

NDB No. 19146

Baking chocolate, M&M MARS, "M&M's" Milk Chocolate Mini Baking Bits

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0	MC	9		1701	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
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 = 11340g: 1 package

Measure 2 = 14.2g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19139

Baking chocolate, M&M MARS, "M&M's" Semisweet Chocolate Mini Baking Bits

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.789		0	FLM	4		1.230	996.673	1.248
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	8.789		0	FLM	4		1.230	996.673	1.248
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.842		0	FLM	4		0.118	95.483	0.120
18:2 undifferentiated.....g	0.842		0	FLM	4		0.118	95.483	0.120
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLM	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	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0	MC	9		0	340	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

- Measure 1 = 14.0g: 1 tbsp
- Measure 2 = 11340g: 1 package
- Measure 3 = 14.2g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19124

Baking chocolate, mexican, squares

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.044		2	A	1		1.009		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		2	A	1		0.007		
17:1.....g									
18:1 undifferentiated.....g	5.007		2	A	1		1.001		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.162		2	A	1		0.232		
18:2 undifferentiated.....g	0.942		2	A	1		0.188		
18:3 undifferentiated.....g	0.072		2	A	1		0.014		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.148		2	A	1		0.030		
20:5 n-3.....g	0.000		2	A	1		0.000		
22:5 n-3.....g	0.000		2	A	1		0.000		
22:6 n-3.....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2	A	1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	14		0	FLA	4		3		
Theobromine.....mg	231		0	FLA	4		46		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.013		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.052		
Lycopene.....mcg	0		0	FLA	4		0.006		
Lutein + zeaxanthin.....mcg	7		0	FLA	4		1.451		

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Common Measures:

Measure 1 = 20g: 1 tablet

Calories Factors: Protein 2

Fat 8.4

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19077

Baking chocolate, unsweetened, liquid

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.230		0		1		2.617		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	9.180		1		1		2.603		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.700		0		1		3.033		
18:2 undifferentiated.....g	10.100		1		1		2.863		
18:3 undifferentiated.....g	0.600		1		1		0.170		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
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		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.182		0		1		0.052		
Threonine.....g	0.481		0		1		0.136		
Isoleucine.....g	0.471		0		1		0.134		
Leucine.....g	0.737		0		1		0.209		
Lysine.....g	0.609		0		1		0.173		
Methionine.....g	0.125		0		1		0.035		
Cystine.....g	0.148		0		1		0.042		
Phenylalanine.....g	0.584		0		1		0.166		
Tyrosine.....g	0.456		0		1		0.129		
Valine.....g	0.730		0		1		0.207		
Arginine.....g	0.689		0		1		0.195		
Histidine.....g	0.210		0		1		0.060		
Alanine.....g	0.561		0		1		0.159		
Aspartic acid.....g	1.211		0		1		0.343		
Glutamic acid.....g	1.828		0		1		0.518		
Glycine.....g	0.545		0		1		0.155		
Proline.....g	0.520		0		1		0.147		
Serine.....g	0.525		0		1		0.149		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	47		0	FLA	4		13		
Theobromine.....mg	1597		0	FLA	4		453		

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Common Measures:

Measure 1 = 28.35g: 1 oz

Calories Factors: Protein 1.83

Fat 8.4

Carbohydrate 1.33

Food Group: 19 Sweets

NDB No. 19078

Baking chocolate, unsweetened, squares

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	1.34	0.092	3	A	1		1.77	0.39	
Energy.....kcal	501		0	NC	4		662	145	
Energy.....kj	2097		0	NC	4		2768	608	
Protein (N x 5.63).....g	12.90		0	NR	4		17.03	3.74	
Adjusted Protein (N x 4.74).....g	10.86		0	NR	4		14.34	3.15	
Total lipid (fat).....g	52.31	0.337	3	A	1		69.05	15.17	
Ash.....g	3.60	0.146	3	A	1		4.76	1.04	
Carbohydrate, by difference.....g	29.84		0	NR	4		39.39	8.65	
Fiber, total dietary.....g	16.6		3	A	1		21.9	4.8	
Sugars, total.....g	0.91	0.177	3	A	1		1.21	0.26	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	101	7.206	3	A	1		134	29	
Iron, Fe.....mg	17.40	2.854	3	A	1		22.97	5.05	
Magnesium, Mg.....mg	327	7.767	3	A	1		432	95	
Phosphorus, P.....mg	400	25.115	3	A	1		528	116	
Potassium, K.....mg	830	41.914	3	A	1		1096	241	
Sodium, Na.....mg	24	2.671	3	A	1		31	7	
Zinc, Zn.....mg	9.63	1.011	3	A	1		12.72	2.79	
Copper, Cu.....mg	3.233	0.088	3	A	1		4.268	0.938	
Manganese, Mn.....mg	4.167	0.186	3	A	1		5.500	1.208	
Selenium, Se.....mcg	8.1		2	A	1		10.7	2.4	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.147		2	A	1		0.194	0.043	
Riboflavin.....mg	0.100		2	A	1		0.132	0.029	
Niacin.....mg	1.355		2	A	1		1.789	0.393	
Pantothenic acid.....mg	0.168		2	A	1		0.222	0.049	
Vitamin B-6.....mg	0.027		2	A	1		0.036	0.008	
Folate, total.....mcg	28		2	A	1		37	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	28		2	A	1		37	8	
Folate, DFE.....mcg_DFE	28		0	NC	4		37	8	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		0	AS	1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg	0.40		1	A	1		0.53	0.12	
Tocopherol, beta.....mg	0.00		1	A	1		0.00	0.00	
Tocopherol, gamma.....mg	5.83		1	A	1		7.70	1.69	
Tocopherol, delta.....mg	0.00		1	A	1		0.00	0.00	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	9.7		2	A	1		12.8	2.8	
Lipids:									
Fatty acids, total saturated.....g	32.351		0	NC	4		42.704	9.382	
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	0.000	0.000	3	A	1		0.000	0.000	
14:0.....g	0.033	0.033	3	A	1		0.044	0.010	
15:0.....g	0.000	0.000	3	A	1		0.000	0.000	
16:0.....g	13.340	0.010	3	A	1		17.608	3.868	
17:0.....g	0.100	0.001	3	A	1		0.132	0.029	
18:0.....g	18.274	0.348	3	A	1		24.122	5.299	
20:0.....g	0.554	0.026	3	A	1		0.731	0.161	
22:0.....g	0.050	0.029	3	A	1		0.067	0.015	

NDB No. 19078

Baking chocolate, unsweetened, squares

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	16.106		0	NC	4		21.259	4.671	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000	0.000	3	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.100	0.001	3	A	1		0.132	0.029	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	16.006		0	A	1		21.128	4.642	
18:1 c.....g	16.006	0.039	3	A	1		21.128	4.642	
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	1.555		0	NC	4		2.052	0.451	
18:2 undifferentiated.....g	1.438	0.008	3	A	1		1.898	0.417	
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	
18:3 n-6 c,c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	38		2	A	1		50	11	
Campesterol.....mg	13		2	A	1		18	4	
Beta-sitosterol.....mg	85		2	A	1		112	25	
Amino Acids:									
Tryptophan.....g	0.130		2	A	1		0.172	0.038	
Threonine.....g	0.370		2	A	1		0.488	0.107	
Isoleucine.....g	0.410		2	A	1		0.541	0.119	
Leucine.....g	0.695		2	A	1		0.917	0.202	
Lysine.....g	0.470		2	A	1		0.620	0.136	
Methionine.....g	0.140		2	A	1		0.185	0.041	
Cystine.....g	0.225		2	A	1		0.297	0.065	
Phenylalanine.....g	0.525		2	A	1		0.693	0.152	
Tyrosine.....g	0.425		2	A	1		0.561	0.123	
Valine.....g	0.655		2	A	1		0.865	0.190	
Arginine.....g	0.815		2	A	1		1.076	0.236	
Histidine.....g	0.215		2	A	1		0.284	0.062	
Alanine.....g	0.475		2	A	1		0.627	0.138	
Aspartic acid.....g	1.270		2	A	1		1.676	0.368	
Glutamic acid.....g	1.870		2	A	1		2.468	0.542	
Glycine.....g	0.505		2	A	1		0.667	0.146	
Proline.....g	0.880		2	A	1		1.162	0.255	
Serine.....g	0.530		2	A	1		0.700	0.154	
Hydroxyproline.....g	0.000		2	A	1		0.000	0.000	
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	80	0.000	3	A	1		106	23	
Theobromine.....mg	1297	34.801	3	A	1		1712	376	
Carotenoids:									
Carotene, beta.....mcg	0		2	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		2	A	1		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000	0.000	
Lycopene.....mcg	0		2	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		0	NR	4		50.589	11.114	

NDB No. 19078

Baking chocolate, unsweetened, squares

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 = 132g: 1 cup, grated

Measure 2 = 29g: 1 square

Calories Factors: Protein 1.83

Fat 8.37

Carbohydrate 1.33

Food Group: 19 Sweets

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

NDB No. 19248
Candies, ALMOND JOY BITES
Hershey Food Corp.

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	1.26		1	MC	9		0.50		
Energy.....kcal	545		1	MC	9		218		
Energy.....kj	2282		0	MC	9		913		
Protein (N x 6.25).....g	5.58		1	MC	9		2.23		
Total lipid (fat).....g	34.50		1	MC	9		13.80		
Ash.....g	1.12		1	MC	9		0.45		
Carbohydrate, by difference.....g	57.48		1	MC	9		22.99		
Fiber, total dietary.....g	4.3		1	MC	9		1.7		
Sugars, total.....g	51.71		1	MC	9		20.68		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	109		1	MC	9		44		
Iron, Fe.....mg	1.33		1	MC	9		0.53		
Magnesium, Mg.....mg	38		1	MC	9		15		
Phosphorus, P.....mg	129		1	MC	9		52		
Potassium, K.....mg	306		1	MC	9		123		
Sodium, Na.....mg	39		1	MC	9		16		
Zinc, Zn.....mg	0.79		1	MC	9		0.32		
Copper, Cu.....mg	0.180		1	MC	9		0.072		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.0		1	MC	9		0.4		
Thiamin.....mg	0.040		1	MC	9		0.016		
Riboflavin.....mg	0.160		1	MC	9		0.064		
Niacin.....mg	0.330		1	MC	9		0.132		
Pantothenic acid.....mg	0.250		1	MC	9		0.100		
Vitamin B-6.....mg	0.060		1	MC	9		0.024		
Folate, total.....mcg	8		1	MC	9		3		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	117		1	MC	9		47		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	20.600		1	MC	9		8.240		
Fatty acids, total monounsaturated.....g	8.850		1	MC	9		3.540		
Fatty acids, total polyunsaturated.....g	1.460		1	MC	9		0.584		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MC	9		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 19248

Candies, ALMOND JOY BITES

Common Measures:

Measure 1 = 40g: 18 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19098
Candies, 5TH AVENUE Candy Bar

Hershey Food Corp.

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	2.30		1	MC	9		1.29	0.37	
Energy.....kcal	482		1	MC	9		270	77	
Energy.....kj	2017		0	MC	9		1130	323	
Protein.....g	8.78		1	MC	9		4.92	1.40	
Total lipid (fat).....g	23.98		1	MC	9		13.43	3.84	
Ash.....g	1.91		1	MC	9		1.07	0.31	
Carbohydrate, by difference.....g	62.68		1	MC	9		35.10	10.03	
Fiber, total dietary.....g	3.1		1	MC	9		1.7	0.5	
Sugars, total.....g	47.19		1	MC	9		26.43	7.55	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	73		1	MC	9		41	12	
Iron, Fe.....mg	1.20		1	MC	9		0.67	0.19	
Magnesium, Mg.....mg	62		1	MC	9		35	10	
Phosphorus, P.....mg	141		1	MC	9		79	23	
Potassium, K.....mg	347		1	MC	9		195	56	
Sodium, Na.....mg	225		1	MC	9		126	36	
Zinc, Zn.....mg	1.12		1	MC	9		0.63	0.18	
Copper, Cu.....mg	0.210		1	MC	9		0.118	0.034	
Manganese, Mn.....mg	0.050		1	MC	9		0.028	0.008	
Selenium, Se.....mcg	0.6		1	MC	9		0.3	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.2	0.1	
Thiamin.....mg	0.140		1	MC	9		0.078	0.022	
Riboflavin.....mg	0.090		1	MC	9		0.050	0.014	
Niacin.....mg	3.900		1	MC	9		2.184	0.624	
Pantothenic acid.....mg	0.540		1	MC	9		0.302	0.086	
Vitamin B-6.....mg	0.110		1	MC	9		0.062	0.018	
Folate, total.....mcg	36		0	FLM	4		20	6	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	36		0	FLM	4		20	6	
Folate, DFE.....mcg_DFE	36		0	NC	4		20	6	
Vitamin B-12.....mcg	0.18		0	FLM	4		0.10	0.03	
Vitamin A, IU.....IU	51		0	FLM	4		28	8	
Vitamin A, RAE.....mcg_RAE	14		0	FLM	4		8	2	
Retinol.....mcg	14		0	FLM	4		8	2	
Vitamin E (alpha-tocopherol).....mg	2.70		0	FLM	4		1.51	0.43	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.7		0	FLM	4		1.5	0.4	
Lipids:									
Fatty acids, total saturated.....g	6.650		1	MC	9		3.724	1.064	
4:0.....g	0.128		0	FLM	4		0.072	0.020	
6:0.....g	0.045		0	FLM	4		0.025	0.007	
8:0.....g	0.028		0	FLM	4		0.015	0.004	
10:0.....g	0.053		0	FLM	4		0.030	0.009	
12:0.....g	0.058		0	FLM	4		0.033	0.009	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.213		0	FLM	4		0.119	0.034	
15:0.....g	0.016		0	FLM	4		0.009	0.003	
16:0.....g	3.532		0	FLM	4		1.978	0.565	
17:0.....g	0.015		0	FLM	4		0.008	0.002	
18:0.....g	1.974		0	FLM	4		1.106	0.316	
20:0.....g	0.040		0	FLM	4		0.022	0.006	
22:0.....g	0.004		0	FLM	4		0.002	0.001	

NDB No. 19098
 Candies, 5TH AVENUE Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	10.600		1	MC	9		5.936	1.696	
14:1.....g	0.014		0	FLM	4		0.008	0.002	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.054		0	FLM	4		0.030	0.009	
17:1.....g	0.004		0	FLM	4		0.002	0.001	
18:1 undifferentiated.....g	8.355		0	FLM	4		4.679	1.337	
20:1.....g	0.145		0	FLM	4		0.081	0.023	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.390		0	FLM	4		1.898	0.542	
18:2 undifferentiated.....g	3.305		0	FLM	4		1.851	0.529	
18:3 undifferentiated.....g	0.084		0	FLM	4		0.047	0.014	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MC	9		3	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	5		0	FLM	4		3	1	
Theobromine.....mg	79		0	FLM	4		44	13	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLM	4		0.298	0.085	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.264	0.075	

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Common Measures:

Measure 1 = 56g: 1 bar 2 oz

Measure 2 = 16g: 1 bar snack size

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19065
Candies, ALMOND JOY Candy Bar
Hershey Food Corp.

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	8.20		1	MC	9		4.02	1.56	
Energy.....kcal	479		1	MC	9		235	91	
Energy.....kj	2003		0	MC	9		981	380	
Protein.....g	4.13		1	MC	9		2.02	0.78	
Total lipid (fat).....g	26.93		1	MC	9		13.20	5.12	
Ash.....g	1.23		1	MC	9		0.60	0.23	
Carbohydrate, by difference.....g	59.51		0	NC	4		29.16	11.31	
Fiber, total dietary.....g	5.0		1	MC	9		2.5	1.0	
Sugars, total.....g	48.34		1	MC	9		23.69	9.18	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	64		1	MC	9		31	12	
Iron, Fe.....mg	1.27		1	MC	9		0.62	0.24	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	112		1	MC	9		55	21	
Potassium, K.....mg	254		1	MC	9		124	48	
Sodium, Na.....mg	142		1	MC	9		70	27	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		1	MC	9		0.3	0.1	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	42		1	MC	9		21	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	17.590		1	MC	9		8.619	3.342	
Fatty acids, total monounsaturated.....g	5.260		1	MC	9		2.577	0.999	
Fatty acids, total polyunsaturated.....g	1.180		1	MC	9		0.578	0.224	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	MC	9		2	1	
Phytosterols.....mg									

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Common Measures:

Measure 1 = 49g: 1 package 1.76 oz

Measure 2 = 19g: 1 bar snack size

NDB No. 19065
Candies, ALMOND JOY Candy Bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19075
Candies, CARMELLO Candy Bar
Hershey Food Corp.

