0.236	
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	0.018		0		1		0.005	0.023	
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	0.005		0		1		0.001	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0		1		15	67	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0		1		0.013	0.058	
Threonine.....g	0.143		0		1		0.041	0.182	
Isoleucine.....g	0.169		0		1		0.048	0.215	
Leucine.....g	0.292		0		1		0.083	0.371	
Lysine.....g	0.181		0		1		0.051	0.230	
Methionine.....g	0.092		0		1		0.026	0.117	
Cystine.....g	0.083		0		1		0.024	0.105	
Phenylalanine.....g	0.194		0		1		0.055	0.246	
Tyrosine.....g	0.135		0		1		0.038	0.171	
Valine.....g	0.192		0		1		0.054	0.244	
Arginine.....g	0.191		0		1		0.054	0.243	
Histidine.....g	0.087		0		1		0.025	0.110	
Alanine.....g	0.166		0		1		0.047	0.211	
Aspartic acid.....g	0.272		0		1		0.077	0.345	
Glutamic acid.....g	0.864		0		1		0.245	1.097	
Glycine.....g	0.130		0		1		0.037	0.165	
Proline.....g	0.288		0		1		0.082	0.366	
Serine.....g	0.236		0		1		0.067	0.300	
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 = 127g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18322

Pie, mince, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.654		0		1		1.319	7.679	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.000	0.002	
17:1.....g									
18:1 undifferentiated.....g	4.654		0		1		1.319	7.679	
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	2.842		0		1		0.806	4.689	
18:2 undifferentiated.....g	2.661		0		1		0.754	4.391	
18:3 undifferentiated.....g	0.180		0		1		0.051	0.297	
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		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.008	0.045	
Threonine.....g	0.070		0		1		0.020	0.116	
Isoleucine.....g	0.074		0		1		0.021	0.122	
Leucine.....g	0.149		0		1		0.042	0.246	
Lysine.....g	0.058		0		1		0.016	0.096	
Methionine.....g	0.053		0		1		0.015	0.087	
Cystine.....g	0.051		0		1		0.014	0.084	
Phenylalanine.....g	0.112		0		1		0.032	0.185	
Tyrosine.....g	0.070		0		1		0.020	0.116	
Valine.....g	0.096		0		1		0.027	0.158	
Arginine.....g	0.122		0		1		0.035	0.201	
Histidine.....g	0.064		0		1		0.018	0.106	
Alanine.....g	0.087		0		1		0.025	0.144	
Aspartic acid.....g	0.157		0		1		0.045	0.259	
Glutamic acid.....g	0.779		0		1		0.221	1.285	
Glycine.....g	0.073		0		1		0.021	0.120	
Proline.....g	0.232		0		1		0.066	0.383	
Serine.....g	0.101		0		1		0.029	0.167	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	5		0	RA	4		1.502	8.743	
Carotene, alpha.....mcg	0		0	RA	4		0.078	0.451	
Cryptoxanthin, beta.....mcg	12		0	RA	4		3.335	19.409	
Lycopene.....mcg	0		0	RA	4		0.013	0.074	
Lutein + zeaxanthin.....mcg	13		0	RA	4		3.795	22.087	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 165g: 1 piece (1/8 of 9" dia)

NDB No. 18322

Pie, mince, prepared from recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.241		0	FLA	4		1.202	4.962	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0	FLA	4		0.011	0.044	
17:1.....g									
18:1 undifferentiated.....g	4.193		0	FLA	4		1.189	4.906	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.749		0	FLA	4		1.063	4.386	
18:2 undifferentiated.....g	3.485		0	FLA	4		0.988	4.077	
18:3 undifferentiated.....g	0.255		0	FLA	4		0.072	0.298	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.022		0		1		0.006	0.026	
Threonine.....g	0.057		0		1		0.016	0.067	
Isoleucine.....g	0.067		0		1		0.019	0.078	
Leucine.....g	0.122		0		1		0.035	0.143	
Lysine.....g	0.064		0		1		0.018	0.075	
Methionine.....g	0.035		0		1		0.010	0.041	
Cystine.....g	0.035		0		1		0.010	0.041	
Phenylalanine.....g	0.081		0		1		0.023	0.095	
Tyrosine.....g	0.052		0		1		0.015	0.061	
Valine.....g	0.086		0		1		0.024	0.101	
Arginine.....g	0.066		0		1		0.019	0.077	
Histidine.....g	0.037		0		1		0.010	0.043	
Alanine.....g	0.069		0		1		0.020	0.081	
Aspartic acid.....g	0.132		0		1		0.037	0.154	
Glutamic acid.....g	0.538		0		1		0.153	0.629	
Glycine.....g	0.064		0		1		0.018	0.075	
Proline.....g	0.178		0		1		0.050	0.208	
Serine.....g	0.095		0		1		0.027	0.111	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	64		0	FLC	4		18.074	74.592	
Carotene, alpha.....mcg	0		0	FLC	4		0.052	0.213	
Cryptoxanthin, beta.....mcg	25		0	FLC	4		7.119	29.382	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	15		0	FLC	4		4.125	17.025	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 117g: 1 piece (1/6 of 8" pie)

NDB No. 18323
Pie, peach

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18324
Pie, pecan, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.741		0	FLA	4		3.045	12.137	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0	FLA	4		0.018	0.071	
17:1.....g									
18:1 undifferentiated.....g	10.604		0	FLA	4		3.006	11.983	
20:1.....g	0.051		0	FLA	4		0.014	0.058	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.182		0	FLA	4		0.902	3.596	
18:2 undifferentiated.....g	3.014		0	FLA	4		0.854	3.406	
18:3 undifferentiated.....g	0.140		0	FLA	4		0.040	0.158	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.015		0	FLA	4		0.004	0.017	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.004		0	FLA	4		0.001	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	32	7.394	5		1		9	36	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.065		0		1		0.018	0.073	
Threonine.....g	0.148		0		1		0.042	0.167	
Isoleucine.....g	0.181		0		1		0.051	0.205	
Leucine.....g	0.299		0		1		0.085	0.338	
Lysine.....g	0.201		0		1		0.057	0.227	
Methionine.....g	0.097		0		1		0.027	0.110	
Cystine.....g	0.094		0		1		0.027	0.106	
Phenylalanine.....g	0.203		0		1		0.058	0.229	
Tyrosine.....g	0.141		0		1		0.040	0.159	
Valine.....g	0.208		0		1		0.059	0.235	
Arginine.....g	0.287		0		1		0.081	0.324	
Histidine.....g	0.095		0		1		0.027	0.107	
Alanine.....g	0.173		0		1		0.049	0.195	
Aspartic acid.....g	0.308		0		1		0.087	0.348	
Glutamic acid.....g	0.875		0		1		0.248	0.989	
Glycine.....g	0.148		0		1		0.042	0.167	
Proline.....g	0.269		0		1		0.076	0.304	
Serine.....g	0.241		0		1		0.068	0.272	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLC	4		1.085	4.325	
Carotene, alpha.....mcg	0		0	FLC	4		0.001	0.002	
Cryptoxanthin, beta.....mcg	2		0	FLC	4		0.506	2.016	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	35		0	FLC	4		10.062	40.107	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 piece (1/6 of 8" pie)

NDB No. 18324

Pie, pecan, commercially prepared

Calories Factors: Protein 4

Fat 8.7

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18325
Pie, pecan, prepared from recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.181		0		1		3.170	13.641	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0		1		0.028	0.121	
17:1.....g									
18:1 undifferentiated.....g	11.018		0		1		3.124	13.442	
20:1.....g	0.063		0		1		0.018	0.077	
22:1 undifferentiated.....g	0.001		0		1		0.000	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.710		0		1		1.619	6.966	
18:2 undifferentiated.....g	5.402		0		1		1.531	6.590	
18:3 undifferentiated.....g	0.271		0		1		0.077	0.331	
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	0.029		0		1		0.008	0.035	
20:5 n-3.....g	0.001		0		1		0.000	0.001	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.008		0		1		0.002	0.010	
Fatty acids, total trans.....g									
Cholesterol.....mg	87		0		1		25	106	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.069		0		1		0.020	0.084	
Threonine.....g	0.189		0		1		0.054	0.231	
Isoleucine.....g	0.223		0		1		0.063	0.272	
Leucine.....g	0.372		0		1		0.105	0.454	
Lysine.....g	0.248		0		1		0.070	0.303	
Methionine.....g	0.125		0		1		0.035	0.153	
Cystine.....g	0.111		0		1		0.031	0.135	
Phenylalanine.....g	0.250		0		1		0.071	0.305	
Tyrosine.....g	0.178		0		1		0.050	0.217	
Valine.....g	0.255		0		1		0.072	0.311	
Arginine.....g	0.325		0		1		0.092	0.397	
Histidine.....g	0.116		0		1		0.033	0.142	
Alanine.....g	0.223		0		1		0.063	0.272	
Aspartic acid.....g	0.392		0		1		0.111	0.478	
Glutamic acid.....g	0.972		0		1		0.276	1.186	
Glycine.....g	0.176		0		1		0.050	0.215	
Proline.....g	0.305		0		1		0.086	0.372	
Serine.....g	0.301		0		1		0.085	0.367	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	60		0	RK	4		17.010	73.200	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 122g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18325

Pie, pecan, prepared from recipe

Food Group: 18 Baked Products

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

NDB No. 18326

Pie, pumpkin, commercially prepared

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.032		0	FLA	4		1.143	4.395	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.041		0	FLA	4		0.012	0.045	
17:1.....g									
18:1 undifferentiated.....g	3.981		0	FLA	4		1.129	4.339	
20:1.....g	0.001		0	FLA	4		0.000	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.150		0	FLA	4		0.893	3.434	
18:2 undifferentiated.....g	2.951		0	FLA	4		0.837	3.217	
18:3 undifferentiated.....g	0.186		0	FLA	4		0.053	0.203	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.007		0	FLA	4		0.002	0.008	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.002		0	FLA	4		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		2		1		6	22	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.051		0		1		0.014	0.056	
Threonine.....g	0.159		0		1		0.045	0.173	
Isoleucine.....g	0.205		0		1		0.058	0.223	
Leucine.....g	0.335		0		1		0.095	0.365	
Lysine.....g	0.261		0		1		0.074	0.284	
Methionine.....g	0.092		0		1		0.026	0.100	
Cystine.....g	0.054		0		1		0.015	0.059	
Phenylalanine.....g	0.184		0		1		0.052	0.201	
Tyrosine.....g	0.163		0		1		0.046	0.178	
Valine.....g	0.229		0		1		0.065	0.250	
Arginine.....g	0.161		0		1		0.046	0.175	
Histidine.....g	0.094		0		1		0.027	0.102	
Alanine.....g	0.144		0		1		0.041	0.157	
Aspartic acid.....g	0.289		0		1		0.082	0.315	
Glutamic acid.....g	0.826		0		1		0.234	0.900	
Glycine.....g	0.100		0		1		0.028	0.109	
Proline.....g	0.327		0		1		0.093	0.356	
Serine.....g	0.219		0		1		0.062	0.239	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1023		0	FLC	4		290.023	1115.081	
Carotene, alpha.....mcg	686		0	FLC	4		194.437	747.570	
Cryptoxanthin, beta.....mcg	3		0	FLC	4		0.834	3.206	
Lycopene.....mcg	0		0	FLC	4		0.080	0.307	
Lutein + zeaxanthin.....mcg	20		0	FLC	4		5.734	22.047	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 109g: 1 piece (1/6 of 8" pie)

NDB No. 18326

Pie, pumpkin, commercially prepared

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18327

Pie, pumpkin, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.697		0		1		1.048	5.730	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.077		0		1		0.022	0.119	
17:1.....g									
18:1 undifferentiated.....g	3.594		0		1		1.019	5.571	
20:1.....g	0.002		0		1		0.001	0.003	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.810		0		1		0.513	2.806	
18:2 undifferentiated.....g	1.668		0		1		0.473	2.585	
18:3 undifferentiated.....g	0.128		0		1		0.036	0.198	
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	0.011		0		1		0.003	0.017	
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	0.003		0		1		0.001	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0		1		12	65	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.017	0.091	
Threonine.....g	0.180		0		1		0.051	0.279	
Isoleucine.....g	0.226		0		1		0.064	0.350	
Leucine.....g	0.376		0		1		0.107	0.583	
Lysine.....g	0.276		0		1		0.078	0.428	
Methionine.....g	0.105		0		1		0.030	0.163	
Cystine.....g	0.067		0		1		0.019	0.104	
Phenylalanine.....g	0.219		0		1		0.062	0.339	
Tyrosine.....g	0.187		0		1		0.053	0.290	
Valine.....g	0.253		0		1		0.072	0.392	
Arginine.....g	0.199		0		1		0.056	0.308	
Histidine.....g	0.109		0		1		0.031	0.169	
Alanine.....g	0.171		0		1		0.048	0.265	
Aspartic acid.....g	0.339		0		1		0.096	0.525	
Glutamic acid.....g	1.004		0		1		0.285	1.556	
Glycine.....g	0.127		0		1		0.036	0.197	
Proline.....g	0.375		0		1		0.106	0.581	
Serine.....g	0.256		0		1		0.073	0.397	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	4752		0	RK	4		1347.192	7365.600	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 155g: 1 piece (1/8 of 9" dia)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18327