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	6.79		1	MC	9		2.38	3.06	2.92
Energy.....kcal	462		1	MC	9		162	208	199
Energy.....kj	1932		0	MC	9		676	869	831
Protein.....g	6.19		1	MC	9		2.17	2.79	2.66
Total lipid (fat).....g	21.19		1	MC	9		7.42	9.54	9.11
Ash.....g	1.46		1	MC	9		0.51	0.66	0.63
Carbohydrate, by difference.....g	63.81		1	MC	9		22.33	28.71	27.44
Fiber, total dietary.....g	1.2		1	MC	9		0.4	0.5	0.5
Sugars, total.....g	56.92		1	MC	9		19.92	25.61	24.48
Starch.....g									
Minerals:									
Calcium, Ca.....mg	213		1	MC	9		74	96	92
Iron, Fe.....mg	1.09		1	MC	9		0.38	0.49	0.47
Magnesium, Mg.....mg									
Phosphorus, P.....mg	150		1	MC	9		53	68	65
Potassium, K.....mg	341		1	MC	9		119	154	147
Sodium, Na.....mg	122		1	MC	9		43	55	52
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.7		1	MC	9		0.6	0.8	0.7
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	303		1	MC	9		106	136	130
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	12.720		1	MC	9		4.452	5.724	5.470
Fatty acids, total monounsaturated.....g	5.290		1	MC	9		1.852	2.381	2.275
Fatty acids, total polyunsaturated.....g	0.630		1	MC	9		0.221	0.284	0.271
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	MC	9		9	12	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 = 35g: 1 bar 1.25 oz

Measure 2 = 45g: 1 bar 1.6 oz

Measure 3 = 43g: 6 blocks

NDB No. 19075

Candies, CARMELLO Candy Bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19179
Candies, E.J. BRACH'S, BRACH'S STAR BRITES Peppermint Mints
E.J. Brach's Corp.

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	1.90		1	A	1		0.29		
Energy.....kcal	393		0	NC	4		59		
Energy.....kj	1643		4		4		246		
Protein.....g	0.00		1	A	1		0.00		
Total lipid (fat).....g	0.20		1	A	1		0.03		
Ash.....g	0.20		1	A	1		0.03		
Carbohydrate, by difference.....g	97.70		0	NC	4		14.66		
Fiber, total dietary.....g									
Sugars, total.....g	62.90		1	A	1		9.44		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	40		1	A	1		6		
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 = 15.0g: 3 pieces

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19243
Candies, HEATH BITES
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.86		1	MC	9		0.34		
Energy.....kcal	530		1	MC	9		207		
Energy.....kj	2217		0	MC	9		864		
Protein (N x 6.25).....g	3.94		1	MC	9		1.54		
Total lipid (fat).....g	30.38		1	MC	9		11.85		
Ash.....g	1.16		1	MC	9		0.45		
Carbohydrate, by difference.....g	63.39		1	MC	9		24.72		
Fiber, total dietary.....g	2.0		1	MC	9		0.8		
Sugars, total.....g	60.02		1	MC	9		23.41		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	86		1	MC	9		34		
Iron, Fe.....mg	0.78		1	MC	9		0.30		
Magnesium, Mg.....mg	6		1	MC	9		2		
Phosphorus, P.....mg	71		1	MC	9		28		
Potassium, K.....mg	210		1	MC	9		82		
Sodium, Na.....mg	245		1	MC	9		96		
Zinc, Zn.....mg	0.11		1	MC	9		0.04		
Copper, Cu.....mg	0.030		1	MC	9		0.012		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3		
Thiamin.....mg	0.020		1	MC	9		0.008		
Riboflavin.....mg	0.110		1	MC	9		0.043		
Niacin.....mg	0.090		1	MC	9		0.035		
Pantothenic acid.....mg	0.010		1	MC	9		0.004		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....mcg	1		1	MC	9		1		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	232		1	MC	9		91		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	15.620		1	MC	9		6.092		
Fatty acids, total monounsaturated.....g	8.800		1	MC	9		3.432		
Fatty acids, total polyunsaturated.....g	2.550		1	MC	9		0.995		
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	MC	9		7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
Theobromine.....mg									

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

NDB No. 19243

Candies, HEATH BITES

Common Measures:

Measure 1 = 39g: 15 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19084
Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES
Hershey Food Corp.

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									
Energy.....kcal	570		0	NC	4		234		
Energy.....kj	2384		0	NC	4		977		
Protein (N x 6.25).....g	11.97		1	MC	9		4.91		
Total lipid (fat).....g	37.13		1	MC	9		15.22		
Ash.....g									
Carbohydrate, by difference.....g	46.91		1	MC	9		19.23		
Fiber, total dietary.....g	4.4		1	MC	9		1.8		
Sugars, total.....g	37.13		1	MC	9		15.22		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	203		1	MC	9		83		
Iron, Fe.....mg	2.50		1	MC	9		1.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	52		1	MC	9		21		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	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		1	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	15.230		1	MC	9		6.244		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	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 = 41g: 13 pieces

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19084

Candies, HERSHEY'S GOLDEN ALMOND SOLITAIRES

Food Group: 19 Sweets

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

NDB No. 19236
Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES
Hershey Food Corp.

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	1.19		1	MC	9		0.46		
Energy.....kcal	550		1	MC	9		214		
Energy.....kj	2300		0	MC	9		897		
Protein (N x 6.25).....g	9.76		1	MC	9		3.81		
Total lipid (fat).....g	35.73		1	MC	9		13.93		
Ash.....g	1.59		1	MC	9		0.62		
Carbohydrate, by difference.....g	51.00		1	MC	9		19.89		
Fiber, total dietary.....g	3.6		1	MC	9		1.4		
Sugars, total.....g	44.59		1	MC	9		17.39		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	220		1	MC	9		86		
Iron, Fe.....mg	1.50		1	MC	9		0.59		
Magnesium, Mg.....mg	59		1	MC	9		23		
Phosphorus, P.....mg	227		1	MC	9		88		
Potassium, K.....mg	471		1	MC	9		184		
Sodium, Na.....mg	74		1	MC	9		29		
Zinc, Zn.....mg	1.34		1	MC	9		0.52		
Copper, Cu.....mg	0.200		1	MC	9		0.078		
Manganese, Mn.....mg	0.010		1	MC	9		0.004		
Selenium, Se.....mcg	3.4		1	MC	9		1.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.8		1	MC	9		0.7		
Thiamin.....mg	0.070		1	MC	9		0.027		
Riboflavin.....mg	0.380		1	MC	9		0.148		
Niacin.....mg	0.620		1	MC	9		0.242		
Pantothenic acid.....mg	0.470		1	MC	9		0.183		
Vitamin B-6.....mg	0.070		1	MC	9		0.027		
Folate, total.....mcg	16		1	MC	9		6		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	177		1	MC	9		69		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	17.390		1	MC	9		6.782		
Fatty acids, total monounsaturated.....g	14.380		1	MC	9		5.608		
Fatty acids, total polyunsaturated.....g	2.420		1	MC	9		0.944		
Fatty acids, total trans.....g	0.150		1	MC	9		0.059		
Cholesterol.....mg	19		1	MC	9		7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 19236

Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES

Common Measures:

Measure 1 = 39g: 17 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19130
Candies, HERSHEY'S POT OF GOLD Almond Bar
Hershey Food Corp.

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									
Energy.....kcal	577		1	MC	9		450		
Energy.....kj	2414		0	MC	9		1883		
Protein.....g	12.82		1	MC	9		10.00		
Total lipid (fat).....g	38.46		1	MC	9		30.00		
Ash.....g									
Carbohydrate, by difference.....g	46.15		1	MC	9		36.00		
Fiber, total dietary.....g	3.8		1	MC	9		3.0		
Sugars, total.....g	38.46		1	MC	9		30.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	192		1	MC	9		150		
Iron, Fe.....mg	1.85		1	MC	9		1.44		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	64		1	MC	9		50		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	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									
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	16.667		1	MC	9		13.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	MC	9		10		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 78g: 1 bar 2.8 oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19130
Candies, HERSHEY'S POT OF GOLD Almond Bar

Food Group: 19 Sweets

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

NDB No. 19253
Candies, HERSHEY, Crispy Rice Snacks Peanut Butter
Hershey Food Corp.

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	3.88		1	MC		9			
Energy.....kcal	443		1	MC		9			
Energy.....kj	1855		0	MC		9			
Protein (N x 6.25).....g	6.46		1	MC		9			
Total lipid (fat).....g	15.86		1	MC		9			
Ash.....g	2.71		1	MC		9			
Carbohydrate, by difference.....g	71.00		1	MC		9			
Fiber, total dietary.....g	2.1		1	MC		9			
Sugars, total.....g	32.45		1	MC		9			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	344		1	MC		9			
Iron, Fe.....mg	5.17		1	MC		9			
Magnesium, Mg.....mg	28		1	MC		9			
Phosphorus, P.....mg	102		1	MC		9			
Potassium, K.....mg	185		1	MC		9			
Sodium, Na.....mg	406		1	MC		9			
Zinc, Zn.....mg	0.49		1	MC		9			
Copper, Cu.....mg	0.110		1	MC		9			
Manganese, Mn.....mg	0.000		1	MC		9			
Selenium, Se.....mcg	0.0		1	MC		9			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	14.9		1	MC		9			
Thiamin.....mg	0.430		1	MC		9			
Riboflavin.....mg	0.450		1	MC		9			
Niacin.....mg	6.900		1	MC		9			
Pantothenic acid.....mg	0.210		1	MC		9			
Vitamin B-6.....mg	0.530		1	MC		9			
Folate, total.....mcg	119		1	MC		9			
Folic acid.....mcg									
Folate, food.....mcg	119		1	MC		9			
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1248		1	MC		9			
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	5.280		1	MC		9			
Fatty acids, total monounsaturated.....g	6.020		1	MC		9			
Fatty acids, total polyunsaturated.....g	2.970		1	MC		9			
Fatty acids, total trans.....g	0.000		1	MC		9			
Cholesterol.....mg	3		1	MC		9			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC		9			
Caffeine.....mg	0		1	MC		9			
Theobromine.....mg									

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

NDB No. 19253

Candies, HERSHEY, Crispy Rice Snacks Peanut Butter

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19250
Candies, HERSHEY, KIT KAT BIG KAT Bar
Hershey Food Corp.

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	1.10		1	MC	9		0.61	0.87	
Energy.....kcal	520		1	MC	9		286	411	
Energy.....kj	2175		0	MC	9		1196	1718	
Protein (N x 6.25).....g	6.24		1	MC	9		3.43	4.93	
Total lipid (fat).....g	27.84		1	MC	9		15.31	21.99	
Ash.....g	0.96		1	MC	9		0.53	0.76	
Carbohydrate, by difference.....g	63.64		1	MC	9		35.00	50.28	
Fiber, total dietary.....g	1.9		1	MC	9		1.0	1.5	
Sugars, total.....g	53.96		1	MC	9		29.68	42.63	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	138		1	MC	9		76	109	
Iron, Fe.....mg	0.84		1	MC	9		0.46	0.66	
Magnesium, Mg.....mg	2		1	MC	9		1	2	
Phosphorus, P.....mg	112		1	MC	9		62	89	
Potassium, K.....mg	294		1	MC	9		162	233	
Sodium, Na.....mg	64		1	MC	9		35	51	
Zinc, Zn.....mg	0.07		1	MC	9		0.04	0.06	
Copper, Cu.....mg	0.010		1	MC	9		0.006	0.008	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		1	MC	9		0.7	1.1	
Thiamin.....mg	0.050		1	MC	9		0.028	0.040	
Riboflavin.....mg	0.170		1	MC	9		0.094	0.134	
Niacin.....mg	0.180		1	MC	9		0.099	0.142	
Pantothenic acid.....mg	0.040		1	MC	9		0.022	0.032	
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	
Folate, total.....mcg	3		1	MC	9		2	2	
Folic acid.....mcg									
Folate, food.....mcg	3		1	MC	9		2	2	
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	92		1	MC	9		50	72	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	17.990		1	MC	9		9.895	14.212	
Fatty acids, total monounsaturated.....g	4.910		1	MC	9		2.701	3.879	
Fatty acids, total polyunsaturated.....g	0.510		1	MC	9		0.281	0.403	
Fatty acids, total trans.....g	0.000		1	MC	9		0.000	0.000	
Cholesterol.....mg	9		1	MC	9		5	7	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	0		1	MC	9		0	0	
Theobromine.....mg									

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

NDB No. 19250

Candies, HERSHEY, KIT KAT BIG KAT Bar

Common Measures:

Measure 1 = 55g: 1 bar 1.94 oz

Measure 2 = 79g: 1 bar king size 2.8 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Hershey Food Corp.

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	1.60		1	MC	9		0.67		
Energy.....kcal	521		1	MC	9		219		
Energy.....kj	2181		0	MC	9		916		
Protein (N x 6.25).....g	9.53		1	MC	9		4.00		
Total lipid (fat).....g	31.34		1	MC	9		13.16		
Ash.....g	2.00		1	MC	9		0.84		
Carbohydrate, by difference.....g	55.38		1	MC	9		23.26		
Fiber, total dietary.....g	3.3		1	MC	9		1.4		
Sugars, total.....g	40.33		1	MC	9		16.94		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70		1	MC	9		30		
Iron, Fe.....mg	1.30		1	MC	9		0.55		
Magnesium, Mg.....mg	49		1	MC	9		21		
Phosphorus, P.....mg	144		1	MC	9		60		
Potassium, K.....mg	295		1	MC	9		124		
Sodium, Na.....mg	264		1	MC	9		111		
Zinc, Zn.....mg	0.99		1	MC	9		0.42		
Copper, Cu.....mg	0.200		1	MC	9		0.084		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.7		1	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.2		
Thiamin.....mg	0.130		1	MC	9		0.055		
Riboflavin.....mg	0.100		1	MC	9		0.042		
Niacin.....mg	3.640		1	MC	9		1.529		
Pantothenic acid.....mg	0.440		1	MC	9		0.185		
Vitamin B-6.....mg	0.080		1	MC	9		0.034		
Folate, total.....mcg	40		1	MC	9		17		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	40		1	MC	9		17		
Folate, DFE.....mcg_DFE	40		0	NC	4		17		
Vitamin B-12.....mcg	0.15		0	FLC	4		0.06		
Vitamin A, IU.....IU	58		1	MC	9		24		
Vitamin A, RAE.....mcg_RAE	14		0	NC	4		6		
Retinol.....mcg	14		0	O	4		6		
Vitamin E (alpha-tocopherol).....mg	2.77		0	FLC	4		1.16		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.9		0	FLC	4		2.5		
Lipids:									
Fatty acids, total saturated.....g	13.210		1	MC	9		5.548		
4:0.....g	0.119		0	FLC	4		0.050		
6:0.....g	0.044		0	FLC	4		0.018		
8:0.....g	0.040		0	FLC	4		0.017		
10:0.....g	0.060		0	FLC	4		0.025		
12:0.....g	0.222		0	FLC	4		0.093		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.236		0	FLC	4		0.099		
15:0.....g	0.016		0	FLC	4		0.007		
16:0.....g	6.006		0	FLC	4		2.523		
17:0.....g	0.015		0	FLC	4		0.006		
18:0.....g	6.155		0	FLC	4		2.585		
20:0.....g	0.040		0	FLC	4		0.017		
22:0.....g	0.004		0	FLC	4		0.002		
24:0.....g	0.000		0	FLC	4		0.000		

NDB No. 19249

Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.820		1	MC	9		4.544		
14:1.....g	0.013		0	FLC	4		0.005		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.053		0	FLC	4		0.022		
17:1.....g	0.004		0	FLC	4		0.002		
18:1 undifferentiated.....g	9.323		0	FLC	4		3.915		
20:1.....g	0.113		0	FLC	4		0.048		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	4.680		1	MC	9		1.966		
18:2 undifferentiated.....g	4.593		0	FLC	4		1.929		
18:3 undifferentiated.....g	0.049		0	FLC	4		0.020		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MC	9		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
Theobromine.....mg	48		0	FLC	4		20		
Carotenoids:									
Carotene, beta.....mcg	4		0	NR	4		1.680		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	45		0	FLC	4		18.727		

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Common Measures:

Measure 1 = 42g: 1 serving 1.5 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19237
Candies, KIT KAT BITES
Hershey Food Corp.