Pie, pumpkin, prepared from recipe

Food Group: 18 Baked Products

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

NDB No. 18328

Pie, vanilla cream, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.043		0		1		1.713	7.614	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.020	0.088	
17:1.....g									
18:1 undifferentiated.....g	5.965		0		1		1.691	7.516	
20:1.....g	0.004		0		1		0.001	0.005	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.438		0		1		0.975	4.332	
18:2 undifferentiated.....g	3.205		0		1		0.909	4.038	
18:3 undifferentiated.....g	0.208		0		1		0.059	0.262	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.020		0		1		0.006	0.025	
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	0.005		0		1		0.001	0.006	
Fatty acids, total trans.....g									
Cholesterol.....mg	62		0		1		18	78	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.060		0		1		0.017	0.076	
Threonine.....g	0.184		0		1		0.052	0.232	
Isoleucine.....g	0.228		0		1		0.065	0.287	
Leucine.....g	0.397		0		1		0.113	0.500	
Lysine.....g	0.266		0		1		0.075	0.335	
Methionine.....g	0.103		0		1		0.029	0.130	
Cystine.....g	0.071		0		1		0.020	0.089	
Phenylalanine.....g	0.224		0		1		0.064	0.282	
Tyrosine.....g	0.189		0		1		0.054	0.238	
Valine.....g	0.255		0		1		0.072	0.321	
Arginine.....g	0.203		0		1		0.058	0.256	
Histidine.....g	0.117		0		1		0.033	0.147	
Alanine.....g	0.169		0		1		0.048	0.213	
Aspartic acid.....g	0.309		0		1		0.088	0.389	
Glutamic acid.....g	1.143		0		1		0.324	1.440	
Glycine.....g	0.133		0		1		0.038	0.168	
Proline.....g	0.444		0		1		0.126	0.559	
Serine.....g	0.269		0		1		0.076	0.339	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RKI	6		0	0	
Theobromine.....mg	0		0	RKI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	22		0	RKI	6		6.108	27.146	
Carotene, alpha.....mcg	2		0	RKI	6		0.478	2.123	
Cryptoxanthin, beta.....mcg	1		0	RKI	6		0.422	1.877	
Lycopene.....mcg	0		0	RKI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	52		0	RKI	6		14.642	65.078	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 126g: 1 piece (1/8 of 9" dia)

NDB No. 18328

Pie, vanilla cream, prepared from recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18339
Popovers, dry mix, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.984		0		1		0.562	3.373	
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	1.984		0		1		0.562	3.373	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.823		0		1		0.233	1.399	
18:2 undifferentiated.....g	0.784		0		1		0.222	1.333	
18:3 undifferentiated.....g	0.039		0		1		0.011	0.066	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.123		0		1		0.035	0.209	
Threonine.....g	0.293		0		1		0.083	0.498	
Isoleucine.....g	0.407		0		1		0.115	0.692	
Leucine.....g	0.747		0		1		0.212	1.270	
Lysine.....g	0.249		0		1		0.071	0.423	
Methionine.....g	0.191		0		1		0.054	0.325	
Cystine.....g	0.225		0		1		0.064	0.383	
Phenylalanine.....g	0.517		0		1		0.147	0.879	
Tyrosine.....g	0.304		0		1		0.086	0.517	
Valine.....g	0.458		0		1		0.130	0.779	
Arginine.....g	0.365		0		1		0.103	0.621	
Histidine.....g	0.229		0		1		0.065	0.389	
Alanine.....g	0.324		0		1		0.092	0.551	
Aspartic acid.....g	0.451		0		1		0.128	0.767	
Glutamic acid.....g	3.565		0		1		1.011	6.061	
Glycine.....g	0.348		0		1		0.099	0.592	
Proline.....g	1.216		0		1		0.345	2.067	
Serine.....g	0.513		0		1		0.145	0.872	
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 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18447
Popovers, dry mix, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.984		0		4		0.562	3.373	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.984		0		4		0.562	3.373	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.823		0		4		0.233	1.399	
18:2 undifferentiated.....g	0.784		0		4		0.222	1.333	
18:3 undifferentiated.....g	0.039		0		4		0.011	0.066	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.123		0		4		0.035	0.209	
Threonine.....g	0.293		0		4		0.083	0.498	
Isoleucine.....g	0.407		0		4		0.115	0.692	
Leucine.....g	0.747		0		4		0.212	1.270	
Lysine.....g	0.249		0		4		0.071	0.423	
Methionine.....g	0.191		0		4		0.054	0.325	
Cystine.....g	0.225		0		4		0.064	0.383	
Phenylalanine.....g	0.517		0		4		0.147	0.879	
Tyrosine.....g	0.304		0		4		0.086	0.517	
Valine.....g	0.458		0		4		0.130	0.779	
Arginine.....g	0.365		0		4		0.103	0.621	
Histidine.....g	0.229		0		4		0.065	0.389	
Alanine.....g	0.324		0		4		0.092	0.551	
Aspartic acid.....g	0.451		0		4		0.128	0.767	
Glutamic acid.....g	3.565		0		4		1.011	6.061	
Glycine.....g	0.348		0		4		0.099	0.592	
Proline.....g	1.216		0		4		0.345	2.067	
Serine.....g	0.513		0		4		0.145	0.872	
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 = 170g: 1 package (6 oz)

Calories Factors: Protein 4.1

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18337

Puff pastry, frozen, ready-to-bake

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	21.597		0	FLA	4		6.123	10.151	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	21.594		0	FLA	4		6.122	10.149	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.894		0	FLA	4		1.387	2.300	
18:2 undifferentiated.....g	4.645		0	FLA	4		1.317	2.183	
18:3 undifferentiated.....g	0.249		0	FLA	4		0.071	0.117	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.085		0		1		0.024	0.040	
Threonine.....g	0.196		0		1		0.056	0.092	
Isoleucine.....g	0.272		0		1		0.077	0.128	
Leucine.....g	0.508		0		1		0.144	0.239	
Lysine.....g	0.142		0		1		0.040	0.067	
Methionine.....g	0.129		0		1		0.037	0.061	
Cystine.....g	0.165		0		1		0.047	0.078	
Phenylalanine.....g	0.362		0		1		0.103	0.170	
Tyrosine.....g	0.201		0		1		0.057	0.094	
Valine.....g	0.308		0		1		0.087	0.145	
Arginine.....g	0.255		0		1		0.072	0.120	
Histidine.....g	0.156		0		1		0.044	0.073	
Alanine.....g	0.224		0		1		0.064	0.105	
Aspartic acid.....g	0.296		0		1		0.084	0.139	
Glutamic acid.....g	2.574		0		1		0.730	1.210	
Glycine.....g	0.251		0		1		0.071	0.118	
Proline.....g	0.864		0		1		0.245	0.406	
Serine.....g	0.356		0		1		0.101	0.167	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.124	0.206	
Carotene, alpha.....mcg	0		0	FLC	4		0.033	0.054	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.053	0.088	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	43		0	FLC	4		12.256	20.319	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 47g: 1 shell

NDB No. 18337

Puff pastry, frozen, ready-to-bake

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18211

Puff pastry, frozen, ready-to-bake, baked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.828		0		1		2.503	21.629	3.531
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0		1		0.022	0.191	0.031
17:1.....g									
18:1 undifferentiated.....g	8.674		0		1		2.459	21.251	3.470
20:1.....g	0.075		0		1		0.021	0.184	0.030
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.228		0		1		6.302	54.459	8.891
18:2 undifferentiated.....g	19.640		0		1		5.568	48.118	7.856
18:3 undifferentiated.....g	2.588		0		1		0.734	6.341	1.035
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.086		0		1		0.024	0.211	0.034
Threonine.....g	0.198		0		1		0.056	0.485	0.079
Isoleucine.....g	0.275		0		1		0.078	0.674	0.110
Leucine.....g	0.514		0		1		0.146	1.259	0.206
Lysine.....g	0.144		0		1		0.041	0.353	0.058
Methionine.....g	0.131		0		1		0.037	0.321	0.052
Cystine.....g	0.167		0		1		0.047	0.409	0.067
Phenylalanine.....g	0.367		0		1		0.104	0.899	0.147
Tyrosine.....g	0.204		0		1		0.058	0.500	0.082
Valine.....g	0.312		0		1		0.088	0.764	0.125
Arginine.....g	0.259		0		1		0.073	0.635	0.104
Histidine.....g	0.158		0		1		0.045	0.387	0.063
Alanine.....g	0.227		0		1		0.064	0.556	0.091
Aspartic acid.....g	0.300		0		1		0.085	0.735	0.120
Glutamic acid.....g	2.607		0		1		0.739	6.387	1.043
Glycine.....g	0.255		0		1		0.072	0.625	0.102
Proline.....g	0.875		0		1		0.248	2.144	0.350
Serine.....g	0.360		0		1		0.102	0.882	0.144
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	RA	4		0.113	0.980	0.160
Carotene, alpha.....mcg	0		0	RA	4		0.030	0.257	0.042
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.048	0.417	0.068
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	39		0	RA	4		11.176	96.582	15.769

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 245g: 1 sheet

Measure 3 = 40g: 1 shell

NDB No. 18211

Puff pastry, frozen, ready-to-bake, baked

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18643

QUAKER OATS, AUNT JEMIMA Original Waffles, frozen

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 = 72g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18344
Rolls, dinner, egg

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.930		0	FLA	4		0.831	1.026	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.055		0	FLA	4		0.016	0.019	
17:1.....g									
18:1 undifferentiated.....g	2.870		0	FLA	4		0.814	1.005	
20:1.....g	0.003		0	FLA	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.128		0	FLA	4		0.320	0.395	
18:2 undifferentiated.....g	1.041		0	FLA	4		0.295	0.364	
18:3 undifferentiated.....g	0.055		0	FLA	4		0.016	0.019	
18:4.....g	0.002		0	FLA	4		0.001	0.001	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.017		0	FLA	4		0.005	0.006	
20:5 n-3.....g	0.008		0	FLA	4		0.002	0.003	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.005		0	FLA	4		0.001	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	50		0	FLA	4		14	18	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.111		0		1		0.031	0.039	
Threonine.....g	0.310		0		1		0.088	0.109	
Isoleucine.....g	0.395		0		1		0.112	0.138	
Leucine.....g	0.686		0		1		0.194	0.240	
Lysine.....g	0.328		0		1		0.093	0.115	
Methionine.....g	0.186		0		1		0.053	0.065	
Cystine.....g	0.201		0		1		0.057	0.070	
Phenylalanine.....g	0.467		0		1		0.132	0.163	
Tyrosine.....g	0.292		0		1		0.083	0.102	
Valine.....g	0.443		0		1		0.126	0.155	
Arginine.....g	0.384		0		1		0.109	0.134	
Histidine.....g	0.209		0		1		0.059	0.073	
Alanine.....g	0.364		0		1		0.103	0.127	
Aspartic acid.....g	0.533		0		1		0.151	0.187	
Glutamic acid.....g	2.769		0		1		0.785	0.969	
Glycine.....g	0.338		0		1		0.096	0.118	
Proline.....g	0.915		0		1		0.259	0.320	
Serine.....g	0.490		0		1		0.139	0.172	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	FLC	4		0.355	0.438	
Carotene, alpha.....mcg	0		0	FLC	4		0.033	0.041	
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.255	0.315	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	71		0	FLC	4		20.003	24.695	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 35g: 1 roll (2-1/2" dia)

NDB No. 18344
Rolls, dinner, egg

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18345
Rolls, dinner, oat bran

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.488		0		1		0.422	0.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.009	0.010	
17:1.....g									
18:1 undifferentiated.....g	1.458		0		1		0.413	0.481	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.568		0		1		0.445	0.517	
18:2 undifferentiated.....g	1.471		0		1		0.417	0.485	
18:3 undifferentiated.....g	0.097		0		1		0.027	0.032	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.120		0		1		0.034	0.040	
Threonine.....g	0.274		0		1		0.078	0.090	
Isoleucine.....g	0.367		0		1		0.104	0.121	
Leucine.....g	0.672		0		1		0.191	0.222	
Lysine.....g	0.270		0		1		0.077	0.089	
Methionine.....g	0.164		0		1		0.046	0.054	
Cystine.....g	0.215		0		1		0.061	0.071	
Phenylalanine.....g	0.475		0		1		0.135	0.157	
Tyrosine.....g	0.297		0		1		0.084	0.098	
Valine.....g	0.423		0		1		0.120	0.140	
Arginine.....g	0.408		0		1		0.116	0.135	
Histidine.....g	0.206		0		1		0.058	0.068	
Alanine.....g	0.339		0		1		0.096	0.112	
Aspartic acid.....g	0.500		0		1		0.142	0.165	
Glutamic acid.....g	2.902		0		1		0.823	0.958	
Glycine.....g	0.360		0		1		0.102	0.119	
Proline.....g	0.970		0		1		0.275	0.320	
Serine.....g	0.460		0		1		0.130	0.152	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	44		0	FLC	4		12.530	14.585	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 roll

NDB No. 18345
Rolls, dinner, oat bran

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18342

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.702		0	FLA	4		3.184	1.592	1.037
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.015		0	FLA	4		0.013	0.006	0.004
17:1.....g									
18:1 undifferentiated.....g	3.687		0	FLA	4		3.171	1.585	1.032
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.209		0	FLA	4		1.040	0.520	0.339
18:2 undifferentiated.....g	1.145		0	FLA	4		0.985	0.492	0.321
18:3 undifferentiated.....g	0.065		0	FLA	4		0.056	0.028	0.018
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1	0.059	7		1		1	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.085	0.043	0.028
Threonine.....g	0.251		0		1		0.216	0.108	0.070
Isoleucine.....g	0.338		0		1		0.291	0.145	0.095
Leucine.....g	0.604		0		1		0.519	0.260	0.169
Lysine.....g	0.236		0		1		0.203	0.101	0.066
Methionine.....g	0.152		0		1		0.131	0.065	0.043
Cystine.....g	0.177		0		1		0.152	0.076	0.050
Phenylalanine.....g	0.416		0		1		0.358	0.179	0.116
Tyrosine.....g	0.251		0		1		0.216	0.108	0.070
Valine.....g	0.379		0		1		0.326	0.163	0.106
Arginine.....g	0.310		0		1		0.267	0.133	0.087
Histidine.....g	0.184		0		1		0.158	0.079	0.052
Alanine.....g	0.286		0		1		0.246	0.123	0.080
Aspartic acid.....g	0.401		0		1		0.345	0.172	0.112
Glutamic acid.....g	2.744		0		1		2.360	1.180	0.768
Glycine.....g	0.294		0		1		0.253	0.126	0.082
Proline.....g	0.927		0		1		0.797	0.399	0.260
Serine.....g	0.412		0		1		0.354	0.177	0.115
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.413	0.207	0.135
Carotene, alpha.....mcg	0		0	FLC	4		0.104	0.052	0.034
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.169	0.084	0.055
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	45		0	FLC	4		39.115	19.558	12.735

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

Common Measures:

Measure 1 = 86g: 1 roll (foot long frankfurter roll)

Measure 2 = 43g: 1 roll (hamburger, frankfurter, onion roll, bun, large roll)

Measure 3 = 28g: 1 roll (pan, dinner, or small roll) (2" square, 2" high)

NDB No. 18342

Rolls, dinner, plain, commercially prepared (includes brown-and-serve)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18396

Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.881		0		1		0.817	1.239	1.008
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0		1		0.015	0.023	0.019
17:1.....g									
18:1 undifferentiated.....g	2.823		0		1		0.800	1.214	0.988
20:1.....g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.006		0		1		0.569	0.863	0.702
18:2 undifferentiated.....g	1.896		0		1		0.538	0.815	0.664
18:3 undifferentiated.....g	0.097		0		1		0.027	0.042	0.034
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	0.011		0		1		0.003	0.005	0.004
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	0.003		0		1		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0		1		10	15	12
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.030	0.046	0.037
Threonine.....g	0.282		0		1		0.080	0.121	0.099
Isoleucine.....g	0.353		0		1		0.100	0.152	0.124
Leucine.....g	0.639		0		1		0.181	0.275	0.224
Lysine.....g	0.330		0		1		0.094	0.142	0.116
Methionine.....g	0.173		0		1		0.049	0.074	0.061
Cystine.....g	0.164		0		1		0.046	0.071	0.057
Phenylalanine.....g	0.426		0		1		0.121	0.183	0.149
Tyrosine.....g	0.293		0		1		0.083	0.126	0.103
Valine.....g	0.402		0		1		0.114	0.173	0.141
Arginine.....g	0.362		0		1		0.103	0.156	0.127
Histidine.....g	0.198		0		1		0.056	0.085	0.069
Alanine.....g	0.311		0		1		0.088	0.134	0.109
Aspartic acid.....g	0.478		0		1		0.136	0.206	0.167
Glutamic acid.....g	2.425		0		1		0.687	1.043	0.849
Glycine.....g	0.290		0		1		0.082	0.125	0.102
Proline.....g	0.857		0		1		0.243	0.369	0.300
Serine.....g	0.452		0		1		0.128	0.194	0.158
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 = 28.35g: 1 oz

Measure 2 = 43g: 1 large roll or bun (3-1/2" dia)

Measure 3 = 35g: 1 roll (2-1/2" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18346
Rolls, dinner, rye

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.236		0		1		0.531	0.445	0.346
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		0		1		0.004	0.003	0.003
17:1.....g									
18:1 undifferentiated.....g	1.225		0		1		0.527	0.441	0.343
20:1.....g	0.002		0		1		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.708		0		1		0.304	0.255	0.198
18:2 undifferentiated.....g	0.656		0		1		0.282	0.236	0.184
18:3 undifferentiated.....g	0.052		0		1		0.022	0.019	0.015
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.119		0		1		0.051	0.043	0.033
Threonine.....g	0.313		0		1		0.135	0.113	0.088
Isoleucine.....g	0.396		0		1		0.170	0.143	0.111
Leucine.....g	0.712		0		1		0.306	0.256	0.199
Lysine.....g	0.282		0		1		0.121	0.102	0.079
Methionine.....g	0.172		0		1		0.074	0.062	0.048
Cystine.....g	0.215		0		1		0.092	0.077	0.060
Phenylalanine.....g	0.510		0		1		0.219	0.184	0.143
Tyrosine.....g	0.262		0		1		0.113	0.094	0.073
Valine.....g	0.468		0		1		0.201	0.168	0.131
Arginine.....g	0.403		0		1		0.173	0.145	0.113
Histidine.....g	0.224		0		1		0.096	0.081	0.063
Alanine.....g	0.362		0		1		0.156	0.130	0.101
Aspartic acid.....g	0.532		0		1		0.229	0.192	0.149
Glutamic acid.....g	3.231		0		1		1.389	1.163	0.905
Glycine.....g	0.369		0		1		0.159	0.133	0.103
Proline.....g	1.125		0		1		0.484	0.405	0.315
Serine.....g	0.512		0		1		0.220	0.184	0.143
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		1.611	1.349	1.049
Carotene, alpha.....mcg	0		0	FLA	4		0.053	0.044	0.035
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.521	0.436	0.339
Lycopene.....mcg	0		0	FLA	4		0.042	0.035	0.027
Lutein + zeaxanthin.....mcg	54		0	FLA	4		23.321	19.525	15.186

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

Common Measures:

- Measure 1 = 43g: 1 large (approx 3-1/2" to 4" dia)
- Measure 2 = 36g: 1 medium
- Measure 3 = 28g: 1 small (2-3/8" dia)

NDB No. 18346
Rolls, dinner, rye

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18347
Rolls, dinner, wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.109		0	FLA	4		0.871		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	FLA	4		0.001		
17:1.....g									
18:1 undifferentiated.....g	3.104		0	FLA	4		0.869		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.107		0	FLA	4		0.310		
18:2 undifferentiated.....g	1.049		0	FLA	4		0.294		
18:3 undifferentiated.....g	0.058		0	FLA	4		0.016		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.118		0		1		0.033		
Threonine.....g	0.241		0		1		0.067		
Isoleucine.....g	0.321		0		1		0.090		
Leucine.....g	0.594		0		1		0.166		
Lysine.....g	0.205		0		1		0.057		
Methionine.....g	0.145		0		1		0.041		
Cystine.....g	0.199		0		1		0.056		
Phenylalanine.....g	0.419		0		1		0.117		
Tyrosine.....g	0.246		0		1		0.069		
Valine.....g	0.379		0		1		0.106		
Arginine.....g	0.353		0		1		0.099		
Histidine.....g	0.193		0		1		0.054		
Alanine.....g	0.287		0		1		0.080		
Aspartic acid.....g	0.400		0		1		0.112		
Glutamic acid.....g	2.897		0		1		0.811		
Glycine.....g	0.324		0		1		0.091		
Proline.....g	0.964		0		1		0.270		
Serine.....g	0.416		0		1		0.116		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	65		0	FLA	4		18.166		

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

Common Measures:

Measure 1 = 28g: 1 roll (1 oz)

NDB No. 18347
Rolls, dinner, wheat

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18348
Rolls, dinner, whole-wheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.199		0		1		0.516	1.619	0.432
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0		1		0.011	0.035	0.009
17:1.....g									
18:1 undifferentiated.....g	1.173		0		1		0.504	1.584	0.422
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	2.161		0		1		0.929	2.917	0.778
18:2 undifferentiated.....g	2.038		0		1		0.876	2.751	0.734
18:3 undifferentiated.....g	0.121		0		1		0.052	0.163	0.044
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.000	0.001	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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.134		0		1		0.058	0.181	0.048
Threonine.....g	0.260		0		1		0.112	0.351	0.094
Isoleucine.....g	0.333		0		1		0.143	0.450	0.120
Leucine.....g	0.601		0		1		0.258	0.811	0.216
Lysine.....g	0.266		0		1		0.114	0.359	0.096
Methionine.....g	0.138		0		1		0.059	0.186	0.050
Cystine.....g	0.196		0		1		0.084	0.265	0.071
Phenylalanine.....g	0.412		0		1		0.177	0.556	0.148
Tyrosine.....g	0.262		0		1		0.113	0.354	0.094
Valine.....g	0.403		0		1		0.173	0.544	0.145
Arginine.....g	0.407		0		1		0.175	0.549	0.147
Histidine.....g	0.204		0		1		0.088	0.275	0.073
Alanine.....g	0.314		0		1		0.135	0.424	0.113
Aspartic acid.....g	0.463		0		1		0.199	0.625	0.167
Glutamic acid.....g	2.692		0		1		1.158	3.634	0.969
Glycine.....g	0.347		0		1		0.149	0.468	0.125
Proline.....g	0.893		0		1		0.384	1.206	0.321
Serine.....g	0.414		0		1		0.178	0.559	0.149
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	115		0	FLA	4		49.551	155.566	41.484

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

Common Measures:

- Measure 1 = 43g: 1 roll (hamburger, frankfurter roll)
- Measure 2 = 135g: 1 roll, large submarine, hoagie
- Measure 3 = 36g: 1 medium (2-1/2" dia)

NDB No. 18348
Rolls, dinner, whole-wheat

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.961		0		1		0.556	0.745	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0		1		0.005	0.007	
17:1.....g									
18:1 undifferentiated.....g	1.942		0		1		0.551	0.738	
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	0.834		0		1		0.236	0.317	
18:2 undifferentiated.....g	0.795		0		1		0.225	0.302	
18:3 undifferentiated.....g	0.039		0		1		0.011	0.015	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.028	0.038	
Threonine.....g	0.255		0		1		0.072	0.097	
Isoleucine.....g	0.336		0		1		0.095	0.128	
Leucine.....g	0.608		0		1		0.172	0.231	
Lysine.....g	0.231		0		1		0.065	0.088	
Methionine.....g	0.153		0		1		0.043	0.058	
Cystine.....g	0.182		0		1		0.052	0.069	
Phenylalanine.....g	0.422		0		1		0.120	0.160	
Tyrosine.....g	0.249		0		1		0.071	0.095	
Valine.....g	0.380		0		1		0.108	0.144	
Arginine.....g	0.320		0		1		0.091	0.122	
Histidine.....g	0.188		0		1		0.053	0.071	
Alanine.....g	0.302		0		1		0.086	0.115	
Aspartic acid.....g	0.414		0		1		0.117	0.157	
Glutamic acid.....g	2.772		0		1		0.786	1.053	
Glycine.....g	0.309		0		1		0.088	0.117	
Proline.....g	0.926		0		1		0.263	0.352	
Serine.....g	0.416		0		1		0.118	0.158	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	50		0	FLA	4		14.241	19.088	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 38g: 1 roll