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	1.00		1	MC	9		0.39		
Energy.....kcal	511		1	MC	9		199		
Energy.....kj	2139		0	MC	9		834		
Protein (N x 6.25).....g	6.50		1	MC	9		2.54		
Total lipid (fat).....g	26.41		1	MC	9		10.30		
Ash.....g	0.87		1	MC	9		0.34		
Carbohydrate, by difference.....g	64.55		1	MC	9		25.17		
Fiber, total dietary.....g	2.2		1	MC	9		0.8		
Sugars, total.....g	49.47		1	MC	9		19.29		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	131		1	MC	9		51		
Iron, Fe.....mg	0.88		1	MC	9		0.34		
Magnesium, Mg.....mg	0		1	MC	9		0		
Phosphorus, P.....mg	94		1	MC	9		37		
Potassium, K.....mg	297		1	MC	9		116		
Sodium, Na.....mg	67		1	MC	9		26		
Zinc, Zn.....mg	0.00		1	MC	9		0.00		
Copper, Cu.....mg	0.000		1	MC	9		0.000		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.2		1	MC	9		0.5		
Thiamin.....mg	0.030		1	MC	9		0.012		
Riboflavin.....mg	0.160		1	MC	9		0.062		
Niacin.....mg	0.060		1	MC	9		0.023		
Pantothenic acid.....mg	0.000		1	MC	9		0.000		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....mcg	1		1	MC	9		0		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	84		1	MC	9		33		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	17.100		1	MC	9		6.669		
Fatty acids, total monounsaturated.....g	4.500		1	MC	9		1.755		
Fatty acids, total polyunsaturated.....g	0.430		1	MC	9		0.168		
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	MC	9		3		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 19237

Candies, KIT KAT BITES

Common Measures:

Measure 1 = 39g: 15 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19109
Candies, KIT KAT Wafer Bar
Hershey Food Corp.

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	1.14		1	MC	9		0.48	0.11	0.52
Energy.....kcal	517		1	MC	9		217	52	238
Energy.....kj	2162		0	MC	9		908	216	994
Protein.....g	6.41		1	MC	9		2.69	0.64	2.95
Total lipid (fat).....g	27.11		1	MC	9		11.39	2.71	12.47
Ash.....g	0.95		1	MC	9		0.40	0.10	0.44
Carbohydrate, by difference.....g	64.17		1	MC	9		26.95	6.42	29.52
Fiber, total dietary.....g	1.9		1	MC	9		0.8	0.2	0.9
Sugars, total.....g	52.41		1	MC	9		22.01	5.24	24.11
Starch.....g									
Minerals:									
Calcium, Ca.....mg	135		1	MC	9		57	14	62
Iron, Fe.....mg	0.85		1	MC	9		0.36	0.09	0.39
Magnesium, Mg.....mg	3		1	MC	9		1	0	1
Phosphorus, P.....mg	113		1	MC	9		47	11	52
Potassium, K.....mg	290		1	MC	9		122	29	134
Sodium, Na.....mg	65		1	MC	9		27	6	30
Zinc, Zn.....mg	0.09		1	MC	9		0.04	0.01	0.04
Copper, Cu.....mg	0.020		1	MC	9		0.008	0.002	0.009
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	4.7		2	AI	13		2.0	0.5	2.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		1	MC	9		0.6	0.1	0.6
Thiamin.....mg	0.050		1	MC	9		0.021	0.005	0.023
Riboflavin.....mg	0.170		1	MC	9		0.071	0.017	0.078
Niacin.....mg	0.210		1	MC	9		0.088	0.021	0.097
Pantothenic acid.....mg	0.050		1	MC	9		0.021	0.005	0.023
Vitamin B-6.....mg	0.010		1	MC	9		0.004	0.001	0.005
Folate, total.....mcg	3		1	MC	9		1	0	2
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	3		1	MC	9		1	0	2
Folate, DFE.....mcg_DFE	3		0	NC	4		1	0	2
Vitamin B-12.....mcg	0.21		0	FLM	4		0.09	0.02	0.10
Vitamin A, IU.....IU	90		1	MC	9		38	9	41
Vitamin A, RAE.....mcg_RAE	25		0	FLM	4		10	2	11
Retinol.....mcg	24		0	FLM	4		10	2	11
Vitamin E (alpha-tocopherol).....mg	0.35		2	A	1		0.15	0.04	0.16
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	6.0		0	FLM	4		2.5	0.6	2.8
Lipids:									
Fatty acids, total saturated.....g	17.490		1	MC	9		7.346	1.749	8.045
4:0.....g	0.010		0	FLM	4		0.004	0.001	0.005
6:0.....g	0.022		0	FLM	4		0.009	0.002	0.010
8:0.....g	0.330		0	FLM	4		0.138	0.033	0.152
10:0.....g	0.372		0	FLM	4		0.156	0.037	0.171
12:0.....g	4.665		0	FLM	4		1.959	0.467	2.146
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	1.660		0	FLM	4		0.697	0.166	0.763
15:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:0.....g	4.777		0	FLM	4		2.006	0.478	2.197
17:0.....g	0.010		0	FLM	4		0.004	0.001	0.005
18:0.....g	5.474		0	FLM	4		2.299	0.547	2.518
20:0.....g	0.055		0	FLM	4		0.023	0.005	0.025
22:0.....g	0.005		0	FLM	4		0.002	0.001	0.002
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19109
Candies, KIT KAT Wafer Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.790		1	MC	9		2.012	0.479	2.203
14:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.030		0	FLM	4		0.013	0.003	0.014
17:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
18:1 undifferentiated.....g	4.751		0	FLM	4		1.995	0.475	2.185
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.510		1	MC	9		0.214	0.051	0.235
18:2 undifferentiated.....g	0.482		0	FLM	4		0.202	0.048	0.222
18:3 undifferentiated.....g	0.012		0	FLM	4		0.005	0.001	0.006
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	MC	9		4	1	4
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	8		0	FLM	4		3	1	4
Theobromine.....mg	129		0	FLM	4		54	13	59
Carotenoids:									
Carotene, beta.....mcg	5		0	FLM	4		2.195	0.523	2.404
Carotene, alpha.....mcg	0		0	FLM	4		0.004	0.001	0.004
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.006	0.001	0.006
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	6		0	FLM	4		2.500	0.595	2.738

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Common Measures:

Measure 1 = 42g: 1 bar (1.5 oz)

Measure 2 = 10.0g: 1 bar, miniature (.35 oz)

Measure 3 = 46g: 1 bar (1.625 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19110
Candies, KRACKEL Chocolate Bar
Hershey Food Corp.

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	1.17		1	MC	9		0.48	0.66	0.43
Energy.....kcal	512		1	MC	9		210	287	189
Energy.....kj	2143		0	MC	9		878	1200	793
Protein.....g	6.62		1	MC	9		2.71	3.71	2.45
Total lipid (fat).....g	26.58		1	MC	9		10.90	14.88	9.83
Ash.....g	1.29		1	MC	9		0.53	0.72	0.48
Carbohydrate, by difference.....g	63.96		1	MC	9		26.22	35.82	23.67
Fiber, total dietary.....g	2.2		1	MC	9		0.9	1.3	0.8
Sugars, total.....g	52.53		1	MC	9		21.54	29.42	19.44
Starch.....g									
Minerals:									
Calcium, Ca.....mg	158		1	MC	9		65	88	58
Iron, Fe.....mg	1.06		1	MC	9		0.43	0.59	0.39
Magnesium, Mg.....mg	13		1	MC	9		5	7	5
Phosphorus, P.....mg	123		1	MC	9		51	69	46
Potassium, K.....mg	325		1	MC	9		133	182	120
Sodium, Na.....mg	196		1	MC	9		80	110	72
Zinc, Zn.....mg	0.49		1	MC	9		0.20	0.27	0.18
Copper, Cu.....mg	0.020		1	MC	9		0.008	0.011	0.007
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	3.5		1	MC	9		1.4	1.9	1.3
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3	0.4	0.3
Thiamin.....mg	0.050		1	MC	9		0.021	0.028	0.019
Riboflavin.....mg	0.190		1	MC	9		0.078	0.106	0.070
Niacin.....mg	0.260		1	MC	9		0.107	0.146	0.096
Pantothenic acid.....mg	0.420		1	MC	9		0.172	0.235	0.155
Vitamin B-6.....mg	0.040		1	MC	9		0.016	0.022	0.015
Folate, total.....mcg	6		1	MC	9		2	3	2
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	102		1	MC	9		42	57	38
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	15.920		1	MC	9		6.527	8.915	5.890
Fatty acids, total monounsaturated.....g	6.250		1	MC	9		2.563	3.500	2.313
Fatty acids, total polyunsaturated.....g	0.570		1	MC	9		0.234	0.319	0.211
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MC	9		4	6	4
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		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.

NDB No. 19110

Candies, KRACKEL Chocolate Bar

Common Measures:

Measure 1 = 41g: 1 bar 1.45 oz

Measure 2 = 56g: 1 bar 2 oz

Measure 3 = 37g: 3 blocks

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 42227

Candies, M&M MARS, "M&M'S" Almond Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.518				4		26.360	0.460	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.215				4		0.419	0.007	
17:1.....g									
18:1 undifferentiated.....g	13.290				4		25.916	0.452	
20:1.....g	0.013				4		0.025	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.314				4		6.462	0.113	
18:2 undifferentiated.....g	3.183				4		6.207	0.108	
18:3 undifferentiated.....g	0.131				4		0.255	0.004	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7				4		14	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	11		0	BFZN	4		21	0	
Theobromine.....mg	76		0	BFZN	4		148	3	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		1.120	0.020	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.551	0.010	

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

Common Measures:

Measure 1 = 195g: 1 cup

Measure 2 = 3.4g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 42148

Candies, M&M MARS, "M&M'S" Peanut Butter Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.647				4		21.613	2.236	0.234
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	10.449				4		21.211	2.194	0.230
20:1.....g	0.198				4		0.402	0.042	0.004
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.886				4		9.919	1.026	0.107
18:2 undifferentiated.....g	4.801				4		9.746	1.008	0.106
18:3 undifferentiated.....g	0.025				4		0.051	0.005	0.001
18:4.....g	0.000				4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.060				4		0.122	0.013	0.001
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13				4		26	3	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0	0.0	0.0
Caffeine.....mg	10		0	BFZN	4		20	2	0
Theobromine.....mg	66		0	BFZN	4		134	14	1
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
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		0.000	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 = 203g: 1 cup
- Measure 2 = 21g: 1 bar, fun size
- Measure 3 = 2.2g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19141

Candies, M&M MARS, "M&M's" Milk Chocolate Candies

M&M/Mars 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	1.68		1		1		3.49	0.71	175.27
Energy.....kcal	492		0	MC	9		1023	207	51330
Energy.....kj	2059				9		4282	865	214766
Protein.....g	4.33		0	MC	9		9.01	1.82	451.75
Total lipid (fat).....g	21.13		0	MC	9		43.95	8.87	2204.49
Ash.....g	1.63		0	MC	9		3.39	0.68	170.06
Carbohydrate, by difference.....g	71.21		0	MC	9		148.12	29.91	7429.34
Fiber, total dietary.....g	2.5		0	MC	9		5.2	1.1	260.8
Sugars, total.....g	63.66		0	MC	9		132.41	26.74	6641.65
Starch.....g									
Minerals:									
Calcium, Ca.....mg	105		0	MC	9		218	44	10955
Iron, Fe.....mg	1.11		0	MC	9		2.31	0.47	115.81
Magnesium, Mg.....mg	34		0	FLM	4		71	14	3572
Phosphorus, P.....mg	114		0	FLM	4		237	48	11901
Potassium, K.....mg	203		0	FLM	4		423	85	21201
Sodium, Na.....mg	61		0	MC	9		127	26	6364
Zinc, Zn.....mg	1.10		0	FLM	4		2.28	0.46	114.39
Copper, Cu.....mg	0.272		0	FLM	4		0.566	0.114	28.414
Manganese, Mn.....mg	0.266		0	FLM	4		0.553	0.112	27.758
Selenium, Se.....mcg	2.9		0	FLM	4		6.0	1.2	298.5
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	MC	9		1.0	0.2	52.2
Thiamin.....mg	0.061		0	FLM	4		0.126	0.025	6.328
Riboflavin.....mg	0.169		0	FLM	4		0.352	0.071	17.646
Niacin.....mg	0.209		0	FLM	4		0.436	0.088	21.857
Pantothenic acid.....mg	0.257		0	FLM	4		0.535	0.108	26.845
Vitamin B-6.....mg	0.019		0	FLM	4		0.040	0.008	2.022
Folate, total.....mcg	6		0	FLM	4		13	3	666
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	6		0	FLM	4		13	3	666
Folate, DFE.....mcg_DFE	6		0	NC	4		13	3	666
Vitamin B-12.....mcg	0.34		0	FLM	4		0.70	0.14	35.10
Vitamin A, IU.....IU	95		0	FLM	4		197	40	9868
Vitamin A, RAE.....mcg_RAE	27		0	FLM	4		55	11	2768
Retinol.....mcg	26		0	FLM	4		54	11	2730
Vitamin E (alpha-tocopherol).....mg	1.10		0	FLM	4		2.28	0.46	114.44
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.1		0	FLM	4		6.5	1.3	324.5
Lipids:									
Fatty acids, total saturated.....g	13.080		0	MC	9		27.206	5.494	1364.636
4:0.....g	0.442		0	FLM	4		0.920	0.186	46.133
6:0.....g	0.160		0	FLM	4		0.332	0.067	16.672
8:0.....g	0.091		0	FLM	4		0.190	0.038	9.537
10:0.....g	0.173		0	FLM	4		0.361	0.073	18.090
12:0.....g	0.190		0	FLM	4		0.396	0.080	19.853
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.583		0	FLM	4		1.213	0.245	60.849
15:0.....g	0.060		0	FLM	4		0.125	0.025	6.281
16:0.....g	5.234		0	FLM	4		10.887	2.198	546.091
17:0.....g	0.057		0	FLM	4		0.120	0.024	5.999
18:0.....g	5.367		0	FLM	4		11.164	2.254	559.958
20:0.....g	0.151		0	FLM	4		0.313	0.063	15.716
22:0.....g	0.016		0	FLM	4		0.034	0.007	1.682
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19141

Candies, M&M MARS, "M&M's" Milk Chocolate Candies

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	Code	Code				
Fatty acids, total monounsaturated.....g	3.535		0	FLM	4		7.352	1.485	368.777
14:1.....g	0.034		0	FLM	4		0.071	0.014	3.577
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.065		0	FLM	4		0.136	0.027	6.807
17:1.....g	0.010		0	FLM	4		0.020	0.004	1.009
18:1 undifferentiated.....g	3.426		0	FLM	4		7.125	1.439	357.384
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.385		0	FLM	4		0.801	0.162	40.190
18:2 undifferentiated.....g	0.385		0	FLM	4		0.801	0.162	40.190
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	MC	9		29	6	1461
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	11		0	FLM	4		23	5	1133
Theobromine.....mg	111		0	FLM	4		232	47	11628
Carotenoids:									
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	0		0	FLM	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 208g: 1 cup
- Measure 2 = 42g: 1 box (1.48 oz)
- Measure 3 = 10433g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19157

Candies, M&M MARS, "M&M's" Mini Milk Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0	MC	9		6	21	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
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 = 42g: 1 serving

Measure 2 = 142g: 1 package (net weight, 5 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19140

Candies, M&M MARS, "M&M's" Peanut Chocolate Candies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.000		0	MC	9		18.700	2.310	5.170
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.073		0	FLM	4		0.124	0.015	0.034
17:1.....g									
18:1 undifferentiated.....g	10.653		0	FLM	4		18.111	2.237	5.007
20:1.....g	0.186		0	FLM	4		0.316	0.039	0.087
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.200		0	MC	9		7.140	0.882	1.974
18:2 undifferentiated.....g	4.163		0	FLM	4		7.077	0.874	1.957
18:3 undifferentiated.....g	0.037		0	FLM	4		0.063	0.008	0.017
18:4.....g	0.000		0	FLM	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	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		15	2	4
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	11		0	FLM	4		18	2	5
Theobromine.....mg	69		0	FLM	4		118	15	33
Carotenoids:									
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	0		0	FLM	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 170g: 1 cup

Measure 2 = 21g: 1 package, fun size

Measure 3 = 47g: 1 package (1.67 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19159
Candies, M&M MARS, 3 MUSKETEERS Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.290		0		1		0.987	2.188	0.729
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		2		1		0.018	0.041	0.014
17:1.....g									
18:1 undifferentiated.....g	4.130		2		1		0.950	2.106	0.702
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	0.450		0		1		0.104	0.230	0.077
18:2 undifferentiated.....g	0.360		2		1		0.083	0.184	0.061
18:3 undifferentiated.....g	0.090		2		1		0.021	0.046	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	11		2		1		3	6	2
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	8		0	FLC	4		2	4	1
Theobromine.....mg	132		0	FLC	4		30	68	23
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
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	1		0	FLC	4		0.228	0.506	0.169

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 = 23g: 1 bar (.8 oz)

Measure 2 = 51g: 1 bar (1.813 oz)

Measure 3 = 17g: 1 bar, fun size

Calories Factors: Protein 3.6

Fat 8.7

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19115
Candies, M&M MARS, MARS Almond Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.693		0	FLA	4		5.347		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.215		0	FLA	4		0.108		
17:1.....g									
18:1 undifferentiated.....g	10.315		0	FLA	4		5.158		
20:1.....g	0.009		0	FLA	4		0.005		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.980		0	FLA	4		1.990		
18:2 undifferentiated.....g	3.700		0	FLA	4		1.850		
18:3 undifferentiated.....g	0.261		0	FLA	4		0.131		
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	17		0	FLA	4		9		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	4		0	FLA	4		2		
Theobromine.....mg	29		0	FLA	4		15		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.574		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.166		

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 = 50g: 1 bar (1.76 oz)

Calories Factors: Protein 3.7

Fat 8.6

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19135
Candies, M&M MARS, MARS MILKY WAY Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.020		0		4		1.385	3.251	3.612
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		5		1		0.018	0.043	0.048
17:1.....g									
18:1 undifferentiated.....g	5.940		5		1		1.366	3.208	3.564
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	0.600		0		4		0.138	0.324	0.360
18:2 undifferentiated.....g	0.560		5		1		0.129	0.302	0.336
18:3 undifferentiated.....g	0.040		5		1		0.009	0.022	0.024
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	14		1		1		3	8	8
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	8		0	FLA	4		2	4	5
Theobromine.....mg	92		0	FLA	4		21	50	55
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.251	0.590	0.656
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.001	0.001
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.001	0.001
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	4		0	FLC	4		0.938	2.202	2.446

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 = 23g: 1 bar (.8 oz)
 Measure 2 = 54g: 1 bar (1.9 oz)
 Measure 3 = 60g: 1 bar (2.1 oz)

Calories Factors: Protein 3.9

Fat 8.7

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 42196
Candies, M&M MARS, MILKY WAY Dark Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.866				4		2.933	1.056	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.150				4		0.075	0.027	
17:1.....g									
18:1 undifferentiated.....g	5.716				4		2.858	1.029	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.568				4		0.284	0.102	
18:2 undifferentiated.....g	0.568				4		0.284	0.102	
18:3 undifferentiated.....g	0.000				4		0.000	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	14				4		7	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0	0.0	
Caffeine.....mg	17		0	FLM	4		9	3	
Theobromine.....mg	174		0	FLM	4		87	31	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLC	4		1.971	0.710	
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	7		0	FLC	4		3.597	1.295	

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.76 oz)

Measure 2 = 18g: 1 bar fun size

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19370

Candies, M&M MARS, SKITTLES Original Bite Size Candies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.960		0	MC	9		6.068	295.378	1.687
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	FLM	4		0.053	2.595	0.015
17:1.....g									
18:1 undifferentiated.....g	2.896		0	FLM	4		5.937	288.992	1.651
20:1.....g	0.026		0	FLM	4		0.053	2.595	0.015
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0	MC	9		0.246	11.975	0.068
18:2 undifferentiated.....g	0.014		0	FLM	4		0.029	1.397	0.008
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLM	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	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0	0	0
Phytosterols.....mg									
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	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 9979g: 1 package

Measure 3 = 57g: 1 package (2 oz, 54 pieces)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19155
Candies, M&M MARS, SNICKERS Bar
M&M/Mars 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	5.49		0	MC	9		3.13	0.82	6.20
Energy.....kcal	479		0	MC	9		273	72	541
Energy.....kj	2004		0	MC	9		1142	301	2265
Protein.....g	8.00		0	MC	9		4.56	1.20	9.04
Total lipid (fat).....g	24.58		0	MC	9		14.01	3.69	27.78
Ash.....g	2.73		0	MC	9		1.56	0.41	3.08
Carbohydrate, by difference.....g	59.21		0	MC	9		33.75	8.88	66.91
Fiber, total dietary.....g	2.5		0	MC	9		1.4	0.4	2.8
Sugars, total.....g	49.28		0	MC	9		28.09	7.39	55.69
Starch.....g									
Minerals:									
Calcium, Ca.....mg	94		0	MC	9		54	14	106
Iron, Fe.....mg	0.76		0	MC	9		0.43	0.11	0.86
Magnesium, Mg.....mg	57		0	FLM	4		33	9	64
Phosphorus, P.....mg	171		0	FLM	4		98	26	194
Potassium, K.....mg	298		0	FLM	4		170	45	337
Sodium, Na.....mg	266		0	MC	9		152	40	301
Zinc, Zn.....mg	1.56		0	FLM	4		0.89	0.23	1.76
Copper, Cu.....mg	0.404		0	FLM	4		0.230	0.061	0.457
Manganese, Mn.....mg	0.601		0	FLM	4		0.343	0.090	0.680
Selenium, Se.....mcg	4.6		2	A	1		2.6	0.7	5.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		0	MC	9		0.3	0.1	0.7
Thiamin.....mg	0.127		0	FLM	4		0.072	0.019	0.143
Riboflavin.....mg	0.194		0	FLM	4		0.110	0.029	0.219
Niacin.....mg	1.581		0	FLM	4		0.901	0.237	1.786
Pantothenic acid.....mg	0.577		0	FLM	4		0.329	0.087	0.652
Vitamin B-6.....mg	0.059		0	FLM	4		0.034	0.009	0.067
Folate, total.....mcg	30		0	FLM	4		17	4	34
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	30		0	FLM	4		17	4	34
Folate, DFE.....mcg_DFE	30		0	NC	4		17	4	34
Vitamin B-12.....mcg	0.33		0	FLM	4		0.19	0.05	0.38
Vitamin A, IU.....IU	152		0	MC	9		87	23	172
Vitamin A, RAE.....mcg_RAE	42		0	FLM	4		24	6	47
Retinol.....mcg	41		0	FLM	4		23	6	46
Vitamin E (alpha-tocopherol).....mg	1.10	0.061	6	A	1		0.63	0.17	1.24
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.2		0	FLM	4		1.8	0.5	3.6
Lipids:									
Fatty acids, total saturated.....g	8.994		0	MC	9		5.127	1.349	10.163
4:0.....g	0.279		0	FLM	4		0.159	0.042	0.315
6:0.....g	0.104		0	FLM	4		0.059	0.016	0.118
8:0.....g	0.060		0	FLM	4		0.034	0.009	0.068
10:0.....g	0.115		0	FLM	4		0.065	0.017	0.130
12:0.....g	0.125		0	FLM	4		0.071	0.019	0.141
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.386		0	FLM	4		0.220	0.058	0.437
15:0.....g	0.036		0	FLM	4		0.021	0.005	0.041
16:0.....g	4.181		0	FLM	4		2.383	0.627	4.724
17:0.....g	0.037		0	FLM	4		0.021	0.006	0.042
18:0.....g	3.474		0	FLM	4		1.980	0.521	3.926
20:0.....g	0.091		0	FLM	4		0.052	0.014	0.102
22:0.....g	0.010		0	FLM	4		0.005	0.001	0.011
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19155
Candies, M&M MARS, SNICKERS Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.453		0	FLM	4		5.958	1.568	11.812
14:1.....g	0.024		0	FLM	4		0.014	0.004	0.027
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.021		0	FLM	4		0.012	0.003	0.024
17:1.....g	0.007		0	FLM	4		0.004	0.001	0.008
18:1 undifferentiated.....g	3.185		0	FLM	4		1.815	0.478	3.599
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	4.918		0	FLM	4		2.803	0.738	5.557
18:2 undifferentiated.....g	0.297		0	FLM	4		0.169	0.045	0.336
18:3 undifferentiated.....g	0.014		0	FLM	4		0.008	0.002	0.016
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	MC	9		7	2	15
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	11		0	FLM	4		6	2	12
Theobromine.....mg	108		0	FLM	4		62	16	122
Carotenoids:									
Carotene, beta.....mcg	7		0	FLM	4		4.223	1.111	8.372
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	0		0	FLM	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 57g: 1 bar (2 oz)

Measure 2 = 15.0g: 1 bar, fun size

Measure 3 = 113g: 1 bar, king size (4 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19156
Candies, M&M MARS, STARBURST Fruit Chews

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.569		0		4		1.499	2.106	0.178
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		4		0.014	0.019	0.002
17:1.....g									
18:1 undifferentiated.....g	3.528		0		4		1.482	2.082	0.176
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.121		0		4		1.311	1.841	0.156
18:2 undifferentiated.....g	2.897		0		4		1.217	1.709	0.145
18:3 undifferentiated.....g	0.216		0		4		0.091	0.127	0.011
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	FLC	4		0	0	0
Phytosterols.....mg									
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	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 = 42g: 1 package, fun size
 Measure 2 = 59g: 1 package (2.07 oz)
 Measure 3 = 5.0g: 1 piece

Calories Factors: Protein 3.9

Fat 8.8

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19160

Candies, M&M MARS, TWIX Caramel Cookie Bars

M&M/Mars 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	4.23		0	MC	9		2.41	2.45	4.02
Energy.....kcal	499		0	MC	9		284	289	474
Energy.....kj	2088						1190	1211	1983
Protein.....g	4.60		0	MC	9		2.62	2.67	4.37
Total lipid (fat).....g	24.39		0	MC	9		13.90	14.15	23.17
Ash.....g	1.21		0	MC	9		0.69	0.70	1.15
Carbohydrate, by difference.....g	65.58		0	MC	9		37.38	38.04	62.30
Fiber, total dietary.....g	1.1		0	MC	9		0.6	0.6	1.0
Sugars, total.....g	48.02		0	MC	9		27.37	27.85	45.62
Starch.....g									
Minerals:									
Calcium, Ca.....mg	90		0	MC	9		51	52	86
Iron, Fe.....mg	0.81		0	MC	9		0.46	0.47	0.77
Magnesium, Mg.....mg	32		0	FLM	4		18	19	30
Phosphorus, P.....mg	109		0	FLM	4		62	63	104
Potassium, K.....mg	189		0	FLM	4		108	110	180
Sodium, Na.....mg	193		0	MC	9		110	112	183
Zinc, Zn.....mg	1.00		0	FLM	4		0.57	0.58	0.95
Copper, Cu.....mg	0.245		0	FLM	4		0.140	0.142	0.233
Manganese, Mn.....mg	0.302		0	FLM	4		0.172	0.175	0.287
Selenium, Se.....mcg	5.9		0	FLM	4		3.4	3.4	5.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	MC	9		0.2	0.2	0.4
Thiamin.....mg	0.120		0	FLM	4		0.068	0.069	0.114
Riboflavin.....mg	0.191		0	FLM	4		0.109	0.111	0.181
Niacin.....mg	0.752		0	FLM	4		0.428	0.436	0.714
Pantothenic acid.....mg	0.270		0	FLM	4		0.154	0.156	0.256
Vitamin B-6.....mg	0.022		0	FLM	4		0.013	0.013	0.021
Folate, total.....mcg	19		0	FLM	4		11	11	18
Folic acid.....mcg	12		0	FLM	4		7	7	11
Folate, food.....mcg	8		0	FLM	4		4	4	7
Folate, DFE.....mcg_DFE	27		0	NC	4		16	16	26
Vitamin B-12.....mcg	0.29		0	FLM	4		0.16	0.17	0.27
Vitamin A, IU.....IU	95		0	MC	9		54	55	90
Vitamin A, RAE.....mcg_RAE	22		0	FLM	4		13	13	21
Retinol.....mcg	26		0	FLA	4		15	15	25
Vitamin E (alpha-tocopherol).....mg	1.94		0	FLM	4		1.10	1.12	1.84
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.2		0	FLM	4		13.8	14.0	23.0
Lipids:									
Fatty acids, total saturated.....g	8.899		0	MC	9		5.072	5.161	8.454
4:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
6:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
8:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
10:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
12:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.338		0	FLM	4		0.193	0.196	0.321
15:0.....g	0.034		0	FLM	4		0.019	0.020	0.032
16:0.....g	4.675		0	FLM	4		2.665	2.712	4.441
17:0.....g	0.033		0	FLM	4		0.019	0.019	0.031
18:0.....g	3.820		0	FLM	4		2.177	2.216	3.629
20:0.....g	0.086		0	FLM	4		0.049	0.050	0.081
22:0.....g	0.009		0	FLM	4		0.005	0.005	0.009
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19160

Candies, M&M MARS, TWIX Caramel Cookie 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	13.400		0	MC	9		7.638	7.772	12.730
14:1.....g	0.028		0	FLM	4		0.016	0.016	0.026
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.043		0	FLM	4		0.025	0.025	0.041
17:1.....g	0.008		0	FLM	4		0.004	0.005	0.007
18:1 undifferentiated.....g	13.291		0	FLM	4		7.576	7.709	12.626
20:1.....g	0.043		0	FLM	4		0.025	0.025	0.041
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.850		0	MC	9		0.485	0.493	0.808
18:2 undifferentiated.....g	0.755		0	FLM	4		0.430	0.438	0.717
18:3 undifferentiated.....g	0.094		0	FLM	4		0.054	0.055	0.089
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	MC	9		3	3	5
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	0.0
Caffeine.....mg	3		1		1		2	2	3
Theobromine.....mg	90		1		1		51	52	86
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.066	0.067	0.109
Carotene, alpha.....mcg	0		0	FLA	4		0.006	0.007	0.011
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.007	0.007	0.012
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	5		0	FLA	4		2.730	2.778	4.550

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

Common Measures:

Measure 1 = 57g: 1 package (2 oz)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 95g: 1 package, king size (3.35 oz, 4 bars)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19161

Candies, M&M MARS, TWIX Peanut Butter Cookie 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	14.800		0	MC	9		7.992	8.584	7.400
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0	FLM	4		0.011	0.012	0.010
17:1.....g									
18:1 undifferentiated.....g	14.536		0	FLM	4		7.849	8.431	7.268
20:1.....g	0.224		0	FLM	4		0.121	0.130	0.112
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.200		0	MC	9		2.268	2.436	2.100
18:2 undifferentiated.....g	3.878		0	FLM	4		2.094	2.249	1.939
18:3 undifferentiated.....g	0.297		0	FLM	4		0.160	0.172	0.149
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.021		0	FLM	4		0.011	0.012	0.011
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	5		0	MC	9		3	3	3
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	9		0	FLM	4		5	5	5
Theobromine.....mg	57		0	FLM	4		31	33	29
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4		0.533	0.572	0.493
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	41		0	FLC	4		22.123	23.762	20.485

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 package (1.89 oz, 2 bars)

Measure 2 = 58g: 1 package (2.06 oz, 2 bars)

Measure 3 = 50g: 1 package (1.77 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 42183

Candies, M&M MARS, TWIX chocolate fudge cookie 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	14.319								
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.133								
17:1.....g									
18:1 undifferentiated.....g	14.152								
20:1.....g	0.000								
22:1 undifferentiated.....g	0.000								
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.521								
18:2 undifferentiated.....g	11.622								
18:3 undifferentiated.....g	0.866								
18:4.....g	0.000								
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000								
20:5 n-3.....g	0.000								
22:5 n-3.....g	0.000								
22:6 n-3.....g	0.000								
Fatty acids, total trans.....g									
Cholesterol.....mg	6								
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0								
Caffeine.....mg	10		0	FLM					
Theobromine.....mg	212		0	FLM					
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC					
Carotene, alpha.....mcg	0		0	FLC					
Cryptoxanthin, beta.....mcg	0		0	FLC					
Lycopene.....mcg	0		0	FLC					
Lutein + zeaxanthin.....mcg	4		0	FLC					