NDB No. 18349
Rolls, french

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18351

Rolls, hamburger or hotdog, mixed-grain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.839		0	FLA	4		0.805	1.221	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0	FLA	4		0.004	0.006	
17:1.....g									
18:1 undifferentiated.....g	2.825		0	FLA	4		0.801	1.215	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.153		0	FLA	4		0.327	0.496	
18:2 undifferentiated.....g	1.087		0	FLA	4		0.308	0.467	
18:3 undifferentiated.....g	0.066		0	FLA	4		0.019	0.028	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.121		0		1		0.034	0.052	
Threonine.....g	0.282		0		1		0.080	0.121	
Isoleucine.....g	0.357		0		1		0.101	0.154	
Leucine.....g	0.655		0		1		0.186	0.282	
Lysine.....g	0.254		0		1		0.072	0.109	
Methionine.....g	0.161		0		1		0.046	0.069	
Cystine.....g	0.214		0		1		0.061	0.092	
Phenylalanine.....g	0.459		0		1		0.130	0.197	
Tyrosine.....g	0.264		0		1		0.075	0.114	
Valine.....g	0.425		0		1		0.120	0.183	
Arginine.....g	0.405		0		1		0.115	0.174	
Histidine.....g	0.212		0		1		0.060	0.091	
Alanine.....g	0.342		0		1		0.097	0.147	
Aspartic acid.....g	0.491		0		1		0.139	0.211	
Glutamic acid.....g	3.015		0		1		0.855	1.296	
Glycine.....g	0.371		0		1		0.105	0.160	
Proline.....g	1.030		0		1		0.292	0.443	
Serine.....g	0.458		0		1		0.130	0.197	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg			0	Z	7				
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	T	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	T	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000	0.000	
Lycopene.....mcg	0		0	T	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	45		0	T	4		12.758	19.350	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 roll

NDB No. 18351

Rolls, hamburger or hotdog, mixed-grain

Calories Factors: Protein 3.8

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18350

Rolls, hamburger or hotdog, plain

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	34.70	0.129	6	A	1		9.84	14.92	
Energy.....kcal	279		0	NC	4		79	120	
Energy.....kj	1167		0	NC	4		331	502	
Protein (N x 5.8).....g	9.50	0.083	4	A	1		2.69	4.08	
Total lipid (fat).....g	4.33	0.042	6	A	1		1.23	1.86	
Ash.....g	2.02	0.016	6	A	1		0.57	0.87	
Carbohydrate, by difference.....g	49.45		0	NC	4		14.02	21.27	
Fiber, total dietary.....g	2.1	0.109	4	A	1		0.6	0.9	
Sugars, total.....g	6.25	0.153	4	A	1		1.77	2.69	
Sucrose.....g	0.00	0.000	6	A	1		0.00	0.00	
Glucose (dextrose).....g	2.64	0.061	6	A	1		0.75	1.14	
Fructose.....g	2.27	0.027	6	A	1		0.64	0.98	
Lactose.....g	0.24	0.014	4	A	1		0.07	0.10	
Maltose.....g	1.13	0.096	6	A	1		0.32	0.49	
Galactose.....g	0.00	0.000	6	A	1		0.00	0.00	
Starch.....g	40.78	0.263	6	A	1		11.56	17.54	
Minerals:									
Calcium, Ca.....mg	138	0.522	4	A	1		39	59	
Iron, Fe.....mg	3.32	0.084	6	A	1		0.94	1.43	
Magnesium, Mg.....mg	21	0.248	5	A	1		6	9	
Phosphorus, P.....mg	62	0.548	6	A	1		18	27	
Potassium, K.....mg	94	1.305	6	A	1		27	40	
Sodium, Na.....mg	479	6.266	6	A	1		136	206	
Zinc, Zn.....mg	0.66	0.022	6	A	1		0.19	0.28	
Copper, Cu.....mg	0.220	0.034	6	A	1		0.062	0.095	
Manganese, Mn.....mg	0.272	0.017	6	A	1		0.077	0.117	
Selenium, Se.....mcg	19.5	0.645	4	A	1		5.5	8.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLC	4		0.0	0.0	
Thiamin.....mg	0.400	0.008	6	A	1		0.113	0.172	
Riboflavin.....mg	0.318	0.003	6	A	1		0.090	0.137	
Niacin.....mg	4.154	0.048	6	A	1		1.178	1.786	
Pantothenic acid.....mg	0.331		2	A	1		0.094	0.142	
Vitamin B-6.....mg	0.071	0.003	6	A	1		0.020	0.030	
Folate, total.....mcg	111		0	T	4		31	48	
Folic acid.....mcg	84		0		4		24	36	
Folate, food.....mcg	27		0		4		8	12	
Folate, DFE.....mcg_DFE	170		0	NC	4		48	73	
Vitamin B-12.....mcg	0.20		2	A	1		0.06	0.08	
Vitamin A, IU.....IU	0		0	FLA	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	FLC	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.07		2	A	1		0.02	0.03	
Tocopherol, beta.....mg	0.02		2	A	1		0.01	0.01	
Tocopherol, gamma.....mg	0.70		2	A	1		0.20	0.30	
Tocopherol, delta.....mg	0.22		2	A	1		0.06	0.09	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.1		2		1		0.9	1.3	
Lipids:									
Fatty acids, total saturated.....g	1.092		0	NC	4		0.309	0.469	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 18350

Rolls, hamburger or hotdog, plain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.678		2	A	1		0.192	0.291	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.414		2	A	1		0.117	0.178	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	1.112		0	NC	4		0.315	0.478	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.112		2	A	1		0.315	0.478	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.968		0	NC	4		0.558	0.846	
18:2 undifferentiated.....g	1.762		2	A	1		0.499	0.757	
18:3 undifferentiated.....g	0.206		2	A	1		0.058	0.089	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	A	1		0	0	
Phytosterols.....mg	0		0	FLC	4		0	0	
Amino Acids:									
Tryptophan.....g	0.103		0	FLC	4		0.029	0.044	
Threonine.....g	0.263		0	FLC	4		0.075	0.113	
Isoleucine.....g	0.347		0	FLC	4		0.098	0.149	
Leucine.....g	0.616		0	FLC	4		0.175	0.265	
Lysine.....g	0.243		0	FLC	4		0.069	0.104	
Methionine.....g	0.156		0	FLC	4		0.044	0.067	
Cystine.....g	0.185		0	FLC	4		0.053	0.080	
Phenylalanine.....g	0.430		0	FLC	4		0.122	0.185	
Tyrosine.....g	0.255		0	FLC	4		0.072	0.110	
Valine.....g	0.389		0	FLC	4		0.110	0.167	
Arginine.....g	0.327		0	FLC	4		0.093	0.141	
Histidine.....g	0.191		0	FLC	4		0.054	0.082	
Alanine.....g	0.309		0	FLC	4		0.088	0.133	
Aspartic acid.....g	0.425		0	FLC	4		0.121	0.183	
Glutamic acid.....g	2.820		0	FLC	4		0.800	1.213	
Glycine.....g	0.316		0	FLC	4		0.090	0.136	
Proline.....g	0.938		0	FLC	4		0.266	0.404	
Serine.....g	0.424		0	FLC	4		0.120	0.182	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.129	0.195	
Carotene, alpha.....mcg	0		0	FLC	4		0.034	0.051	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.055	0.083	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	45		0	FLC	4		12.679	19.230	

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

NDB No. 18350

Rolls, hamburger or hotdog, plain

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 43g: 1 roll

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18352

Rolls, hamburger or hotdog, reduced-calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.524		0		1		0.149	0.225	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		0		1		0.007	0.010	
17:1.....g									
18:1 undifferentiated.....g	0.501		0		1		0.142	0.215	
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	0.763		0		1		0.216	0.328	
18:2 undifferentiated.....g	0.714		0		1		0.202	0.307	
18:3 undifferentiated.....g	0.048		0		1		0.014	0.021	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		0		1		0.024	0.036	
Threonine.....g	0.229		0		1		0.065	0.098	
Isoleucine.....g	0.296		0		1		0.084	0.127	
Leucine.....g	0.512		0		1		0.145	0.220	
Lysine.....g	0.299		0		1		0.085	0.129	
Methionine.....g	0.119		0		1		0.034	0.051	
Cystine.....g	0.112		0		1		0.032	0.048	
Phenylalanine.....g	0.321		0		1		0.091	0.138	
Tyrosine.....g	0.229		0		1		0.065	0.098	
Valine.....g	0.324		0		1		0.092	0.139	
Arginine.....g									
Histidine.....g	0.157		0		1		0.045	0.068	
Alanine.....g	0.229		0		1		0.065	0.098	
Aspartic acid.....g	0.452		0		1		0.128	0.194	
Glutamic acid.....g	1.777		0		1		0.504	0.764	
Glycine.....g	0.216		0		1		0.061	0.093	
Proline.....g	0.632		0		1		0.179	0.272	
Serine.....g	0.337		0		1		0.096	0.145	
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	T	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	O	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	T	4		0.000	0.000	
Lycopene.....mcg	0		0	T	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	45		0	T	4		12.758	19.350	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 43g: 1 roll

NDB No. 18352

Rolls, hamburger or hotdog, reduced-calorie

Calories Factors: Protein 3.9

Fat 8.5

Carbohydrate 3.5

Food Group: 18 Baked Products

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

NDB No. 18353
Rolls, hard (includes kaiser)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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		0.321	0.646	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		1		0.009	0.019	
17:1.....g									
18:1 undifferentiated.....g	1.100		0		1		0.312	0.627	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.719		0		1		0.487	0.980	
18:2 undifferentiated.....g	1.621		0		1		0.460	0.924	
18:3 undifferentiated.....g	0.097		0		1		0.027	0.055	
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		1		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.117		0		1		0.033	0.067	
Threonine.....g	0.285		0		1		0.081	0.162	
Isoleucine.....g	0.383		0		1		0.109	0.218	
Leucine.....g	0.693		0		1		0.196	0.395	
Lysine.....g	0.242		0		1		0.069	0.138	
Methionine.....g	0.176		0		1		0.050	0.100	
Cystine.....g	0.216		0		1		0.061	0.123	
Phenylalanine.....g	0.489		0		1		0.139	0.279	
Tyrosine.....g	0.284		0		1		0.081	0.162	
Valine.....g	0.432		0		1		0.122	0.246	
Arginine.....g	0.360		0		1		0.102	0.205	
Histidine.....g	0.214		0		1		0.061	0.122	
Alanine.....g	0.331		0		1		0.094	0.189	
Aspartic acid.....g	0.449		0		1		0.127	0.256	
Glutamic acid.....g	3.314		0		1		0.940	1.889	
Glycine.....g	0.350		0		1		0.099	0.200	
Proline.....g	1.105		0		1		0.313	0.630	
Serine.....g	0.480		0		1		0.136	0.274	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	58		0	FLA	4		16.462	33.098	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 57g: 1 roll (3-1/2" dia)

NDB No. 18353
Rolls, hard (includes kaiser)

Calories Factors: Protein 4

Fat 8.6

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 43441
Rolls, pumpernickel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.609				4		0.219	0.171	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006				4		0.002	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.601				4		0.216	0.168	
20:1.....g	0.003				4		0.001	0.001	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.184				4		0.426	0.332	
18:2 undifferentiated.....g	1.073				4		0.386	0.300	
18:3 undifferentiated.....g	0.113				4		0.041	0.032	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4		0	0	
Phytosterols.....mg	3		0	RA	4		1	1	
<u>Amino Acids:</u>									
Tryptophan.....g	0.106		0	RA	4		0.038	0.030	
Threonine.....g	0.273		0	RA	4		0.098	0.076	
Isoleucine.....g	0.347		0	RA	4		0.125	0.097	
Leucine.....g	0.635		0	RA	4		0.229	0.178	
Lysine.....g	0.233		0	RA	4		0.084	0.065	
Methionine.....g	0.153		0	RA	4		0.055	0.043	
Cystine.....g	0.196		0	RA	4		0.071	0.055	
Phenylalanine.....g	0.456		0	RA	4		0.164	0.128	
Tyrosine.....g	0.229		0	RA	4		0.082	0.064	
Valine.....g	0.412		0	RA	4		0.148	0.115	
Arginine.....g	0.354		0	RA	4		0.127	0.099	
Histidine.....g	0.198		0	RA	4		0.071	0.056	
Alanine.....g	0.319		0	RA	4		0.115	0.089	
Aspartic acid.....g	0.468		0	RA	4		0.168	0.131	
Glutamic acid.....g	2.963		0	RA	4		1.067	0.830	
Glycine.....g	0.328		0	RA	4		0.118	0.092	
Proline.....g	1.036		0	RA	4		0.373	0.290	
Serine.....g	0.463		0	RA	4		0.167	0.130	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0		4		0.000	0.000	
Carotene, alpha.....mcg	0		0		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0		4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	46		0		4		16.525	12.853	

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Common Measures:

Measure 1 = 36g: 1 medium (2-1/2" dia)

Measure 2 = 28g: 1 roll (pan, dinner, or small roll) (2" square, 2" high)