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

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

NDB No. 19142
Candies, MOUNDS Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.390		1	MC	9		0.074	0.207	
14:1.....g	0.010		1	AI	13		0.002	0.005	
15:1.....g									
16:1 undifferentiated.....g	0.030		1	AI	13		0.006	0.016	
17:1.....g	0.010		1	AI	13		0.002	0.005	
18:1 undifferentiated.....g	0.388		0	FLM	4		0.074	0.205	
20:1.....g	0.010		1	AI	13		0.002	0.005	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140		1	MC	9		0.027	0.074	
18:2 undifferentiated.....g	0.135		0	FLM	4		0.026	0.072	
18:3 undifferentiated.....g	0.005		0	FLM	4		0.001	0.003	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	MC	9		0	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	17		0	FLM	4		3	9	
Theobromine.....mg	130		0	FLM	4		25	69	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	5		0	FLM	4		0.925	2.580	

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

Common Measures:

Measure 1 = 19g: 1 bar snack size
 Measure 2 = 53g: 1 package 1.9 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19143
Candies, MR. GOODBAR Chocolate Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.45		1	MC	9		0.22	0.33	
Energy.....kcal	538		1	MC	9		264	393	
Energy.....kj	2252		0	MC	9		1103	1644	
Protein.....g	10.22		1	MC	9		5.01	7.46	
Total lipid (fat).....g	33.21		1	MC	9		16.27	24.24	
Ash.....g	1.53		1	MC	9		0.75	1.12	
Carbohydrate, by difference.....g	54.34		1	MC	9		26.63	39.67	
Fiber, total dietary.....g	3.8		1	MC	9		1.9	2.8	
Sugars, total.....g	47.22		1	MC	9		23.14	34.47	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	110		1	MC	9		54	80	
Iron, Fe.....mg	1.39		1	MC	9		0.68	1.01	
Magnesium, Mg.....mg	47		1	MC	9		23	34	
Phosphorus, P.....mg	163		1	MC	9		80	119	
Potassium, K.....mg	394		1	MC	9		193	287	
Sodium, Na.....mg	41		1	MC	9		20	30	
Zinc, Zn.....mg	0.93		1	MC	9		0.46	0.68	
Copper, Cu.....mg	0.170		1	MC	9		0.083	0.124	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.4	0.7	
Thiamin.....mg	0.140		1	MC	9		0.069	0.102	
Riboflavin.....mg	0.140		1	MC	9		0.069	0.102	
Niacin.....mg	3.440		1	MC	9		1.686	2.511	
Pantothenic acid.....mg	0.420		1	MC	9		0.206	0.307	
Vitamin B-6.....mg	0.070		1	MC	9		0.034	0.051	
Folate, total.....mcg	38		1	MC	9		18	27	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	38		1	MC	9		18	27	
Folate, DFE.....mcg_DFE	38		0	NC	4		18	27	
Vitamin B-12.....mcg	0.33		0	FLM	4		0.16	0.24	
Vitamin A, IU.....IU	125		1	MC	9		61	91	
Vitamin A, RAE.....mcg_RAE	35		0	FLC	4		17	26	
Retinol.....mcg	35		0	FLC	4		17	25	
Vitamin E (alpha-tocopherol).....mg	3.17		0	FLM	4		1.55	2.31	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.6		0	FLM	4		1.8	2.6	
Lipids:									
Fatty acids, total saturated.....g	14.130		1	MC	9		6.924	10.315	
4:0.....g	0.339		0	FLM	4		0.166	0.247	
6:0.....g	0.123		0	FLM	4		0.060	0.089	
8:0.....g	0.070		0	FLM	4		0.034	0.051	
10:0.....g	0.133		0	FLM	4		0.065	0.097	
12:0.....g	0.146		0	FLM	4		0.071	0.106	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.461		0	FLM	4		0.226	0.337	
15:0.....g	0.046		0	FLM	4		0.023	0.034	
16:0.....g	6.730		0	FLM	4		3.298	4.913	
17:0.....g	0.044		0	FLM	4		0.022	0.032	
18:0.....g	5.700		0	FLM	4		2.793	4.161	
20:0.....g	0.115		0	FLM	4		0.057	0.084	
22:0.....g	0.012		0	FLM	4		0.006	0.009	

NDB No. 19143
 Candies, MR. GOODBAR Chocolate Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	8.203		0	FLM	4		4.020	5.988	
14:1.....g	0.026		0	FLM	4		0.013	0.019	
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.052		0	FLM	4		0.025	0.038	
17:1.....g	0.007		0	FLM	4		0.004	0.005	
18:1 undifferentiated.....g	7.991		0	FLM	4		3.915	5.833	
20:1.....g	0.127		0	FLM	4		0.062	0.093	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	4.366		0	FLM	4		2.139	3.187	
18:2 undifferentiated.....g	4.365		0	FLM	4		2.139	3.186	
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.001	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	MC	9		5	7	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg	18		0	FLM	4		9	13	
Theobromine.....mg	198		0	FLM	4		97	145	
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	5		0	FLC	4		2.615	3.895	

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 = 49g: 1 bar (1.75 oz)

Measure 2 = 73g: 1 bar (2.6 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19144
 Candies, NESTLE, 100 GRAND Bar
 Nestle USA, 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	5.79			MC	9		2.49	1.22	656.59
Energy.....kcal	447			MC	9		192	94	50690
Energy.....kj	1870		0	MC	9		804	393	212086
Protein.....g	2.81		0	MC	9		1.21	0.59	318.65
Total lipid (fat).....g	18.80			MC	9		8.08	3.95	2131.92
Ash.....g	1.10		3	A	1		0.47	0.23	124.74
Carbohydrate, by difference.....g	71.50		0	MC	9		30.75	15.02	8108.10
Fiber, total dietary.....g	0.9			MC	9		0.4	0.2	102.1
Sugars, total.....g	54.10			MC	9		23.26	11.36	6134.94
Starch.....g									
Minerals:									
Calcium, Ca.....mg	70			MC	9		30	15	7949
Iron, Fe.....mg	0.40			MC	9		0.17	0.08	45.36
Magnesium, Mg.....mg	29		0	FLM	4		13	6	3332
Phosphorus, P.....mg	123		0	FLM	4		53	26	13992
Potassium, K.....mg	214		0	FLM	4		92	45	24253
Sodium, Na.....mg	200			MC	9		86	42	22680
Zinc, Zn.....mg	0.98		0	FLM	4		0.42	0.21	111.65
Copper, Cu.....mg	0.180		0	FLM	4		0.077	0.038	20.410
Manganese, Mn.....mg	0.305		0	FLM	4		0.131	0.064	34.581
Selenium, Se.....mcg	4.5		0	FLM	4		2.0	1.0	515.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2			MC	9		0.1	0.0	22.7
Thiamin.....mg	0.230		0	FLM	4		0.099	0.048	26.136
Riboflavin.....mg	0.370		0	FLM	4		0.159	0.078	41.973
Niacin.....mg	2.467		0	FLM	4		1.061	0.518	279.758
Pantothenic acid.....mg	0.370		0	FLM	4		0.159	0.078	41.947
Vitamin B-6.....mg	0.261		0	FLM	4		0.112	0.055	29.613
Folate, total.....mcg	35		0	FLM	4		15	7	4014
Folic acid.....mcg	29		0	FLM	4		12	6	3271
Folate, food.....mcg	7		0	FLM	4		3	1	742
Folate, DFE.....mcg_DFE	56		0	NC	4		24	12	6303
Vitamin B-12.....mcg	0.42		0	FLM	4		0.18	0.09	47.55
Vitamin A, IU.....IU	86			MC	9		37	18	9752
Vitamin A, RAE.....mcg_RAE	25		0	FLM	4		11	5	2800
Retinol.....mcg	24		0	FLM	4		11	5	2773
Vitamin E (alpha-tocopherol).....mg	0.75		0	FLM	4		0.32	0.16	85.07
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.4		0	FLM	4		1.0	0.5	266.9
Lipids:									
Fatty acids, total saturated.....g	11.700			MC	9		5.031	2.457	1326.780
4:0.....g	0.013		0	FLM	4		0.006	0.003	1.474
6:0.....g	0.009		0	FLM	4		0.004	0.002	1.021
8:0.....g	0.034		0	FLM	4		0.015	0.007	3.856
10:0.....g	0.034		0	FLM	4		0.015	0.007	3.856
12:0.....g	0.183		0	FLM	4		0.079	0.038	20.752
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.577		0	FLM	4		0.248	0.121	65.432
15:0.....g	0.056		0	FLM	4		0.024	0.012	6.375
16:0.....g	5.269		0	FLM	4		2.266	1.106	597.505
17:0.....g									
18:0.....g	4.954		0	FLM	4		2.130	1.040	561.784
20:0.....g									
22:0.....g	0.015		0	FLM	4		0.006	0.003	1.707
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.794		0	FLM	4		2.491	1.217	657.040
14:1.....g	0.029		0	FLM	4		0.012	0.006	3.240
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.012		0	FLM	4		0.005	0.003	1.361
17:1.....g	0.008		0	FLM	4		0.003	0.002	0.914
18:1 undifferentiated.....g	5.762		0	FLM	4		2.478	1.210	653.411
20:1.....g	0.001		0	FLM	4		0.000	0.000	0.113
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.612		0	FLM	4		0.263	0.129	69.401
18:2 undifferentiated.....g	0.583		0	FLM	4		0.251	0.122	66.112
18:3 undifferentiated.....g	0.010		0	FLM	4		0.004	0.002	1.134
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	15			MC	9		6	3	1701
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g	0.000		0	FLM	4		0.000	0.000	0.000
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	26		1		1		11	5	2948
Theobromine.....mg	74		1		1		32	16	8392
<u>Carotenoids:</u>									
Carotene, beta.....mcg	8		0	FLM	4		3.327	1.625	877.517
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	0		0	FLM	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 43g: 1 bar (1.5 oz)

Measure 2 = 21g: 1 bar, miniature

Measure 3 = 11340g: 1 package 25 lb block

NDB No. 19144
Candies, NESTLE, 100 GRAND Bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19153
Candies, NESTLE, AFTER EIGHT Mints

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.410		0		1		0.362	1.808	1.808
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.006	0.029	0.029
17:1.....g									
18:1 undifferentiated.....g	4.300		1		1		0.353	1.763	1.763
20:1.....g	0.010		1		1		0.001	0.004	0.004
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.520		0		1		0.043	0.213	0.213
18:2 undifferentiated.....g	0.500		1		1		0.041	0.205	0.205
18:3 undifferentiated.....g	0.030		1		1		0.002	0.012	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		1		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	20		1		1		2	8	8
Theobromine.....mg	142		1		1		12	58	58

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

Common Measures:

- Measure 1 = 8.2g: 1 piece
- Measure 2 = 41g: 1 serving
- Measure 3 = 41g: 5 pieces

Calories Factors: Protein 1.83 Fat 8.37 Carbohydrate 3.1

Food Group: 19 Sweets

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

NDB No. 19111
Candies, NESTLE, BABY RUTH Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.456		0	FLM	4		1.356	1.808	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLM	4		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	6.320		0	FLM	4		1.327	1.770	
20:1.....g	0.132		0	FLM	4		0.028	0.037	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.304		0	FLM	4		0.694	0.925	
18:2 undifferentiated.....g	3.302		0	FLM	4		0.693	0.925	
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2			MC	9		0	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	4		1		1		1	1	
Theobromine.....mg	44		1		1		9	12	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.003	0.004	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 21g: 1 bar (0.75oz)

Measure 2 = 28g: 1 bar fun size (1.0 oz)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19068
Candies, NESTLE, BIT-O'-HONEY Candy Chews

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.953		0	FLM	4		0.781		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0	FLM	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	1.979		0	FLM	4		0.792		
20:1.....g	0.002		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.624		0	FLM	4		0.250		
18:2 undifferentiated.....g	0.603		0	FLM	4		0.241		
18:3 undifferentiated.....g	0.019		0	FLM	4		0.008		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.001		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.089		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.021		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 6 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19069
Candies, NESTLE, BUTTERFINGER Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.879		0	FLM	4		1.025		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	4.780		0	FLM	4		1.004		
20:1.....g	0.098		0	FLM	4		0.021		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.461		0	FLM	4		0.517		
18:2 undifferentiated.....g	2.461		0	FLM	4		0.517		
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	5		0	FLA	4		1		
Theobromine.....mg	184		0	FLA	4		39		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.022		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		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 = 21g: 1 bar fun size

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19119
Candies, NESTLE, CHUNKY Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.310		0		1		0.109	0.124	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		1		1		0.046	0.052	
17:1.....g									
18:1 undifferentiated.....g	0.130		1		1		0.046	0.052	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.410		0		1		1.544	1.764	
18:2 undifferentiated.....g	4.270		1		1		1.495	1.708	
18:3 undifferentiated.....g	0.130		1		1		0.046	0.052	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	11		2		1		4	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	29		1		1		10	12	
Theobromine.....mg	157		1		1		55	63	

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Common Measures:

Measure 1 = 35g: 1 bar (1.25 oz)
Measure 2 = 40g: 1 bar (1.4 oz)

Calories Factors: Protein 3.6 Fat 8.6 Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19145
Candies, NESTLE, CRUNCH Bar and Dessert 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
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g									
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g									
18:3 undifferentiated.....g									
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	13		3	MA	12		5	1	1474
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	24		1		1		10	2	2722
Theobromine.....mg	156		1		1		62	16	17690

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 bar (1.4 oz)

Measure 2 = 10.0g: 1 bar, miniature

Measure 3 = 11340g: 1 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19158
Candies, NESTLE, DEMET'S TURTLES Candy

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.080		0		1		18.836	1.884	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		1		1		0.323	0.032	
17:1.....g									
18:1 undifferentiated.....g	10.840		1		1		18.428	1.843	
20:1.....g	0.030		1		1		0.051	0.005	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.650		0		1		7.905	0.791	
18:2 undifferentiated.....g	4.440		1		1		7.548	0.755	
18:3 undifferentiated.....g	0.210		1		1		0.357	0.036	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	22		1		1		37	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	4		1		1		7	1	
Theobromine.....mg	48		1		1		82	8	

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

Common Measures:

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

Measure 2 = 17g: 1 piece

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19105
Candies, NESTLE, GOOBERS Chocolate Covered Peanuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.740		0		1		5.749	29.185	6.043
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		1		1		0.023	0.119	0.025
17:1.....g									
18:1 undifferentiated.....g	14.450		1		1		5.636	28.611	5.925
20:1.....g	0.190		1		1		0.074	0.376	0.078
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.100		0		1		1.989	10.098	2.091
18:2 undifferentiated.....g	5.030		1		1		1.962	9.959	2.062
18:3 undifferentiated.....g	0.060		1		1		0.023	0.119	0.025
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		2		1		4	18	4
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	22		1		1		9	44	9
Theobromine.....mg	109		1		1		43	216	45

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

Common Measures:

Measure 1 = 39g: 1 package (1.375 oz)

Measure 2 = 198g: 1 package (7 oz)

Measure 3 = 41g: 1 serving

Calories Factors: Protein 3.4

Fat 8.5

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19118
 Candies, NESTLE, OH HENRY! Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	6.670		0		1		1.734		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	6.620		1		1		1.721		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.720		0		1		0.707		
18:2 undifferentiated.....g	2.720		1		1		0.707		
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	9		1		1		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	4		0	FLC	4		1		
Theobromine.....mg	41		0	FLC	4		11		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.006		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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Common Measures:

Measure 1 = 26g: 1 bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19149

Candies, NESTLE, RAISINETS Chocolate Covered 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	5.940		0		1		2.673	0.594	2.673
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		3		1		0.036	0.008	0.036
17:1.....g									
18:1 undifferentiated.....g	5.800		3		1		2.610	0.580	2.610
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.900		0		1		0.855	0.190	0.855
18:2 undifferentiated.....g	1.780		3		1		0.801	0.178	0.801
18:3 undifferentiated.....g	0.120		3		1		0.054	0.012	0.054
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		2		1		2	0	2
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	25		1		1		11	3	11
Theobromine.....mg	127		1		1		57	13	57

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

Measure 2 = 10.0g: 10 pieces

Measure 3 = 45g: 1 package (1.58 oz)

Calories Factors: Protein 3.6

Fat 8.7

Carbohydrate 3.6

Food Group: 19 Sweets

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

NDB No. 19238
Candies, REESE'S BITES
Hershey Food Corp.

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	1.65		1	MC	9		0.64		
Energy.....kcal	521		1	MC	9		203		
Energy.....kj	2181		0	MC	9		851		
Protein (N x 6.25).....g	11.34		1	MC	9		4.42		
Total lipid (fat).....g	29.85		1	MC	9		11.64		
Ash.....g	1.62		1	MC	9		0.63		
Carbohydrate, by difference.....g	55.18		1	MC	9		21.52		
Fiber, total dietary.....g	3.1		1	MC	9		1.2		
Sugars, total.....g	48.03		1	MC	9		18.73		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	112		1	MC	9		44		
Iron, Fe.....mg	0.85		1	MC	9		0.33		
Magnesium, Mg.....mg	63		1	MC	9		25		
Phosphorus, P.....mg	194		1	MC	9		76		
Potassium, K.....mg	382		1	MC	9		149		
Sodium, Na.....mg	179		1	MC	9		70		
Zinc, Zn.....mg	1.06		1	MC	9		0.41		
Copper, Cu.....mg	0.300		1	MC	9		0.117		
Manganese, Mn.....mg	0.650		1	MC	9		0.254		
Selenium, Se.....mcg	1.6		1	MC	9		0.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.8		1	MC	9		0.3		
Thiamin.....mg	0.150		1	MC	9		0.059		
Riboflavin.....mg	0.210		1	MC	9		0.082		
Niacin.....mg	4.330		1	MC	9		1.689		
Pantothenic acid.....mg	0.570		1	MC	9		0.222		
Vitamin B-6.....mg	0.100		1	MC	9		0.039		
Folate, total.....mcg	42		1	MC	9		17		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	60		1	MC	9		23		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	18.000		1	MC	9		7.020		
Fatty acids, total monounsaturated.....g	7.060		1	MC	9		2.753		
Fatty acids, total polyunsaturated.....g	1.820		1	MC	9		0.710		
Fatty acids, total trans.....g	0.050		1	MC	9		0.020		
Cholesterol.....mg	7		1	MC	9		3		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
Theobromine.....mg									

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

NDB No. 19238

Candies, REESE'S BITES

Common Measures:

Measure 1 = 39g: 16 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19242
Candies, REESE'S CRUNCHY COOKIE CUPS
Hershey Food Corp.

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	1.02		1	MC	9		0.17	0.20	0.41
Energy.....kcal	507		1	MC	9		86	101	203
Energy.....kj	2120		0	MC	9		360	424	848
Protein.....g	8.47		1	MC	9		1.44	1.69	3.39
Total lipid (fat).....g	28.16		1	MC	9		4.79	5.63	11.26
Ash.....g	1.84		1	MC	9		0.31	0.37	0.74
Carbohydrate, by difference.....g	59.60		1	MC	9		10.13	11.92	23.84
Fiber, total dietary.....g	3.2		1	MC	9		0.5	0.6	1.3
Sugars, total.....g	48.73		1	MC	9		8.28	9.75	19.49
Starch.....g									
Minerals:									
Calcium, Ca.....mg	79		1	MC	9		13	16	32
Iron, Fe.....mg	1.23		1	MC	9		0.21	0.25	0.49
Magnesium, Mg.....mg	41		1	MC	9		7	8	17
Phosphorus, P.....mg	132		1	MC	9		22	26	53
Potassium, K.....mg	339		1	MC	9		58	68	136
Sodium, Na.....mg	262		1	MC	9		44	52	105
Zinc, Zn.....mg	0.70		1	MC	9		0.12	0.14	0.28
Copper, Cu.....mg	0.160		1	MC	9		0.027	0.032	0.064
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	0.3		1	MC	9		0.0	0.1	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6		1	MC	9		0.1	0.1	0.2
Thiamin.....mg	0.140		1	MC	9		0.024	0.028	0.056
Riboflavin.....mg	0.130		1	MC	9		0.022	0.026	0.052
Niacin.....mg	3.090		1	MC	9		0.525	0.618	1.236
Pantothenic acid.....mg	0.300		1	MC	9		0.051	0.060	0.120
Vitamin B-6.....mg	0.050		1	MC	9		0.009	0.010	0.020
Folate, total.....mcg	38		1	MC	9		6	8	15
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	71		1	MC	9		12	14	28
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	11.560		1	MC	9		1.965	2.312	4.624
Fatty acids, total monounsaturated.....g	9.730		1	MC	9		1.654	1.946	3.892
Fatty acids, total polyunsaturated.....g	3.990		1	MC	9		0.678	0.798	1.596
Fatty acids, total trans.....g	0.170		1	MC	9		0.029	0.034	0.068
Cholesterol.....mg	7		1	MC	9		1	1	3
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		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.

NDB No. 19242

Candies, REESE'S CRUNCHY COOKIE CUPS

Common Measures:

Measure 1 = 17g: 1 package .6 oz

Measure 2 = 20g: 1 package .72 oz

Measure 3 = 40g: 1 package 1.44 oz, 2 cups

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19239
Candies, REESE'S NUTRAGEOUS Candy Bar
Hershey Food Corp.

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	1.50		1	MC	9		0.81	0.51	
Energy.....kcal	517		1	MC	9		279	176	
Energy.....kj	2165		0	MC	9		1169	736	
Protein.....g	11.28		1	MC	9		6.09	3.84	
Total lipid (fat).....g	32.09		1	MC	9		17.33	10.91	
Ash.....g	2.18		1	MC	9		1.18	0.74	
Carbohydrate, by difference.....g	52.80		1	MC	9		28.51	17.95	
Fiber, total dietary.....g	3.9		1	MC	9		2.1	1.3	
Sugars, total.....g	40.22		1	MC	9		21.72	13.67	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	68		1	MC	9		37	23	
Iron, Fe.....mg	1.23		1	MC	9		0.66	0.42	
Magnesium, Mg.....mg	68		1	MC	9		37	23	
Phosphorus, P.....mg	175		1	MC	9		94	59	
Potassium, K.....mg	364		1	MC	9		197	124	
Sodium, Na.....mg	141		1	MC	9		76	48	
Zinc, Zn.....mg	1.29		1	MC	9		0.70	0.44	
Copper, Cu.....mg	0.270		1	MC	9		0.146	0.092	
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	
Selenium, Se.....mcg	0.2		1	MC	9		0.1	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2	0.2	
Thiamin.....mg	0.180		1	MC	9		0.097	0.061	
Riboflavin.....mg	0.100		1	MC	9		0.054	0.034	
Niacin.....mg	5.250		1	MC	9		2.835	1.785	
Pantothenic acid.....mg	0.540		1	MC	9		0.292	0.184	
Vitamin B-6.....mg	0.100		1	MC	9		0.054	0.034	
Folate, total.....mcg	56		1	MC	9		30	19	
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	36		1	MC	9		19	12	
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.860		1	MC	9		4.784	3.012	
Fatty acids, total monounsaturated.....g	12.630		1	MC	9		6.820	4.294	
Fatty acids, total polyunsaturated.....g	8.090		1	MC	9		4.369	2.751	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	MC	9		2	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 19239

Candies, REESE'S NUTRAGEOUS Candy Bar

Common Measures:

Measure 1 = 54g: 1 bar 1.92 oz

Measure 2 = 34g: 2 bars

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19151
Candies, REESE'S PIECES Candy

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.460		1	MC	9		2.096	0.357	2.052
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.019		0	FLM	4		0.009	0.002	0.009
17:1.....g									
18:1 undifferentiated.....g	4.434		0	FLM	4		2.084	0.355	2.040
20:1.....g	0.001		0	FLM	4		0.001	0.000	0.001
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.880		1	MC	9		0.884	0.150	0.865
18:2 undifferentiated.....g	1.769		0	FLM	4		0.831	0.141	0.814
18:3 undifferentiated.....g	0.107		0	FLM	4		0.050	0.009	0.049
18:4.....g	0.000		0	FLM	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	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	MC	9		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	0		1	MC	9		0	0	0
Theobromine.....mg	0		0	FLM	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		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	0		0	FLM	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 47g: .25 cup

Measure 2 = 8.0g: 10 pieces

Measure 3 = 46g: 1 package 1.63 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19150
Candies, REESE'S Peanut Butter Cups
Hershey Food Corp.

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	1.44		1	MC	9		0.10	0.24	0.65
Energy.....kcal	515		1	MC	9		36	87	232
Energy.....kj	2153		0	MC	9		151	366	969
Protein.....g	10.24		1	MC	9		0.72	1.74	4.61
Total lipid (fat).....g	30.53		1	MC	9		2.14	5.19	13.74
Ash.....g	2.28		1	MC	9		0.16	0.39	1.03
Carbohydrate, by difference.....g	55.36		1	MC	9		3.88	9.41	24.91
Fiber, total dietary.....g	3.6		1	MC	9		0.3	0.6	1.6
Sugars, total.....g	47.17		1	MC	9		3.30	8.02	21.23
Starch.....g									
Minerals:									
Calcium, Ca.....mg	78		1	MC	9		5	13	35
Iron, Fe.....mg	1.21		1	MC	9		0.08	0.21	0.54
Magnesium, Mg.....mg	62		1	MC	9		4	11	28
Phosphorus, P.....mg	161		1	MC	9		11	27	73
Potassium, K.....mg	343		1	MC	9		24	58	155
Sodium, Na.....mg	314		1	MC	9		22	53	141
Zinc, Zn.....mg	1.28		1	MC	9		0.09	0.22	0.58
Copper, Cu.....mg	0.240		1	MC	9		0.017	0.041	0.108
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	1.4		1	MC	9		0.1	0.2	0.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		1	MC	9		0.0	0.1	0.1
Thiamin.....mg	0.160		1	MC	9		0.011	0.027	0.072
Riboflavin.....mg	0.110		1	MC	9		0.008	0.019	0.050
Niacin.....mg	4.490		1	MC	9		0.314	0.763	2.021
Pantothenic acid.....mg	0.620		1	MC	9		0.043	0.105	0.279
Vitamin B-6.....mg	0.100		1	MC	9		0.007	0.017	0.045
Folate, total.....mcg	50		1	MC	9		3	8	22
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	50		1	MC	9		3	8	22
Folate, DFE.....mcg_DFE	50		0	NC	4		3	8	22
Vitamin B-12.....mcg	0.56		0	FLM	4		0.04	0.09	0.25
Vitamin A, IU.....IU	56		1	MC	9		4	10	25
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		1	3	8
Retinol.....mcg	17		0	NR	4		1	3	8
Vitamin E (alpha-tocopherol).....mg	0.15		0	NR	4		0.01	0.03	0.07
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1		0	FLM	4		0.4	0.9	2.3
Lipids:									
Fatty acids, total saturated.....g	10.730		1	MC	9		0.751	1.824	4.829
4:0.....g	0.363		0	FLM	4		0.025	0.062	0.164
6:0.....g	0.131		0	FLM	4		0.009	0.022	0.059
8:0.....g	0.075		0	FLM	4		0.005	0.013	0.034
10:0.....g	0.143		0	FLM	4		0.010	0.024	0.064
12:0.....g	0.156		0	FLM	4		0.011	0.027	0.070
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	0.481		0	FLM	4		0.034	0.082	0.216
15:0.....g	0.049		0	FLM	4		0.003	0.008	0.022
16:0.....g	4.630		0	FLM	4		0.324	0.787	2.083
17:0.....g	0.047		0	FLM	4		0.003	0.008	0.021
18:0.....g	4.481		0	FLM	4		0.314	0.762	2.017
20:0.....g	0.124		0	FLM	4		0.009	0.021	0.056
22:0.....g	0.013		0	FLM	4		0.001	0.002	0.006
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19150
Candies, REESE'S Peanut Butter Cups

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.100		1	MA	12		0.917	2.227	5.895
14:1.....g	0.049		0	FLM	4		0.003	0.008	0.022
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.094		0	FLM	4		0.007	0.016	0.042
17:1.....g	0.014		0	FLM	4		0.001	0.002	0.006
18:1 undifferentiated.....g	6.502		0	FLM	4		0.455	1.105	2.926
20:1.....g	0.044		0	FLM	4		0.003	0.007	0.020
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	5.600		1	MA	12		0.392	0.952	2.520
18:2 undifferentiated.....g	5.288		0	FLM	4		0.370	0.899	2.380
18:3 undifferentiated.....g	0.001		0	FLM	4		0.000	0.000	0.000
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MC	9		0	1	3
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	18		0	FLM	4		1	3	8
Theobromine.....mg	184		0	FLM	4		13	31	83
Carotenoids:									
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	0		0	FLM	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 7.0g: 1 miniature

Measure 2 = 17g: 1 package 0.6 oz 1 cup

Measure 3 = 45g: 1 package 1.6 oz 2 cups

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19252

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Hershey Food Corp.

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	4.10		1	MC	9		2.30		
Energy.....kcal	474		1	MC	9		266		
Energy.....kj	1985		0	MC	9		1112		
Protein (N x 6.25).....g	8.66		1	MC	9		4.85		
Total lipid (fat).....g	23.42		1	MC	9		13.12		
Ash.....g	2.01		1	MC	9		1.13		
Carbohydrate, by difference.....g	61.60		1	MC	9		34.50		
Fiber, total dietary.....g	2.9		1	MC	9		1.6		
Sugars, total.....g	53.08		1	MC	9		29.72		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61		1	MC	9		34		
Iron, Fe.....mg	0.96		1	MC	9		0.54		
Magnesium, Mg.....mg	48		1	MC	9		27		
Phosphorus, P.....mg	130		1	MC	9		73		
Potassium, K.....mg	284		1	MC	9		159		
Sodium, Na.....mg	330		1	MC	9		185		
Zinc, Zn.....mg	0.94		1	MC	9		0.53		
Copper, Cu.....mg	0.180		1	MC	9		0.101		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		1	MC	9		0.2		
Thiamin.....mg	0.130		1	MC	9		0.073		
Riboflavin.....mg	0.100		1	MC	9		0.056		
Niacin.....mg	3.570		1	MC	9		1.999		
Pantothenic acid.....mg	0.420		1	MC	9		0.235		
Vitamin B-6.....mg	0.070		1	MC	9		0.039		
Folate, total.....mcg	39		1	MC	9		22		
Folic acid.....mcg									
Folate, food.....mcg	39		1	MC	9		22		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	40		1	MC	9		23		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.230		1	MC	9		4.609		
Fatty acids, total monounsaturated.....g	8.940		1	MC	9		5.006		
Fatty acids, total polyunsaturated.....g	4.330		1	MC	9		2.425		
Fatty acids, total trans.....g	0.000		1	MC	9		0.000		
Cholesterol.....mg	4		1	MC	9		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	0		1	MC	9		0		
Theobromine.....mg									

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

NDB No. 19252

Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats

Common Measures:

Measure 1 = 56g: 2 oz bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19152
Candies, ROLO Caramels in Milk Chocolate
Hershey Food Corp.