NDB No. 43441
Rolls, pumpernickel

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18354
Strudel, apple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.267		0	FLA	4		0.926	2.320	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	FLA	4		0.007	0.018	
17:1.....g									
18:1 undifferentiated.....g	3.240		0	FLA	4		0.919	2.300	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.315		0	FLA	4		1.507	3.774	
18:2 undifferentiated.....g	5.002		0	FLA	4		1.418	3.551	
18:3 undifferentiated.....g	0.310		0	FLA	4		0.088	0.220	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.001		0	FLA	4		0.000	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	FLA	4		2	4	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.039		0		1		0.011	0.028	
Threonine.....g	0.119		0		1		0.034	0.084	
Isoleucine.....g	0.147		0		1		0.042	0.104	
Leucine.....g	0.257		0		1		0.073	0.182	
Lysine.....g	0.153		0		1		0.043	0.109	
Methionine.....g	0.067		0		1		0.019	0.048	
Cystine.....g	0.058		0		1		0.016	0.041	
Phenylalanine.....g	0.151		0		1		0.043	0.107	
Tyrosine.....g	0.115		0		1		0.033	0.082	
Valine.....g	0.164		0		1		0.046	0.116	
Arginine.....g	0.135		0		1		0.038	0.096	
Histidine.....g	0.076		0		1		0.022	0.054	
Alanine.....g	0.116		0		1		0.033	0.082	
Aspartic acid.....g	0.206		0		1		0.058	0.146	
Glutamic acid.....g	0.848		0		1		0.240	0.602	
Glycine.....g	0.097		0		1		0.027	0.069	
Proline.....g	0.305		0		1		0.086	0.217	
Serine.....g	0.183		0		1		0.052	0.130	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	5		0	FLA	4		1.292	3.235	
Carotene, alpha.....mcg	1		0	FLA	4		0.265	0.664	
Cryptoxanthin, beta.....mcg	3		0	FLA	4		0.731	1.830	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	42		0	FLA	4		11.803	29.561	

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Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 71g: 1 piece

NDB No. 18354
Strudel, apple

Calories Factors: Protein 4.2

Fat 8.9

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18355
Sweet rolls, cheese

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.057		0	FLA	4		2.568	5.978	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.159		0	FLA	4		0.045	0.105	
17:1.....g									
18:1 undifferentiated.....g	8.843		0	FLA	4		2.507	5.836	
20:1.....g	0.004		0	FLA	4		0.001	0.003	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.032		0	FLA	4		0.576	1.341	
18:2 undifferentiated.....g	1.861		0	FLA	4		0.528	1.228	
18:3 undifferentiated.....g	0.142		0	FLA	4		0.040	0.094	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.022		0	FLA	4		0.006	0.015	
20:5 n-3.....g	0.001		0	FLA	4		0.000	0.001	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.006		0	FLA	4		0.002	0.004	
Fatty acids, total trans.....g									
Cholesterol.....mg	76		0	FLA	4		22	50	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.078		0		1		0.022	0.051	
Threonine.....g	0.262		0		1		0.074	0.173	
Isoleucine.....g	0.319		0		1		0.090	0.211	
Leucine.....g	0.555		0		1		0.157	0.366	
Lysine.....g	0.388		0		1		0.110	0.256	
Methionine.....g	0.142		0		1		0.040	0.094	
Cystine.....g	0.112		0		1		0.032	0.074	
Phenylalanine.....g	0.343		0		1		0.097	0.226	
Tyrosine.....g	0.256		0		1		0.073	0.169	
Valine.....g	0.354		0		1		0.100	0.234	
Arginine.....g	0.313		0		1		0.089	0.207	
Histidine.....g	0.183		0		1		0.052	0.121	
Alanine.....g	0.267		0		1		0.076	0.176	
Aspartic acid.....g	0.485		0		1		0.137	0.320	
Glutamic acid.....g	1.725		0		1		0.489	1.139	
Glycine.....g	0.221		0		1		0.063	0.146	
Proline.....g	0.600		0		1		0.170	0.396	
Serine.....g	0.374		0		1		0.106	0.247	
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 = 66g: 1 roll

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18356

Sweet rolls, cinnamon, commercially prepared with raisins

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.797		0	FLA	4		1.360	3.982	2.878
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0	FLA	4		0.020	0.058	0.042
17:1.....g									
18:1 undifferentiated.....g	4.724		0	FLA	4		1.339	3.921	2.834
20:1.....g	0.003		0	FLA	4		0.001	0.002	0.002
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.473		0	FLA	4		2.119	6.203	4.484
18:2 undifferentiated.....g	7.021		0	FLA	4		1.990	5.827	4.213
18:3 undifferentiated.....g	0.433		0	FLA	4		0.123	0.359	0.260
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.015		0	FLA	4		0.004	0.012	0.009
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.004		0	FLA	4		0.001	0.003	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	66		2		1		19	55	40
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.074		0		1		0.021	0.061	0.044
Threonine.....g	0.211		0		1		0.060	0.175	0.127
Isoleucine.....g	0.259		0		1		0.073	0.215	0.155
Leucine.....g	0.458		0		1		0.130	0.380	0.275
Lysine.....g	0.243		0		1		0.069	0.202	0.146
Methionine.....g	0.117		0		1		0.033	0.097	0.070
Cystine.....g	0.120		0		1		0.034	0.100	0.072
Phenylalanine.....g	0.300		0		1		0.085	0.249	0.180
Tyrosine.....g	0.200		0		1		0.057	0.166	0.120
Valine.....g	0.291		0		1		0.082	0.242	0.175
Arginine.....g	0.283		0		1		0.080	0.235	0.170
Histidine.....g	0.145		0		1		0.041	0.120	0.087
Alanine.....g	0.233		0		1		0.066	0.193	0.140
Aspartic acid.....g	0.407		0		1		0.115	0.338	0.244
Glutamic acid.....g	1.732		0		1		0.491	1.438	1.039
Glycine.....g	0.219		0		1		0.062	0.182	0.131
Proline.....g	0.582		0		1		0.165	0.483	0.349
Serine.....g	0.331		0		1		0.094	0.275	0.199
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	5		0	FLA	4		1.343	3.933	2.843
Carotene, alpha.....mcg	1		0	FLA	4		0.419	1.228	0.887
Cryptoxanthin, beta.....mcg	2		0	FLA	4		0.476	1.393	1.007
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	70		0	FLA	4		19.761	57.855	41.823

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 = 83g: 1 large

Measure 3 = 60g: 1 roll (2-3/4" square)

NDB No. 18356

Sweet rolls, cinnamon, commercially prepared with raisins

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18357

Sweet rolls, cinnamon, refrigerated dough with frosting

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.839		0	FLA	4		1.939	2.052	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	6.838		0	FLA	4		1.939	2.051	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.604		0	FLA	4		0.455	0.481	
18:2 undifferentiated.....g	1.523		0	FLA	4		0.432	0.457	
18:3 undifferentiated.....g	0.081		0	FLA	4		0.023	0.024	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.018	0.019	
Threonine.....g	0.147		0		1		0.042	0.044	
Isoleucine.....g	0.180		0		1		0.051	0.054	
Leucine.....g	0.351		0		1		0.100	0.105	
Lysine.....g	0.128		0		1		0.036	0.038	
Methionine.....g	0.089		0		1		0.025	0.027	
Cystine.....g	0.105		0		1		0.030	0.032	
Phenylalanine.....g	0.245		0		1		0.069	0.074	
Tyrosine.....g	0.152		0		1		0.043	0.046	
Valine.....g	0.205		0		1		0.058	0.062	
Arginine.....g	0.200		0		1		0.057	0.060	
Histidine.....g	0.110		0		1		0.031	0.033	
Alanine.....g	0.166		0		1		0.047	0.050	
Aspartic acid.....g	0.231		0		1		0.065	0.069	
Glutamic acid.....g	1.613		0		1		0.457	0.484	
Glycine.....g	0.175		0		1		0.050	0.053	
Proline.....g	0.555		0		1		0.157	0.167	
Serine.....g	0.248		0		1		0.070	0.074	
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 = 30g: 1 roll

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18358

Sweet rolls, cinnamon, refrigerated dough with frosting, baked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.421		0		4		2.104	2.226	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.420		0		4		2.104	2.226	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.728		0		4		0.490	0.518	
18:2 undifferentiated.....g	1.641		0		4		0.465	0.492	
18:3 undifferentiated.....g	0.088		0		4		0.025	0.026	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.068		0		4		0.019	0.020	
Threonine.....g	0.160		0		4		0.045	0.048	
Isoleucine.....g	0.195		0		4		0.055	0.059	
Leucine.....g	0.382		0		4		0.108	0.115	
Lysine.....g	0.139		0		4		0.039	0.042	
Methionine.....g	0.097		0		4		0.027	0.029	
Cystine.....g	0.115		0		4		0.033	0.035	
Phenylalanine.....g	0.266		0		4		0.075	0.080	
Tyrosine.....g	0.165		0		4		0.047	0.050	
Valine.....g	0.223		0		4		0.063	0.067	
Arginine.....g	0.218		0		4		0.062	0.065	
Histidine.....g	0.119		0		4		0.034	0.036	
Alanine.....g	0.181		0		4		0.051	0.054	
Aspartic acid.....g	0.251		0		4		0.071	0.075	
Glutamic acid.....g	1.753		0		4		0.497	0.526	
Glycine.....g	0.190		0		4		0.054	0.057	
Proline.....g	0.603		0		4		0.171	0.181	
Serine.....g	0.270		0		4		0.077	0.081	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 30g: 1 roll

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18360
Taco shells, baked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.934		0	FLA	4		2.533	1.876	1.188
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0	FLA	4		0.022	0.016	0.010
17:1.....g									
18:1 undifferentiated.....g	8.837		0	FLA	4		2.505	1.856	1.175
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.494		0	FLA	4		2.408	1.784	1.130
18:2 undifferentiated.....g	7.941		0	FLA	4		2.251	1.668	1.056
18:3 undifferentiated.....g	0.534		0	FLA	4		0.151	0.112	0.071
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.052		0		1		0.015	0.011	0.007
Threonine.....g	0.271		0		1		0.077	0.057	0.036
Isoleucine.....g	0.259		0		1		0.073	0.054	0.034
Leucine.....g	0.886		0		1		0.251	0.186	0.118
Lysine.....g	0.203		0		1		0.058	0.043	0.027
Methionine.....g	0.151		0		1		0.043	0.032	0.020
Cystine.....g	0.130		0		1		0.037	0.027	0.017
Phenylalanine.....g	0.354		0		1		0.100	0.074	0.047
Tyrosine.....g	0.294		0		1		0.083	0.062	0.039
Valine.....g	0.366		0		1		0.104	0.077	0.049
Arginine.....g	0.360		0		1		0.102	0.076	0.048
Histidine.....g	0.221		0		1		0.063	0.046	0.029
Alanine.....g	0.540		0		1		0.153	0.113	0.072
Aspartic acid.....g	0.502		0		1		0.142	0.105	0.067
Glutamic acid.....g	1.354		0		1		0.384	0.284	0.180
Glycine.....g	0.297		0		1		0.084	0.062	0.040
Proline.....g	0.630		0		1		0.179	0.132	0.084
Serine.....g	0.343		0		1		0.097	0.072	0.046
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.257	0.191	0.121
Carotene, alpha.....mcg	0		0	FLA	4		0.012	0.009	0.006
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.263	0.195	0.124
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	3		0	FLA	4		0.990	0.733	0.464

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 21g: 1 large (6-1/2" dia)

Measure 3 = 13.3g: 1 medium (approx 5" dia)

NDB No. 18360
Taco shells, baked

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18448

Taco shells, baked, without added salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.934		0	BFZN	4		2.533	1.161	0.447
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078		0	BFZN	4		0.022	0.010	0.004
17:1.....g									
18:1 undifferentiated.....g	8.837		0	BFZN	4		2.505	1.149	0.442
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.494		0	BFZN	4		2.408	1.104	0.425
18:2 undifferentiated.....g	7.941		0	BFZN	4		2.251	1.032	0.397
18:3 undifferentiated.....g	0.534		0	BFZN	4		0.151	0.069	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		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.052		0		4		0.015	0.007	0.003
Threonine.....g	0.271		0		4		0.077	0.035	0.014
Isoleucine.....g	0.259		0		4		0.073	0.034	0.013
Leucine.....g	0.886		0		4		0.251	0.115	0.044
Lysine.....g	0.203		0		4		0.058	0.026	0.010
Methionine.....g	0.151		0		4		0.043	0.020	0.008
Cystine.....g	0.130		0		4		0.037	0.017	0.007
Phenylalanine.....g	0.354		0		4		0.100	0.046	0.018
Tyrosine.....g	0.294		0		4		0.083	0.038	0.015
Valine.....g	0.366		0		4		0.104	0.048	0.018
Arginine.....g	0.360		0		4		0.102	0.047	0.018
Histidine.....g	0.221		0		4		0.063	0.029	0.011
Alanine.....g	0.540		0		4		0.153	0.070	0.027
Aspartic acid.....g	0.502		0		4		0.142	0.065	0.025
Glutamic acid.....g	1.354		0		4		0.384	0.176	0.068
Glycine.....g	0.297		0		4		0.084	0.039	0.015
Proline.....g	0.630		0		4		0.179	0.082	0.032
Serine.....g	0.343		0		4		0.097	0.045	0.017
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 = 13.0g: 1 medium (approx 5" dia)

Measure 3 = 5.0g: 1 miniature (3" dia)

Calories Factors: Protein 2.7

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18475
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Apple cinnamon
Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	395		0	MC	9		205		
Energy.....kj	1653						859		
Protein.....g	4.40		0	MC	9		2.29		
Total lipid (fat).....g	10.20		0	MC	9		5.30		
Ash.....g	0.94		0	MC	9		0.49		
Carbohydrate, by difference.....g	72.02		0	MC	9		37.45		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	33.70		0	MC	9		17.52		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	11		0	MC	9		6		
Phosphorus, P.....mg	53		0	MC	9		28		
Potassium, K.....mg	91		0	MC	9		47		
Sodium, Na.....mg	334		0	MC	9		174		
Zinc, Zn.....mg	0.65		0	MC	9		0.34		
Copper, Cu.....mg	0.040		0	MC	9		0.021		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....mcg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.690		0	MC	9		0.879		
Fatty acids, total monounsaturated.....g	5.870		0	MC	9		3.052		
Fatty acids, total polyunsaturated.....g	2.600		0	MC	9		1.352		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18475

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Apple cinnamon

Food Group: 18 Baked Products

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

NDB No. 18476
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry
Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	408		0	MC	9		212		
Energy.....kj	1707						888		
Protein.....g	4.60		0	MC	9		2.39		
Total lipid (fat).....g	13.30		0	MC	9		6.92		
Ash.....g	1.19		0	MC	9		0.62		
Carbohydrate, by difference.....g	68.38		0	MC	9		35.56		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	30.90		0	MC	9		16.07		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	88		0	MC	9		46		
Potassium, K.....mg	95		0	MC	9		49		
Sodium, Na.....mg	398		0	MC	9		207		
Zinc, Zn.....mg	1.27		0	MC	9		0.66		
Copper, Cu.....mg	0.150		0	MC	9		0.078		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....mcg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.020		0	MC	9		1.050		
Fatty acids, total monounsaturated.....g	6.500		0	MC	9		3.380		
Fatty acids, total polyunsaturated.....g	4.810		0	MC	9		2.501		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18476

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry

Food Group: 18 Baked Products

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

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Kellogg, Co.