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		1	MC	9		2.48	1.66	1.93
Energy.....kcal	474		1	MC	9		256	171	199
Energy.....kj	1984		0	MC	9		1071	714	833
Protein.....g	5.08		1	MC	9		2.74	1.83	2.13
Total lipid (fat).....g	20.93		1	MC	9		11.30	7.53	8.79
Ash.....g	1.27		1	MC	9		0.69	0.46	0.53
Carbohydrate, by difference.....g	67.95		1	MC	9		36.69	24.46	28.54
Fiber, total dietary.....g	0.9		1	MC	9		0.5	0.3	0.4
Sugars, total.....g	63.93		1	MC	9		34.52	23.01	26.85
Starch.....g									
Minerals:									
Calcium, Ca.....mg	145		1	MC	9		79	52	61
Iron, Fe.....mg	0.42		1	MC	9		0.23	0.15	0.18
Magnesium, Mg.....mg	0		1	MC	9		0	0	0
Phosphorus, P.....mg	71		1	MC	9		38	26	30
Potassium, K.....mg	188		1	MC	9		101	68	79
Sodium, Na.....mg	188		1	MC	9		101	68	79
Zinc, Zn.....mg	0.00		1	MC	9		0.00	0.00	0.00
Copper, Cu.....mg	0.000		1	MC	9		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		1	MC	9		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.5	0.3	0.4
Thiamin.....mg	0.020		1	MC	9		0.011	0.007	0.008
Riboflavin.....mg	0.120		1	MC	9		0.065	0.043	0.050
Niacin.....mg	0.040		1	MC	9		0.022	0.014	0.017
Pantothenic acid.....mg	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	0.000
Folate, total.....mcg	0		1	MC	9		0	0	0
Folic acid.....mcg	0		0	FLM	4		0	0	0
Folate, food.....mcg	0		1	MC	9		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.27		0	FLM	4		0.15	0.10	0.11
Vitamin A, IU.....IU	121		1	MC	9		65	43	51
Vitamin A, RAE.....mcg_RAE	34		0	FLM	4		18	12	14
Retinol.....mcg	33		0	FLM	4		18	12	14
Vitamin E (alpha-tocopherol).....mg	0.89		0	FLM	4		0.48	0.32	0.37
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.4		0	FLM	4		2.4	1.6	1.8
Lipids:									
Fatty acids, total saturated.....g	14.420		1	MC	9		7.787	5.191	6.056
4:0.....g	0.138		0	FLM	4		0.075	0.050	0.058
6:0.....g	0.109		0	FLM	4		0.059	0.039	0.046
8:0.....g	0.502		0	FLM	4		0.271	0.181	0.211
10:0.....g	0.570		0	FLM	4		0.308	0.205	0.239
12:0.....g	6.243		0	FLM	4		3.371	2.247	2.622
13:0.....g	0.000		0	FLM	4		0.000	0.000	0.000
14:0.....g	2.467		0	FLM	4		1.332	0.888	1.036
15:0.....g	0.012		0	FLM	4		0.006	0.004	0.005
16:0.....g	2.662		0	FLM	4		1.437	0.958	1.118
17:0.....g	0.011		0	FLM	4		0.006	0.004	0.005
18:0.....g	1.673		0	FLM	4		0.904	0.602	0.703
20:0.....g	0.030		0	FLM	4		0.016	0.011	0.012
22:0.....g	0.003		0	FLM	4		0.002	0.001	0.001
24:0.....g	0.000		0	FLM	4		0.000	0.000	0.000

NDB No. 19152
Candies, ROLO Caramels in Milk Chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.760		1	MC	9		2.030	1.354	1.579
14:1.....g	0.010		0	FLM	4		0.005	0.004	0.004
15:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.019		0	FLM	4		0.010	0.007	0.008
17:1.....g	0.003		0	FLM	4		0.001	0.001	0.001
18:1 undifferentiated.....g	2.755		0	FLM	4		1.488	0.992	1.157
20:1.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.390		1	MC	9		0.211	0.140	0.164
18:2 undifferentiated.....g	0.337		0	FLM	4		0.182	0.121	0.141
18:3 undifferentiated.....g	0.042		0	FLM	4		0.022	0.015	0.017
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	MC	9		6	4	5
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0	0.0	0.0
Caffeine.....mg	3		0	FLM	4		2	1	1
Theobromine.....mg	35		0	FLM	4		19	13	15
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.032	0.022	0.025
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	0		0	FLM	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 54g: 1 package 1.91 oz

Measure 2 = 36g: 2 rolls 3 pieces per snack size roll

Measure 3 = 42g: 7 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19136
Candies, SKOR Toffee Bar
Hershey Food Corp.

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	1.57		1	MC	9		0.61		
Energy.....kcal	535		1	MC	9		209		
Energy.....kj	2240		0	MC	9		874		
Protein.....g	3.13		1	MC	9		1.22		
Total lipid (fat).....g	32.18		1	MC	9		12.55		
Ash.....g	1.20		1	MC	9		0.47		
Carbohydrate, by difference.....g	61.72		1	MC	9		24.07		
Fiber, total dietary.....g	1.3		1	MC	9		0.5		
Sugars, total.....g	59.89		1	MC	9		23.36		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.57		1	MC	9		0.22		
Magnesium, Mg.....mg	10		1	MC	9		4		
Phosphorus, P.....mg	61		1	MC	9		24		
Potassium, K.....mg	153		1	MC	9		60		
Sodium, Na.....mg	317		1	MC	9		124		
Zinc, Zn.....mg	0.17		1	MC	9		0.07		
Copper, Cu.....mg	0.040		1	MC	9		0.016		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		1	MC	9		0.2		
Thiamin.....mg	0.020		1	MC	9		0.008		
Riboflavin.....mg	0.100		1	MC	9		0.039		
Niacin.....mg	0.130		1	MC	9		0.051		
Pantothenic acid.....mg	0.040		1	MC	9		0.016		
Vitamin B-6.....mg									
Folate, total.....mcg	3		1	MC	9		1		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	718		1	MC	9		280		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	18.780		1	MC	9		7.324		
Fatty acids, total monounsaturated.....g	9.290		1	MC	9		3.623		
Fatty acids, total polyunsaturated.....g	1.280		1	MC	9		0.499		
Fatty acids, total trans.....g									
Cholesterol.....mg	53		1	MC	9		21		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 19136

Candies, SKOR Toffee Bar

Common Measures:

Measure 1 = 39g: 1 bar 1.4 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19164
Candies, SPECIAL DARK Chocolate Bar

Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.90		1	MC	9		0.37	0.66	0.38
Energy.....kcal	531		1	MC	9		218	388	223
Energy.....kj	2222		0	MC	9		911	1622	933
Protein.....g	5.54		1	MC	9		2.27	4.04	2.33
Total lipid (fat).....g	32.40		1	MC	9		13.28	23.65	13.61
Ash.....g	0.67		1	MC	9		0.27	0.49	0.28
Carbohydrate, by difference.....g	59.41		1	MC	9		24.36	43.37	24.95
Fiber, total dietary.....g	6.5		1	MC	9		2.7	4.8	2.7
Sugars, total.....g	47.56		1	MC	9		19.50	34.72	19.98
Starch.....g									
Minerals:									
Calcium, Ca.....mg	30		1	MC	9		12	22	13
Iron, Fe.....mg	2.13		1	MC	9		0.87	1.55	0.89
Magnesium, Mg.....mg	31		1	MC	9		13	23	13
Phosphorus, P.....mg	51		1	MC	9		21	37	22
Potassium, K.....mg	502		1	MC	9		206	366	211
Sodium, Na.....mg	6		1	MC	9		2	4	2
Zinc, Zn.....mg	0.01		1	MC	9		0.00	0.01	0.00
Copper, Cu.....mg	0.020		1	MC	9		0.008	0.015	0.008
Manganese, Mn.....mg	0.000		1	MC	9		0.000	0.000	0.000
Selenium, Se.....mcg	0.3		1	MC	9		0.1	0.2	0.1
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0	0.0	0.0
Thiamin.....mg	0.000		1	MC	9		0.000	0.000	0.000
Riboflavin.....mg	0.010		1	MC	9		0.004	0.007	0.004
Niacin.....mg	0.000		1	MC	9		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		1	MC	9		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1	MC	9		0.000	0.000	0.000
Folate, total.....mcg	0		1	MC	9		0	0	0
Folic acid.....mcg									
Folate, food.....mcg	0		1	MC	9		0	0	0
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g	5.140		1	MC	9		2.107	3.752	2.159
Fatty acids, total polyunsaturated.....g	0.440		1	MC	9		0.180	0.321	0.185
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	MC	9		2	4	2
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		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.

NDB No. 19164
Candies, SPECIAL DARK Chocolate Bar

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

Number of Data Points of zero indicates the mean was either calculated (as for Energy) or estimated, usually from a recipe, another form of the same food, or similar food.

Common Measures:

- Measure 1 = 41g: 1 bar 1.45 oz
- Measure 2 = 73g: 1 bar 2.6 oz
- Measure 3 = 42g: 3 blocks

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19282
Candies, SWEET ESCAPES Triple Chocolate Wafer Bars
Hershey Food Corp.

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	6.82		0	FLC	4		1.30		
Energy.....kcal	430		0	NC	4		82		
Energy.....kj	1800		0	NC	4		342		
Protein (N x 6.25).....g	4.66		0	FLC	4		0.89		
Total lipid (fat).....g	13.16		1	LC	8		2.50		
Ash.....g	2.07		0	FLC	4		0.39		
Carbohydrate, by difference.....g	73.29		0	NC	4		13.93		
Fiber, total dietary.....g	4.1		0	FLC	4		0.8		
Sugars, total.....g	57.89		1	LC	8		11.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	526		1	LC	8		100		
Iron, Fe.....mg	2.24		0	FLC	4		0.43		
Magnesium, Mg.....mg	65		0	FLC	4		12		
Phosphorus, P.....mg	133		0	FLC	4		25		
Potassium, K.....mg	355		0	FLC	4		67		
Sodium, Na.....mg	158		1	LC	8		30		
Zinc, Zn.....mg	1.17		0	FLC	4		0.22		
Copper, Cu.....mg	0.520		0	FLC	4		0.099		
Manganese, Mn.....mg	0.576		0	FLC	4		0.109		
Selenium, Se.....mcg	6.2		0	FLC	4		1.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.048		0	FLC	4		0.009		
Riboflavin.....mg	0.127		0	FLC	4		0.024		
Niacin.....mg	0.462		0	FLC	4		0.088		
Pantothenic acid.....mg	0.184		0	FLC	4		0.035		
Vitamin B-6.....mg	0.025		0	FLC	4		0.005		
Folate, total.....mcg	9		0	FLC	4		2		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	9		0	FLC	4		2		
Folate, DFE.....mcg_DFE	9		0	NC	4		2		
Vitamin B-12.....mcg	0.14		0	FLC	4		0.03		
Vitamin A, IU.....IU	36		0	FLC	4		7		
Vitamin A, RAE.....mcg_RAE	10		0	FLC	4		2		
Retinol.....mcg	10		0	FLC	4		2		
Vitamin E (alpha-tocopherol).....mg	0.88		0	FLC	4		0.17		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.8		0	FLC	4		0.5		
Lipids:									
Fatty acids, total saturated.....g	7.895		1	LC	8		1.500		
4:0.....g	0.126		0	FLC	4		0.024		
6:0.....g	0.052		0	FLC	4		0.010		
8:0.....g	0.137		0	FLC	4		0.026		
10:0.....g	0.173		0	FLC	4		0.033		
12:0.....g	1.629		0	FLC	4		0.309		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.729		0	FLC	4		0.138		
15:0.....g	0.017		0	FLC	4		0.003		
16:0.....g	2.695		0	FLC	4		0.512		
17:0.....g	0.016		0	FLC	4		0.003		
18:0.....g	2.259		0	FLC	4		0.429		
20:0.....g	0.043		0	FLC	4		0.008		
22:0.....g	0.005		0	FLC	4		0.001		
24:0.....g	0.000		0	FLC	4		0.000		

NDB No. 19282

Candies, SWEET ESCAPES Triple Chocolate Wafer 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	2.312		0	FLC	4		0.439		
14:1.....g	0.010		0	FLC	4		0.002		
15:1.....g	0.000		0	FLC	4		0.000		
16:1 undifferentiated.....g	0.024		0	FLC	4		0.005		
17:1.....g	0.003		0	FLC	4		0.001		
18:1 undifferentiated.....g	2.274		0	FLC	4		0.432		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	1.249		0	FLC	4		0.237		
18:2 undifferentiated.....g	1.187		0	FLC	4		0.226		
18:3 undifferentiated.....g	0.062		0	FLC	4		0.012		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	12		0	FLC	4		2		
Theobromine.....mg	316		0	FLC	4		60		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.004		
Carotene, alpha.....mcg	0		0	FLC	4		0.001		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.002		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	6		0	FLC	4		1.102		

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

Common Measures:

Measure 1 = 19g: 1 bar

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19093
Candies, SYMPHONY Milk Chocolate Bar
Hershey Food Corp.

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.94		1	MC	9		0.39	0.64	
Energy.....kcal	531		1	MC	9		223	361	
Energy.....kj	2222		0	MC	9		933	1511	
Protein.....g	8.51		1	MC	9		3.57	5.79	
Total lipid (fat).....g	30.57		1	MC	9		12.84	20.79	
Ash.....g	1.61		1	MC	9		0.68	1.09	
Carbohydrate, by difference.....g	58.01		1	MC	9		24.36	39.45	
Fiber, total dietary.....g	1.7		1	MC	9		0.7	1.2	
Sugars, total.....g	53.96		1	MC	9		22.66	36.69	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	251		1	MC	9		105	170	
Iron, Fe.....mg	0.91		1	MC	9		0.38	0.62	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	206		1	MC	9		87	140	
Potassium, K.....mg	438		1	MC	9		184	298	
Sodium, Na.....mg	101		1	MC	9		42	68	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	2.2		1	MC	9		0.9	1.5	
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	229		1	MC	9		96	155	
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	18.340		1	MC	9		7.703	12.471	
Fatty acids, total monounsaturated.....g	7.910		1	MC	9		3.322	5.379	
Fatty acids, total polyunsaturated.....g	0.690		1	MC	9		0.290	0.469	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		1	MC	9		10	16	
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 = 42g: 1 bar 1.5 oz

Measure 2 = 68g: 1 bar 2.4 oz

NDB No. 19093

Candies, SYMPHONY Milk Chocolate Bar

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19067
Candies, TWIZZLERS CHERRY BITES
Hershey Food Corp.

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	15.00		1	MC	9		6.00		
Energy.....kcal	338		1	MC	9		135		
Energy.....kj	1413		0	MC	9		565		
Protein (N x 6.25).....g	2.97		1	MC	9		1.19		
Total lipid (fat).....g	1.70		1	MC	9		0.68		
Ash.....g	0.79		1	MC	9		0.32		
Carbohydrate, by difference.....g	79.38		1	MC	9		31.75		
Fiber, total dietary.....g	0.1		1	MC	9		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	12		1	MC	9		5		
Iron, Fe.....mg	0.55		1	MC	9		0.22		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	47		1	MC	9		19		
Potassium, K.....mg	14		1	MC	9		6		
Sodium, Na.....mg	261		1	MC	9		104		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	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		1	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	0.250		1	MC	9		0.100		
Fatty acids, total monounsaturated.....g	0.490		1	MC	9		0.196		
Fatty acids, total polyunsaturated.....g	0.040		1	MC	9		0.016		
Fatty acids, total trans.....g	0.540		1	MC	9		0.216		
Cholesterol.....mg	0		1	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 = 40g: 18 pieces

Calories Factors: Protein Fat Carbohydrate

NDB No. 19067

Candies, TWIZZLERS CHERRY BITES

Food Group: 19 Sweets

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

NDB No. 19092
Candies, TWIZZLERS NIBS CHERRY BITS
Hershey Food Corp.

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	15.00		1	MC	9		6.00		
Energy.....kcal	347		1	MC	9		139		
Energy.....kj	1453		0	MC	9		581		
Protein (N x 6.25).....g	2.30		1	MC	9		0.92		
Total lipid (fat).....g	2.64		1	MC	9		1.06		
Ash.....g	0.57		1	MC	9		0.23		
Carbohydrate, by difference.....g	79.37		1	MC	9		31.75		
Fiber, total dietary.....g	0.6		1	MC	9		0.3		
Sugars, total.....g	51.35		1	MC	9		20.54		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		1	MC	9		3		
Iron, Fe.....mg	0.28		1	MC	9		0.11		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	24		1	MC	9		10		
Potassium, K.....mg	37		1	MC	9		15		
Sodium, Na.....mg	195		1	MC	9		78		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	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		1	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	0.540		1	MC	9		0.216		
Fatty acids, total monounsaturated.....g	1.880		1	MC	9		0.752		
Fatty acids, total polyunsaturated.....g	0.140		1	MC	9		0.056		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	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 = 40g: 27 pieces

Calories Factors: Protein Fat Carbohydrate

NDB No. 19092

Candies, TWIZZLERS NIBS CHERRY BITS

Food Group: 19 Sweets

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

NDB No. 19112
Candies, TWIZZLERS Strawberry Twists Candy
Hershey Food Corp.