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	10.50		0	MC	9		5.25		
Energy.....kcal	438		0	MC	9		219		
Energy.....kj	1833						916		
Protein.....g	5.40		0	MC	9		2.70		
Total lipid (fat).....g	18.40		0	MC	9		9.20		
Ash.....g	1.36		0	MC	9		0.68		
Carbohydrate, by difference.....g	64.40		0	MC	9		32.20		
Fiber, total dietary.....g	1.5		0	MC	9		0.8		
Sugars, total.....g	25.40		0	MC	9		12.70		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	31		0	MC	9		16		
Iron, Fe.....mg	3.60		0	MC	9		1.80		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	63		0	MC	9		32		
Potassium, K.....mg	135		0	MC	9		68		
Sodium, Na.....mg	428		0	MC	9		214		
Zinc, Zn.....mg	1.22		0	MC	9		0.61		
Copper, Cu.....mg	0.080		0	MC	9		0.040		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.150		
Riboflavin.....mg	0.340		0	MC	9		0.170		
Niacin.....mg	4.000		0	MC	9		2.000		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.200		
Folate, total.....mcg	80		0	MC	9		40		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	1000		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.080		0	MC	9		1.040		
Fatty acids, total monounsaturated.....g	7.140		0	MC	9		3.570		
Fatty acids, total polyunsaturated.....g	9.140		0	MC	9		4.570		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18478

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon

Food Group: 18 Baked Products

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

NDB No. 18480
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Cherry
Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	393		0	MC	9		204		
Energy.....kj	1644						855		
Protein.....g	4.60		0	MC	9		2.39		
Total lipid (fat).....g	10.40		0	MC	9		5.41		
Ash.....g	1.23		0	MC	9		0.64		
Carbohydrate, by difference.....g	71.19		0	MC	9		37.02		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	31.70		0	MC	9		16.48		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	MC	9		15		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	85		0	MC	9		44		
Potassium, K.....mg	114		0	MC	9		59		
Sodium, Na.....mg	423		0	MC	9		220		
Zinc, Zn.....mg	1.23		0	MC	9		0.64		
Copper, Cu.....mg	0.150		0	MC	9		0.078		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....mcg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.670		0	MC	9		0.868		
Fatty acids, total monounsaturated.....g	5.730		0	MC	9		2.980		
Fatty acids, total polyunsaturated.....g	3.000		0	MC	9		1.560		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18480

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Cherry

Food Group: 18 Baked Products

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

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	391		0	MC	9		203		
Energy.....kj	1636						851		
Protein.....g	4.60		0	MC	9		2.39		
Total lipid (fat).....g	10.00		0	MC	9		5.20		
Ash.....g	1.19		0	MC	9		0.62		
Carbohydrate, by difference.....g	71.77		0	MC	9		37.32		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	31.20		0	MC	9		16.22		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	85		0	MC	9		44		
Potassium, K.....mg	95		0	MC	9		49		
Sodium, Na.....mg	398		0	MC	9		207		
Zinc, Zn.....mg	1.23		0	MC	9		0.64		
Copper, Cu.....mg	0.150		0	MC	9		0.078		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.380		0	MC	9		0.198		
Folate, total.....mcg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.980		0	MC	9		1.030		
Fatty acids, total monounsaturated.....g	6.830		0	MC	9		3.552		
Fatty acids, total polyunsaturated.....g	1.130		0	MC	9		0.588		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18477

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry

Food Group: 18 Baked Products

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

NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Kellogg, Co.

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	10.50		0	MC	9		5.25		
Energy.....kcal	422		0	MC	9		211		
Energy.....kj	1766						883		
Protein.....g	5.00		0	MC	9		2.50		
Total lipid (fat).....g	14.80		0	MC	9		7.40		
Ash.....g	1.26		0	MC	9		0.63		
Carbohydrate, by difference.....g	68.32		0	MC	9		34.16		
Fiber, total dietary.....g	1.3		0	MC	9		0.7		
Sugars, total.....g	30.80		0	MC	9		15.40		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	MC	9		15		
Iron, Fe.....mg	3.60		0	MC	9		1.80		
Magnesium, Mg.....mg	15		0	MC	9		8		
Phosphorus, P.....mg	93		0	MC	9		47		
Potassium, K.....mg	111		0	MC	9		56		
Sodium, Na.....mg	369		0	MC	9		185		
Zinc, Zn.....mg	2.42		0	MC	9		1.21		
Copper, Cu.....mg	0.080		0	MC	9		0.040		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.150		
Riboflavin.....mg	0.340		0	MC	9		0.170		
Niacin.....mg	4.000		0	MC	9		2.000		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.200		
Folate, total.....mcg	80		0	MC	9		40		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	1000		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.260		0	MC	9		1.130		
Fatty acids, total monounsaturated.....g	7.880		0	MC	9		3.940		
Fatty acids, total polyunsaturated.....g	4.760		0	MC	9		2.380		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 50g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18479

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted brown sugar cinnamon

Food Group: 18 Baked Products

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

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	393		0	MC	9		204		
Energy.....kj	1644						855		
Protein.....g	4.20		0	MC	9		2.18		
Total lipid (fat).....g	10.20		0	MC	9		5.30		
Ash.....g	1.10		0	MC	9		0.57		
Carbohydrate, by difference.....g	71.96		0	MC	9		37.42		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	36.00		0	MC	9		18.72		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	25		0	MC	9		13		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	14		0	MC	9		7		
Phosphorus, P.....mg	80		0	MC	9		42		
Potassium, K.....mg	95		0	MC	9		49		
Sodium, Na.....mg	423		0	MC	9		220		
Zinc, Zn.....mg	1.46		0	MC	9		0.76		
Copper, Cu.....mg	0.190		0	MC	9		0.099		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.850		0	MC	9		2.002		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.390		0	MC	9		0.203		
Folate, total.....mcg	80		0	MC	9		42		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.940		0	MC	9		1.009		
Fatty acids, total monounsaturated.....g	6.690		0	MC	9		3.479		
Fatty acids, total polyunsaturated.....g	1.580		0	MC	9		0.822		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18481

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry

Food Group: 18 Baked Products

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

NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	387		0	MC	9		201		
Energy.....kj	1619						842		
Protein.....g	5.10		0	MC	9		2.65		
Total lipid (fat).....g	9.30		0	MC	9		4.84		
Ash.....g	1.30		0	MC	9		0.68		
Carbohydrate, by difference.....g	71.80		0	MC	9		37.34		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	38.00		0	MC	9		19.76		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		0	MC	9		20		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	29		0	MC	9		15		
Phosphorus, P.....mg	84		0	MC	9		44		
Potassium, K.....mg	158		0	MC	9		82		
Sodium, Na.....mg	390		0	MC	9		203		
Zinc, Zn.....mg	0.50		0	MC	9		0.26		
Copper, Cu.....mg	0.200		0	MC	9		0.104		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.900		0	MC	9		0.988		
Fatty acids, total monounsaturated.....g	5.200		0	MC	9		2.704		
Fatty acids, total polyunsaturated.....g	2.200		0	MC	9		1.144		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18482

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge

Food Group: 18 Baked Products

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

NDB No. 18483

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate vanilla creme

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	391		0	MC	9		203		
Energy.....kj	1636						851		
Protein.....g	5.00		0	MC	9		2.60		
Total lipid (fat).....g	10.20		0	MC	9		5.30		
Ash.....g	1.44		0	MC	9		0.75		
Carbohydrate, by difference.....g	70.84		0	MC	9		36.84		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	37.30		0	MC	9		19.40		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		0	MC	9		16		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	22		0	MC	9		11		
Phosphorus, P.....mg	69		0	MC	9		36		
Potassium, K.....mg	120		0	MC	9		62		
Sodium, Na.....mg	441		0	MC	9		229		
Zinc, Zn.....mg	1.20		0	MC	9		0.62		
Copper, Cu.....mg	0.100		0	MC	9		0.052		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.940		0	MC	9		1.009		
Fatty acids, total monounsaturated.....g	6.190		0	MC	9		3.219		
Fatty acids, total polyunsaturated.....g	1.980		0	MC	9		1.030		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18483

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate vanilla creme

Food Group: 18 Baked Products

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

NDB No. 18484

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted grape

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	391		0	MC	9		203		
Energy.....kj	1636						851		
Protein.....g	4.40		0	MC	9		2.29		
Total lipid (fat).....g	9.80		0	MC	9		5.10		
Ash.....g	1.12		0	MC	9		0.58		
Carbohydrate, by difference.....g	72.25		0	MC	9		37.57		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	35.40		0	MC	9		18.41		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	21		0	MC	9		11		
Phosphorus, P.....mg	89		0	MC	9		46		
Potassium, K.....mg	115		0	MC	9		60		
Sodium, Na.....mg	381		0	MC	9		198		
Zinc, Zn.....mg	1.30		0	MC	9		0.68		
Copper, Cu.....mg	0.100		0	MC	9		0.052		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.730		0	MC	9		0.900		
Fatty acids, total monounsaturated.....g	5.900		0	MC	9		3.068		
Fatty acids, total polyunsaturated.....g	2.150		0	MC	9		1.118		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18484

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted grape

Food Group: 18 Baked Products

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

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	395		0	MC	9		205		
Energy.....kj	1653						859		
Protein.....g	4.20		0	MC	9		2.18		
Total lipid (fat).....g	10.60		0	MC	9		5.51		
Ash.....g	1.08		0	MC	9		0.56		
Carbohydrate, by difference.....g	71.54		0	MC	9		37.20		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	35.40		0	MC	9		18.41		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0	MC	9		11		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	16		0	MC	9		8		
Phosphorus, P.....mg	88		0	MC	9		46		
Potassium, K.....mg	85		0	MC	9		44		
Sodium, Na.....mg	406		0	MC	9		211		
Zinc, Zn.....mg	1.21		0	MC	9		0.63		
Copper, Cu.....mg	0.080		0	MC	9		0.042		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.290		0	MC	9		0.151		
Riboflavin.....mg	0.330		0	MC	9		0.172		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.880		0	MC	9		0.978		
Fatty acids, total monounsaturated.....g	6.170		0	MC	9		3.208		
Fatty acids, total polyunsaturated.....g	2.560		0	MC	9		1.331		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18486

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry

Food Group: 18 Baked Products

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

NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	390		0	MC	9		203		
Energy.....kj	1632						849		
Protein.....g	4.40		0	MC	9		2.29		
Total lipid (fat).....g	9.60		0	MC	9		4.99		
Ash.....g	1.10		0	MC	9		0.57		
Carbohydrate, by difference.....g	72.40		0	MC	9		37.65		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	37.50		0	MC	9		19.50		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	22		0	MC	9		11		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	10		0	MC	9		5		
Phosphorus, P.....mg	51		0	MC	9		27		
Potassium, K.....mg	85		0	MC	9		44		
Sodium, Na.....mg	325		0	MC	9		169		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.600		0	MC	9		1.352		
Fatty acids, total monounsaturated.....g	5.600		0	MC	9		2.912		
Fatty acids, total polyunsaturated.....g	1.400		0	MC	9		0.728		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18489

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted strawberry

Food Group: 18 Baked Products

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

NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Kellogg, Co.

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	12.50		0	MC	9		6.75		
Energy.....kcal	388		0	MC	9		210		
Energy.....kj	1623						877		
Protein.....g	4.30		0	MC	9		2.32		
Total lipid (fat).....g	9.20		0	MC	9		4.97		
Ash.....g	1.00		0	MC	9		0.54		
Carbohydrate, by difference.....g	72.90		0	MC	9		39.37		
Fiber, total dietary.....g	1.0		0	MC	9		0.5		
Sugars, total.....g	38.80		0	MC	9		20.95		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		11		
Iron, Fe.....mg	3.30		0	MC	9		1.78		
Magnesium, Mg.....mg	10		0	MC	9		5		
Phosphorus, P.....mg	49		0	MC	9		26		
Potassium, K.....mg	82		0	MC	9		44		
Sodium, Na.....mg	311		0	MC	9		168		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.162		
Riboflavin.....mg	0.300		0	MC	9		0.162		
Niacin.....mg	3.700		0	MC	9		1.998		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.216		
Folate, total.....mcg	100		0	MC	9		54		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	926		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.600		0	MC	9		1.404		
Fatty acids, total monounsaturated.....g	5.400		0	MC	9		2.916		
Fatty acids, total polyunsaturated.....g	1.300		0	MC	9		0.702		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 54g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18490

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted wild berry

Food Group: 18 Baked Products

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

NDB No. 18485

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Milk chocolate

Kellogg, Co.

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	12.40		0	MC	9		6.45		
Energy.....kcal	395		0	MC	9		205		
Energy.....kj	1653						859		
Protein.....g	6.50		0	MC	9		3.38		
Total lipid (fat).....g	11.20		0	MC	9		5.82		
Ash.....g	1.40		0	MC	9		0.73		
Carbohydrate, by difference.....g	68.50		0	MC	9		35.62		
Fiber, total dietary.....g	1.5		0	MC	9		0.8		
Sugars, total.....g	34.60		0	MC	9		17.99		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	38		0	MC	9		20		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	23		0	MC	9		12		
Phosphorus, P.....mg	87		0	MC	9		45		
Potassium, K.....mg	157		0	MC	9		82		
Sodium, Na.....mg	437		0	MC	9		227		
Zinc, Zn.....mg	0.40		0	MC	9		0.21		
Copper, Cu.....mg	0.100		0	MC	9		0.052		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.900		0	MC	9		1.508		
Fatty acids, total monounsaturated.....g	6.200		0	MC	9		3.224		
Fatty acids, total polyunsaturated.....g	2.100		0	MC	9		1.092		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18485

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Milk chocolate

Food Group: 18 Baked Products

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

NDB No. 18487
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores
Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	392		0	MC	9		204		
Energy.....kj	1640						853		
Protein.....g	6.20		0	MC	9		3.22		
Total lipid (fat).....g	10.50		0	MC	9		5.46		
Ash.....g	1.20		0	MC	9		0.62		
Carbohydrate, by difference.....g	69.60		0	MC	9		36.19		
Fiber, total dietary.....g	1.4		0	MC	9		0.7		
Sugars, total.....g	36.50		0	MC	9		18.98		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	MC	9		15		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	21		0	MC	9		11		
Phosphorus, P.....mg	75		0	MC	9		39		
Potassium, K.....mg	125		0	MC	9		65		
Sodium, Na.....mg	382		0	MC	9		199		
Zinc, Zn.....mg	0.40		0	MC	9		0.21		
Copper, Cu.....mg	0.100		0	MC	9		0.052		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.800		0	MC	9		1.456		
Fatty acids, total monounsaturated.....g	5.900		0	MC	9		3.068		
Fatty acids, total polyunsaturated.....g	1.800		0	MC	9		0.936		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18487

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores

Food Group: 18 Baked Products

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

NDB No. 18488
Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry
Kellogg, Co.

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	12.50		0	MC	9		6.50		
Energy.....kcal	394		0	MC	9		205		
Energy.....kj	1648						857		
Protein.....g	4.70		0	MC	9		2.44		
Total lipid (fat).....g	10.50		0	MC	9		5.46		
Ash.....g	1.20		0	MC	9		0.62		
Carbohydrate, by difference.....g	71.00		0	MC	9		36.92		
Fiber, total dietary.....g	1.1		0	MC	9		0.6		
Sugars, total.....g	33.00		0	MC	9		17.16		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		0	MC	9		12		
Iron, Fe.....mg	3.50		0	MC	9		1.82		
Magnesium, Mg.....mg	11		0	MC	9		6		
Phosphorus, P.....mg	55		0	MC	9		29		
Potassium, K.....mg	93		0	MC	9		48		
Sodium, Na.....mg	355		0	MC	9		185		
Zinc, Zn.....mg	0.30		0	MC	9		0.16		
Copper, Cu.....mg	0.000		0	MC	9		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg	0.300		0	MC	9		0.156		
Riboflavin.....mg	0.300		0	MC	9		0.156		
Niacin.....mg	3.800		0	MC	9		1.976		
Pantothenic acid.....mg	0.000		0	MC	9		0.000		
Vitamin B-6.....mg	0.400		0	MC	9		0.208		
Folate, total.....mcg	100		0	MC	9		52		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.00		0	MC	9		0.00		
Vitamin A, IU.....IU	962		0	MC	9		500		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.900		0	MC	9		1.508		
Fatty acids, total monounsaturated.....g	6.200		0	MC	9		3.224		
Fatty acids, total polyunsaturated.....g	1.500		0	MC	9		0.780		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 52g: 1 pastry

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 18488

Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry

Food Group: 18 Baked Products

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

NDB No. 18361
Toaster pastries, brown-sugar-cinnamon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.032		0	FLA	4		2.277	4.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4		0.001	0.002	
17:1.....g									
18:1 undifferentiated.....g	8.027		0	FLA	4		2.276	4.014	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.802		0	FLA	4		0.511	0.901	
18:2 undifferentiated.....g	1.711		0	FLA	4		0.485	0.856	
18:3 undifferentiated.....g	0.091		0	FLA	4		0.026	0.046	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.057		0		1		0.016	0.029	
Threonine.....g	0.146		0		1		0.041	0.073	
Isoleucine.....g	0.169		0		1		0.048	0.085	
Leucine.....g	0.324		0		1		0.092	0.162	
Lysine.....g	0.137		0		1		0.039	0.069	
Methionine.....g	0.080		0		1		0.023	0.040	
Cystine.....g	0.094		0		1		0.027	0.047	
Phenylalanine.....g	0.214		0		1		0.061	0.107	
Tyrosine.....g	0.134		0		1		0.038	0.067	
Valine.....g	0.189		0		1		0.054	0.095	
Arginine.....g	0.174		0		1		0.049	0.087	
Histidine.....g	0.098		0		1		0.028	0.049	
Alanine.....g	0.153		0		1		0.043	0.077	
Aspartic acid.....g	0.226		0		1		0.064	0.113	
Glutamic acid.....g	1.405		0		1		0.398	0.703	
Glycine.....g	0.152		0		1		0.043	0.076	
Proline.....g	0.484		0		1		0.137	0.242	
Serine.....g	0.223		0		1		0.063	0.112	
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 = 50g: 1 toaster pastry

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 18 Baked Products

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

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.135		0	FLA	4		1.172	2.150	2.150
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLA	4		0.011	0.020	0.020
17:1.....g									
18:1 undifferentiated.....g	4.087		0	FLA	4		1.159	2.125	2.125
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.870		0	FLA	4		1.097	2.012	2.012
18:2 undifferentiated.....g	3.572		0	FLA	4		1.013	1.857	1.857
18:3 undifferentiated.....g	0.289		0	FLA	4		0.082	0.150	0.150
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.057		0		1		0.016	0.030	0.030
Threonine.....g	0.135		0		1		0.038	0.070	0.070
Isoleucine.....g	0.166		0		1		0.047	0.086	0.086
Leucine.....g	0.327		0		1		0.093	0.170	0.170
Lysine.....g	0.115		0		1		0.033	0.060	0.060
Methionine.....g	0.084		0		1		0.024	0.044	0.044
Cystine.....g	0.098		0		1		0.028	0.051	0.051
Phenylalanine.....g	0.231		0		1		0.065	0.120	0.120
Tyrosine.....g	0.140		0		1		0.040	0.073	0.073
Valine.....g	0.191		0		1		0.054	0.099	0.099
Arginine.....g	0.188		0		1		0.053	0.098	0.098
Histidine.....g	0.103		0		1		0.029	0.054	0.054
Alanine.....g	0.154		0		1		0.044	0.080	0.080
Aspartic acid.....g	0.211		0		1		0.060	0.110	0.110
Glutamic acid.....g	1.537		0		1		0.436	0.799	0.799
Glycine.....g	0.167		0		1		0.047	0.087	0.087
Proline.....g	0.528		0		1		0.150	0.275	0.275
Serine.....g	0.233		0		1		0.066	0.121	0.121
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		1.230	2.257	2.257
Carotene, alpha.....mcg	0		0	FLA	4		0.011	0.020	0.020
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.015	0.028	0.028
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	20		0	FLA	4		5.730	10.510	10.510

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 52g: 1 Pop tart

Measure 3 = 52g: 1 toaster pastry

NDB No. 18362

Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18363

Tortillas, ready-to-bake or -fry, corn

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.649		0		1		0.184	0.123	0.156
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.001	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.647		0		1		0.183	0.123	0.155
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.122		0		1		0.318	0.213	0.269
18:2 undifferentiated.....g	1.088		0		1		0.308	0.207	0.261
18:3 undifferentiated.....g	0.034		0		1		0.010	0.006	0.008
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		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.012	0.008	0.010
Threonine.....g	0.218		0		1		0.062	0.041	0.052
Isoleucine.....g	0.208		0		1		0.059	0.040	0.050
Leucine.....g	0.711		0		1		0.202	0.135	0.171
Lysine.....g	0.163		0		1		0.046	0.031	0.039
Methionine.....g	0.121		0		1		0.034	0.023	0.029
Cystine.....g	0.105		0		1		0.030	0.020	0.025
Phenylalanine.....g	0.285		0		1		0.081	0.054	0.068
Tyrosine.....g	0.236		0		1		0.067	0.045	0.057
Valine.....g	0.294		0		1		0.083	0.056	0.071
Arginine.....g	0.289		0		1		0.082	0.055	0.069
Histidine.....g	0.177		0		1		0.050	0.034	0.042
Alanine.....g	0.434		0		1		0.123	0.082	0.104
Aspartic acid.....g	0.403		0		1		0.114	0.077	0.097
Glutamic acid.....g	1.087		0		1		0.308	0.207	0.261
Glycine.....g	0.238		0		1		0.067	0.045	0.057
Proline.....g	0.506		0		1		0.143	0.096	0.121
Serine.....g	0.275		0		1		0.078	0.052	0.066
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.196	0.132	0.166
Carotene, alpha.....mcg	0		0	FLA	4		0.009	0.006	0.008
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.201	0.135	0.170
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	3		0	FLA	4		0.756	0.507	0.640

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 19g: 1 enchilada

Measure 3 = 24g: 1 tortilla medium (approx 6" dia)

NDB No. 18363

Tortillas, ready-to-bake or -fry, corn

Calories Factors: Protein 2.7

Fat 8.4

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18449

Tortillas, ready-to-bake or -fry, corn, without added salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.649		0		4		0.184	0.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.647		0		4		0.183	0.168	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.122		0		4		0.318	0.292	
18:2 undifferentiated.....g	1.088		0		4		0.308	0.283	
18:3 undifferentiated.....g	0.034		0		4		0.010	0.009	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.042		0		4		0.012	0.011	
Threonine.....g	0.218		0		4		0.062	0.057	
Isoleucine.....g	0.208		0		4		0.059	0.054	
Leucine.....g	0.711		0		4		0.202	0.185	
Lysine.....g	0.163		0		4		0.046	0.042	
Methionine.....g	0.121		0		4		0.034	0.031	
Cystine.....g	0.105		0		4		0.030	0.027	
Phenylalanine.....g	0.285		0		4		0.081	0.074	
Tyrosine.....g	0.236		0		4		0.067	0.061	
Valine.....g	0.294		0		4		0.083	0.076	
Arginine.....g	0.289		0		4		0.082	0.075	
Histidine.....g	0.177		0		4		0.050	0.046	
Alanine.....g	0.434		0		4		0.123	0.113	
Aspartic acid.....g	0.403		0		4		0.114	0.105	
Glutamic acid.....g	1.087		0		4		0.308	0.283	
Glycine.....g	0.238		0		4		0.067	0.062	
Proline.....g	0.506		0		4		0.143	0.132	
Serine.....g	0.275		0		4		0.078	0.072	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 26g: 1 tortilla, medium (approx 6" dia)

Calories Factors: Protein 2.7

Fat 8.4

Carbohydrate 4

Food Group: 18 Baked Products

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

NDB No. 18364

Tortillas, ready-to-bake or -fry, flour

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.768		0	FLA	4		1.068	1.733	2.638
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	FLA	4		0.002	0.004	0.006
17:1.....g									
18:1 undifferentiated.....g	3.760		0	FLA	4		1.066	1.730	2.632
20:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.063		0	FLA	4		0.301	0.489	0.744
18:2 undifferentiated.....g	1.009		0	FLA	4		0.286	0.464	0.706
18:3 undifferentiated.....g	0.054		0	FLA	4		0.015	0.025	0.038
18:4.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		1		0.030	0.049	0.074
Threonine.....g	0.245		0		1		0.069	0.113	0.172
Isoleucine.....g	0.307		0		1		0.087	0.141	0.215
Leucine.....g	0.600		0		1		0.170	0.276	0.420
Lysine.....g	0.213		0		1		0.060	0.098	0.149
Methionine.....g	0.155		0		1		0.044	0.071	0.109
Cystine.....g	0.181		0		1		0.051	0.083	0.127
Phenylalanine.....g	0.435		0		1		0.123	0.200	0.305
Tyrosine.....g	0.266		0		1		0.075	0.122	0.186
Valine.....g	0.356		0		1		0.101	0.164	0.249
Arginine.....g	0.356		0		1		0.101	0.164	0.249
Histidine.....g	0.195		0		1		0.055	0.090	0.137
Alanine.....g	0.289		0		1		0.082	0.133	0.202
Aspartic acid.....g	0.386		0		1		0.109	0.178	0.270
Glutamic acid.....g	2.850		0		1		0.808	1.311	1.995
Glycine.....g	0.316		0		1		0.090	0.145	0.221
Proline.....g	0.979		0		1		0.278	0.450	0.685
Serine.....g	0.432		0		1		0.122	0.199	0.302
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.028	0.045	0.069
Carotene, alpha.....mcg	0		0	FLA	4		0.013	0.021	0.032
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.019	0.030	0.046
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	12		0	FLA	4		3.355	5.444	8.284

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 46g: 1 tortilla medium (approx 6" dia)

Measure 3 = 70g: 1 tortilla (approx 10" dia)

NDB No. 18364

Tortillas, ready-to-bake or -fry, flour

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18450

Tortillas, ready-to-bake or -fry, flour, without added calcium

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.768		0	BFZN	4		1.068	1.206	2.713
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0	BFZN	4		0.002	0.003	0.006
17:1.....g									
18:1 undifferentiated.....g	3.760		0	BFZN	4		1.066	1.203	2.707
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.063		0	BFZN	4		0.301	0.340	0.765
18:2 undifferentiated.....g	1.009		0	BFZN	4		0.286	0.323	0.726
18:3 undifferentiated.....g	0.054		0	BFZN	4		0.015	0.017	0.039
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.106		0		4		0.030	0.034	0.076
Threonine.....g	0.245		0		4		0.069	0.078	0.176
Isoleucine.....g	0.307		0		4		0.087	0.098	0.221
Leucine.....g	0.600		0		4		0.170	0.192	0.432
Lysine.....g	0.213		0		4		0.060	0.068	0.153
Methionine.....g	0.155		0		4		0.044	0.050	0.112
Cystine.....g	0.181		0		4		0.051	0.058	0.130
Phenylalanine.....g	0.435		0		4		0.123	0.139	0.313
Tyrosine.....g	0.266		0		4		0.075	0.085	0.192
Valine.....g	0.356		0		4		0.101	0.114	0.256
Arginine.....g	0.356		0		4		0.101	0.114	0.256
Histidine.....g	0.195		0		4		0.055	0.062	0.140
Alanine.....g	0.289		0		4		0.082	0.092	0.208
Aspartic acid.....g	0.386		0		4		0.109	0.124	0.278
Glutamic acid.....g	2.850		0		4		0.808	0.912	2.052
Glycine.....g	0.316		0		4		0.090	0.101	0.228
Proline.....g	0.979		0		4		0.278	0.313	0.705
Serine.....g	0.432		0		4		0.122	0.138	0.311
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 = 28.35g: 1 oz

Measure 2 = 32g: 1 tortilla, medium (approx 6" dia)

Measure 3 = 72g: 1 tortilla (approx 10" dia)

Calories Factors: Protein 4

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

NDB No. 18365

Waffles, plain, frozen, ready-to-heat (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.153		0	FLA	4		0.894	1.230	1.198
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.045		0	FLA	4		0.013	0.018	0.017
17:1.....g									
18:1 undifferentiated.....g	3.098		0	FLA	4		0.878	1.208	1.177
20:1.....g	0.002		0	FLA	4		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.771		0	FLA	4		0.786	1.081	1.053
18:2 undifferentiated.....g	2.561		0	FLA	4		0.726	0.999	0.973
18:3 undifferentiated.....g	0.183		0	FLA	4		0.052	0.071	0.070
18:4.....g	0.001		0	FLA	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.011		0	FLA	4		0.003	0.004	0.004
20:5 n-3.....g	0.005		0	FLA	4		0.001	0.002	0.002
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:6 n-3.....g	0.003		0	FLA	4		0.001	0.001	0.001
Fatty acids, total trans.....g									
Cholesterol.....mg	32		0	FLA	4		9	12	12
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.072		0		1		0.020	0.028	0.027
Threonine.....g	0.184		0		1		0.052	0.072	0.070
Isoleucine.....g	0.225		0		1		0.064	0.088	0.086
Leucine.....g	0.423		0		1		0.120	0.165	0.161
Lysine.....g	0.185		0		1		0.052	0.072	0.070
Methionine.....g	0.117		0		1		0.033	0.046	0.044
Cystine.....g	0.126		0		1		0.036	0.049	0.048
Phenylalanine.....g	0.294		0		1		0.083	0.115	0.112
Tyrosine.....g	0.187		0		1		0.053	0.073	0.071
Valine.....g	0.258		0		1		0.073	0.101	0.098
Arginine.....g	0.254		0		1		0.072	0.099	0.097
Histidine.....g	0.131		0		1		0.037	0.051	0.050
Alanine.....g	0.212		0		1		0.060	0.083	0.081
Aspartic acid.....g	0.310		0		1		0.088	0.121	0.118
Glutamic acid.....g	1.755		0		1		0.498	0.684	0.667
Glycine.....g	0.207		0		1		0.059	0.081	0.079
Proline.....g	0.601		0		1		0.170	0.234	0.228
Serine.....g	0.317		0		1		0.090	0.124	0.120
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		0.256	0.352	0.343
Carotene, alpha.....mcg	0		0	FLA	4		0.008	0.011	0.011
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.214	0.295	0.287
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	34		0	FLA	4		9.611	13.222	12.883

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 39g: 1 waffle square

Measure 3 = 38g: 1 waffle round

NDB No. 18365

Waffles, plain, frozen, ready-to-heat (includes buttermilk)

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 4.1

Food Group: 18 Baked Products

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

NDB No. 18403

Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.210		0		1		0.910	1.059	1.059
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.064		0		1		0.018	0.021	0.021
17:1.....g									
18:1 undifferentiated.....g	3.142		0		1		0.891	1.037	1.037
20:1.....g	0.004		0		1		0.001	0.001	0.001
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.782		0		1		0.789	0.918	0.918
18:2 undifferentiated.....g	2.578		0		1		0.731	0.851	0.851
18:3 undifferentiated.....g	0.180		0		1		0.051	0.059	0.059
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		1		0.005	0.006	0.006
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.005		0		1		0.001	0.002	0.002
Fatty acids, total trans.....g									
Cholesterol.....mg	24		0		4		7	8	8
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.022	0.025	0.025
Threonine.....g	0.194		0		1		0.055	0.064	0.064
Isoleucine.....g	0.236		0		1		0.067	0.078	0.078
Leucine.....g	0.445		0		1		0.126	0.147	0.147
Lysine.....g	0.195		0		1		0.055	0.064	0.064
Methionine.....g	0.123		0		1		0.035	0.041	0.041
Cystine.....g	0.133		0		1		0.038	0.044	0.044
Phenylalanine.....g	0.310		0		1		0.088	0.102	0.102
Tyrosine.....g	0.197		0		1		0.056	0.065	0.065
Valine.....g	0.271		0		1		0.077	0.089	0.089
Arginine.....g	0.267		0		1		0.076	0.088	0.088
Histidine.....g	0.138		0		1		0.039	0.046	0.046
Alanine.....g	0.224		0		1		0.064	0.074	0.074
Aspartic acid.....g	0.327		0		1		0.093	0.108	0.108
Glutamic acid.....g	1.847		0		1		0.524	0.610	0.610
Glycine.....g	0.218		0		1		0.062	0.072	0.072
Proline.....g	0.632		0		1		0.179	0.209	0.209
Serine.....g	0.333		0		1		0.094	0.110	0.110
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	1		0	RA	4		0.255	0.297	0.297
Carotene, alpha.....mcg	0		0	RA	4		0.008	0.009	0.009
Cryptoxanthin, beta.....mcg	1		0	RA	4		0.213	0.248	0.248
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	34		0	RA	4		9.561	11.129	11.129

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 33g: 1 waffle, round (4" dia) (include frozen)

Measure 3 = 33g: 1 waffle, square (4" square) (include frozen)

NDB No. 18403

Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18367

Waffles, plain, prepared from recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.521		0		1		0.998	2.641	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.096		0		1		0.027	0.072	
17:1.....g									
18:1 undifferentiated.....g	3.395		0		1		0.962	2.546	
20:1.....g	0.026		0		1		0.007	0.020	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.785		0		1		1.924	5.089	
18:2 undifferentiated.....g	5.975		0		1		1.694	4.481	
18:3 undifferentiated.....g	0.782		0		1		0.222	0.587	
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	0.021		0		1		0.006	0.016	
20:5 n-3.....g	0.001		0		1		0.000	0.001	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.006		0		1		0.002	0.005	
Fatty acids, total trans.....g									
Cholesterol.....mg	69		0		1		20	52	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.099		0		1		0.028	0.074	
Threonine.....g	0.289		0		1		0.082	0.217	
Isoleucine.....g	0.362		0		1		0.103	0.272	
Leucine.....g	0.630		0		1		0.179	0.473	
Lysine.....g	0.384		0		1		0.109	0.288	
Methionine.....g	0.179		0		1		0.051	0.134	
Cystine.....g	0.145		0		1		0.041	0.109	
Phenylalanine.....g	0.395		0		1		0.112	0.296	
Tyrosine.....g	0.293		0		1		0.083	0.220	
Valine.....g	0.409		0		1		0.116	0.307	
Arginine.....g	0.345		0		1		0.098	0.259	
Histidine.....g	0.187		0		1		0.053	0.140	
Alanine.....g	0.301		0		1		0.085	0.226	
Aspartic acid.....g	0.509		0		1		0.144	0.382	
Glutamic acid.....g	1.989		0		1		0.564	1.492	
Glycine.....g	0.247		0		1		0.070	0.185	
Proline.....g	0.726		0		1		0.206	0.545	
Serine.....g	0.447		0		1		0.127	0.335	
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 = 75g: 1 waffle, round (7" dia)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products

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

NDB No. 18368

Wonton wrappers (includes egg roll wrappers)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.195		0		1		0.055	0.062	0.016
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.003	0.003	0.001
17:1.....g									
18:1 undifferentiated.....g	0.183		0		1		0.052	0.059	0.015
20:1.....g	0.001		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	0.610		0		1		0.173	0.195	0.049
18:2 undifferentiated.....g	0.571		0		1		0.162	0.183	0.046
18:3 undifferentiated.....g	0.035		0		1		0.010	0.011	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.001	0.001	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	0.001		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0		1		3	3	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.114		0		1		0.032	0.036	0.009
Threonine.....g	0.268		0		1		0.076	0.086	0.021
Isoleucine.....g	0.369		0		1		0.105	0.118	0.030
Leucine.....g	0.684		0		1		0.194	0.219	0.055
Lysine.....g	0.204		0		1		0.058	0.065	0.016
Methionine.....g	0.176		0		1		0.050	0.056	0.014
Cystine.....g	0.221		0		1		0.063	0.071	0.018
Phenylalanine.....g	0.486		0		1		0.138	0.156	0.039
Tyrosine.....g	0.273		0		1		0.077	0.087	0.022
Valine.....g	0.417		0		1		0.118	0.133	0.033
Arginine.....g	0.348		0		1		0.099	0.111	0.028
Histidine.....g	0.209		0		1		0.059	0.067	0.017
Alanine.....g	0.307		0		1		0.087	0.098	0.025
Aspartic acid.....g	0.413		0		1		0.117	0.132	0.033
Glutamic acid.....g	3.384		0		1		0.959	1.083	0.271
Glycine.....g	0.336		0		1		0.095	0.108	0.027
Proline.....g	1.134		0		1		0.321	0.363	0.091
Serine.....g	0.483		0		1		0.137	0.155	0.039
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 = 28.35g: 1 oz

Measure 2 = 32g: 1 wrapper, eggroll (7" square)

Measure 3 = 8.0g: 1 wrapper, wonton (3-1/2" square)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 18 Baked Products