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									
Energy.....kcal	350	4.034	3	LC	8		248	133	157
Energy.....kj	1464		0	LC	8		1039	556	659
Protein.....g	2.56	0.176	3	LC	8		1.82	0.97	1.15
Total lipid (fat).....g	2.32	0.158	3	LC	8		1.65	0.88	1.04
Ash.....g									
Carbohydrate, by difference.....g	79.74	0.406	3	LC	8		56.62	30.30	35.88
Fiber, total dietary.....g	0.0	0.000	3	LC	8		0.0	0.0	0.0
Sugars, total.....g	39.64	0.182	3	LC	8		28.14	15.06	17.84
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0	0.000	3	LC	8		0	0	0
Iron, Fe.....mg	0.51			LC	8		0.36	0.19	0.23
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	287	2.503	3	LC	8		204	109	129
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0	0.000	3	LC	8		0.0	0.0	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	0.000	3	LC	8		0	0	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	0.000	0.000	3	LC	8		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	3	LC	8		0	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 = 71g: 2.5 oz 2.5 oz

Measure 2 = 38g: 4 pieces from 5 oz package

Measure 3 = 45g: 4 pieces from 8 oz package

NDB No. 19112

Candies, TWIZZLERS Strawberry Twists Candy

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19162
Candies, WHATCHAMACALLIT Candy Bar
Hershey Food Corp.

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	3.04		1	MC	9		1.46		
Energy.....kcal	494		1	MC	9		237		
Energy.....kj	2067		0	MC	9		992		
Protein.....g	8.04		1	MC	9		3.86		
Total lipid (fat).....g	23.68		1	MC	9		11.37		
Ash.....g	1.66		1	MC	9		0.80		
Carbohydrate, by difference.....g	63.23		1	MC	9		30.35		
Fiber, total dietary.....g	1.9		1	MC	9		0.9		
Sugars, total.....g	48.86		1	MC	9		23.45		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	118		1	MC	9		57		
Iron, Fe.....mg	1.13		1	MC	9		0.54		
Magnesium, Mg.....mg	28		1	MC	9		14		
Phosphorus, P.....mg	138		1	MC	9		66		
Potassium, K.....mg	303		1	MC	9		146		
Sodium, Na.....mg	299		1	MC	9		144		
Zinc, Zn.....mg	0.43		1	MC	9		0.21		
Copper, Cu.....mg	0.120		1	MC	9		0.058		
Manganese, Mn.....mg	0.330		1	MC	9		0.158		
Selenium, Se.....mcg	0.7		1	MC	9		0.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.9		1	MC	9		0.4		
Thiamin.....mg	0.110		1	MC	9		0.053		
Riboflavin.....mg	0.210		1	MC	9		0.101		
Niacin.....mg	2.470		1	MC	9		1.186		
Pantothenic acid.....mg	0.260		1	MC	9		0.125		
Vitamin B-6.....mg	0.040		1	MC	9		0.019		
Folate, total.....mcg	18		1	MC	9		9		
Folic acid.....mcg	0		0	O	4		0		
Folate, food.....mcg	18		0	FLM	4		8		
Folate, DFE.....mcg_DFE	18		0	NC	4		8		
Vitamin B-12.....mcg	0.37		0	FLM	4		0.18		
Vitamin A, IU.....IU	134		1	MC	9		64		
Vitamin A, RAE.....mcg_RAE	38		0	FLM	4		18		
Retinol.....mcg	37		0	FLM	4		18		
Vitamin E (alpha-tocopherol).....mg	1.27		0	FLM	4		0.61		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.3		0	FLM	4		2.1		
Lipids:									
Fatty acids, total saturated.....g	17.040		1	MC	9		8.179		
4:0.....g	0.403		0	FLM	4		0.193		
6:0.....g	0.169		0	FLM	4		0.081		
8:0.....g	0.334		0	FLM	4		0.160		
10:0.....g	0.449		0	FLM	4		0.216		
12:0.....g	3.660		0	FLM	4		1.757		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	1.801		0	FLM	4		0.865		
15:0.....g	0.048		0	FLM	4		0.023		
16:0.....g	5.260		0	FLM	4		2.525		
17:0.....g	0.053		0	FLM	4		0.025		
18:0.....g	4.715		0	FLM	4		2.263		
20:0.....g	0.122		0	FLM	4		0.059		
22:0.....g	0.013		0	FLM	4		0.006		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 19162
Candies, WHATCHAMACALLIT Candy Bar

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.780		1	MC	9		1.814		
14:1.....g	0.016		0	FLM	4		0.008		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.040		0	FLM	4		0.019		
17:1.....g	0.004		0	FLM	4		0.002		
18:1 undifferentiated.....g	2.146		0	FLM	4		1.030		
20:1.....g	0.001		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.830		1	MC	9		0.398		
18:2 undifferentiated.....g	0.761		0	FLM	4		0.366		
18:3 undifferentiated.....g	0.027		0	FLM	4		0.013		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g	0.120		1	MC	9		0.058		
Cholesterol.....mg	12		1	MC	9		6		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg	10		0	FLM	4		5		
Theobromine.....mg	100		0	FLM	4		48		
Carotenoids:									
Carotene, beta.....mcg	1		0	FLM	4		0.503		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.000		

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

Common Measures:

Measure 1 = 48g: 1 bar 1.7 oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19180

Candies, WILLY WONKA'S EVERLASTING GOBSTOPPERS Jawbreakers

Nestle USA, 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	7.70		1	A	1		1.23		
Energy.....kcal	369		0	NC	4		59		
Energy.....kj	1544				4		247		
Protein.....g	0.00		1	A	1		0.00		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	0.30		1	A	1		0.05		
Carbohydrate, by difference.....g	92.30		0	NC	4		14.77		
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	6		1	A	1		1		
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 = 16g: 6 pieces

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19181
Candies, YORK BITES

Hershey Food Corp.

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	9.09		1	MC	9		3.55		
Energy.....kcal	394		1	MC	9		153		
Energy.....kj	1647		0	MC	9		642		
Protein (N x 6.25).....g	1.78		1	MC	9		0.69		
Total lipid (fat).....g	7.32		1	MC	9		2.85		
Ash.....g	0.10		1	MC	9		0.04		
Carbohydrate, by difference.....g	81.64		1	MC	9		31.84		
Fiber, total dietary.....g	2.0		1	MC	9		0.8		
Sugars, total.....g	75.00		1	MC	9		29.25		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		1	MC	9		4		
Iron, Fe.....mg	0.94		1	MC	9		0.37		
Magnesium, Mg.....mg	1		1	MC	9		1		
Phosphorus, P.....mg	3		1	MC	9		1		
Potassium, K.....mg	108		1	MC	9		42		
Sodium, Na.....mg	46		1	MC	9		18		
Zinc, Zn.....mg	0.01		1	MC	9		0.00		
Copper, Cu.....mg	0.000		1	MC	9		0.000		
Manganese, Mn.....mg	0.000		1	MC	9		0.000		
Selenium, Se.....mcg	0.0		1	MC	9		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MC	9		0.0		
Thiamin.....mg	0.000		1	MC	9		0.000		
Riboflavin.....mg	0.000		1	MC	9		0.000		
Niacin.....mg	0.000		1	MC	9		0.000		
Pantothenic acid.....mg	0.000		1	MC	9		0.000		
Vitamin B-6.....mg	0.000		1	MC	9		0.000		
Folate, total.....mcg	0		1	MC	9		0		
Folic acid.....mcg									
Folate, food.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	7		1	MC	9		3		
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.430		1	MC	9		1.728		
Fatty acids, total monounsaturated.....g	0.480		1	MC	9		0.187		
Fatty acids, total polyunsaturated.....g	0.100		1	MC	9		0.039		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1	MC	9		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 19181

Candies, YORK BITES

Common Measures:

Measure 1 = 39g: 15 pieces

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19091
Candies, YORK Peppermint Pattie
Hershey Food Corp.

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	9.03		1	MC	9		3.88		
Energy.....kcal	384		1	MC	9		165		
Energy.....kj	1606		0	MC	9		691		
Protein.....g	2.19		1	MC	9		0.94		
Total lipid (fat).....g	7.17		1	MC	9		3.08		
Ash.....g	0.14		1	MC	9		0.06		
Carbohydrate, by difference.....g	80.99		1	MC	9		34.83		
Fiber, total dietary.....g	2.0		1	MC	9		0.9		
Sugars, total.....g	63.78		1	MC	9		27.43		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1	MC	9		5		
Iron, Fe.....mg	0.92		1	MC	9		0.40		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		1	MC	9		0		
Potassium, K.....mg	111		1	MC	9		48		
Sodium, Na.....mg	28		1	MC	9		12		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	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	7		1	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	4.340		1	MC	9		1.866		
Fatty acids, total monounsaturated.....g	0.410		1	MC	9		0.176		
Fatty acids, total polyunsaturated.....g	0.110		1	MC	9		0.047		
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	MC	9		0		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 43g: 1 patty 1.5 oz

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19091
Candies, YORK Peppermint Pattie

Food Group: 19 Sweets

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

NDB No. 19070
Candies, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.849		0	FLC	4		0.241	0.136	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	FLC	4		0.011	0.006	
17:1.....g									
18:1 undifferentiated.....g	0.807		0	FLC	4		0.229	0.129	
20:1.....g	0.004		0	FLC	4		0.001	0.001	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.123		0	FLC	4		0.035	0.020	
18:2 undifferentiated.....g	0.110		0	FLC	4		0.031	0.018	
18:3 undifferentiated.....g	0.013		0	FLC	4		0.004	0.002	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	FLC	4		2	1	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0	FLC	4		0.000	0.000	
Threonine.....g	0.002		0	FLC	4		0.000	0.000	
Isoleucine.....g	0.002		0	FLC	4		0.001	0.000	
Leucine.....g	0.003		0	FLC	4		0.001	0.001	
Lysine.....g	0.003		0	FLC	4		0.001	0.000	
Methionine.....g	0.001		0	FLC	4		0.000	0.000	
Cystine.....g	0.000		0	FLC	4		0.000	0.000	
Phenylalanine.....g	0.002		0	FLC	4		0.000	0.000	
Tyrosine.....g	0.002		0	FLC	4		0.000	0.000	
Valine.....g	0.002		0	FLC	4		0.001	0.000	
Arginine.....g	0.001		0	FLC	4		0.000	0.000	
Histidine.....g	0.001		0	FLC	4		0.000	0.000	
Alanine.....g	0.001		0	FLC	4		0.000	0.000	
Aspartic acid.....g	0.003		0	FLC	4		0.001	0.000	
Glutamic acid.....g	0.007		0	FLC	4		0.002	0.001	
Glycine.....g	0.001		0	FLC	4		0.000	0.000	
Proline.....g	0.003		0	FLC	4		0.001	0.001	
Serine.....g	0.002		0	FLC	4		0.001	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	6		0	FLC	4		1.804	1.018	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 16g: 3 pieces

NDB No. 19070
Candies, butterscotch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19074
Candies, caramels

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.840		0		1		0.596	0.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		1		1		0.028	0.004	
17:1.....g									
18:1 undifferentiated.....g	0.810		1		1		0.575	0.082	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		1		0.128	0.018	
18:2 undifferentiated.....g	0.150		1		1		0.107	0.015	
18:3 undifferentiated.....g	0.020		1		1		0.014	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7	0.333	3		1		5	1	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.060		0		1		0.043	0.006	
Threonine.....g	0.192		0		1		0.136	0.019	
Isoleucine.....g	0.258		0		1		0.183	0.026	
Leucine.....g	0.417		0		1		0.296	0.042	
Lysine.....g	0.338		0		1		0.240	0.034	
Methionine.....g	0.107		0		1		0.076	0.011	
Cystine.....g	0.039		0		1		0.028	0.004	
Phenylalanine.....g	0.205		0		1		0.146	0.021	
Tyrosine.....g	0.205		0		1		0.146	0.021	
Valine.....g	0.285		0		1		0.202	0.029	
Arginine.....g	0.155		0		1		0.110	0.016	
Histidine.....g	0.115		0		1		0.082	0.012	
Alanine.....g	0.147		0		1		0.104	0.015	
Aspartic acid.....g	0.323		0		1		0.229	0.033	
Glutamic acid.....g	0.892		0		1		0.633	0.090	
Glycine.....g	0.091		0		1		0.065	0.009	
Proline.....g	0.412		0		1		0.293	0.042	
Serine.....g	0.232		0		1		0.165	0.023	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLC	4		0.214	0.031	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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Common Measures:

- Measure 1 = 71g: 1 package (2.5 oz)
- Measure 2 = 10.1g: 1 piece

NDB No. 19074
Candies, caramels

Calories Factors: Protein 4.3

Fat 8.6

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19076

Candies, caramels, chocolate-flavor roll

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.513		0	FLC	4		0.484	0.968	0.106
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.012		0	FLC	4		0.004	0.008	0.001
17:1.....g									
18:1 undifferentiated.....g	1.490		0	FLC	4		0.477	0.953	0.104
20:1.....g	0.011		0	FLC	4		0.003	0.007	0.001
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.170		0	FLC	4		1.014	2.029	0.222
18:2 undifferentiated.....g	2.799		0	FLC	4		0.896	1.791	0.196
18:3 undifferentiated.....g	0.371		0	FLC	4		0.119	0.237	0.026
18:4.....g	0.000		0	FLC	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	FLC	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLC	4		0	1	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	4		0	FLC	4		1	3	0
Theobromine.....mg	143		0	FLC	4		46	92	10
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.024	0.048	0.005
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	2		0	FLC	4		0.658	1.316	0.144

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Common Measures:

Measure 1 = 32g: 1 serving 1/2 of 2.25 oz bar

Measure 2 = 64g: 1 bar 2.25 oz

Measure 3 = 7.0g: 1 piece

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19071
Candies, carob

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.483		2	A	1		0.137	0.420	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.482		2	A	1		0.137	0.419	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.295		2	A	1		0.084	0.257	
18:2 undifferentiated.....g	0.259		2	A	1		0.073	0.225	
18:3 undifferentiated.....g	0.034		2	A	1		0.010	0.030	
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	3		2	A	1		1	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.024	0.074	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 87g: 1 bar (3 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 43031

Candies, chocolate covered, caramel with nuts

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.444				4		1.322		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	9.194				4		1.287		
20:1.....g	0.246				4		0.034		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.834				4		0.817		
18:2 undifferentiated.....g	5.833				4		0.817		
18:3 undifferentiated.....g	0.001				4		0.000		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	19		0	BFFN	4		3		
Theobromine.....mg	113		0	BFFN	4		16		
Carotenoids:									
Carotene, beta.....mcg	7		0	BFZN	4		1.037		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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Common Measures:

Measure 1 = 14.0g: 1 piece

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 43059

Candies, chocolate covered, dietetic or low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	10.942						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.035						4		
17:1.....g									
18:1 undifferentiated.....g	10.753						4		
20:1.....g	0.126						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.354						4		
18:2 undifferentiated.....g	4.303						4		
18:3 undifferentiated.....g	0.042						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	FLC			4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC			4		
Caffeine.....mg	9		0	FLC			4		
Theobromine.....mg	150		0	FLC			4		
Carotenoids:									
Carotene, beta.....mcg	12		0	FLC			4		
Carotene, alpha.....mcg	0		0	FLC			4		
Cryptoxanthin, beta.....mcg	0		0	FLC			4		
Lycopene.....mcg	0		0	FLC			4		
Lutein + zeaxanthin.....mcg	6		0	FLC			4		

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Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19085

Candies, confectioner's coating, butterscotch

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.271		0		4		3.861	0.644	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		2	A	1		0.012	0.002	
17:1.....g									
18:1 undifferentiated.....g	2.250		2	A	1		3.825	0.638	
20:1.....g	0.014		1	A	1		0.024	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.435		0		4		0.740	0.123	
18:2 undifferentiated.....g	0.407		2	A	1		0.692	0.115	
18:3 undifferentiated.....g	0.014		2	A	1		0.024	0.004	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		1	A	1		0.024	0.004	
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	FLC	4		1	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.051	0.009	
Threonine.....g	0.096		0		1		0.163	0.027	
Isoleucine.....g	0.129		0		1		0.219	0.037	
Leucine.....g	0.208		0		1		0.354	0.059	
Lysine.....g	0.169		0		1		0.287	0.048	
Methionine.....g	0.053		0		1		0.090	0.015	
Cystine.....g	0.020		0		1		0.034	0.006	
Phenylalanine.....g	0.103		0		1		0.175	0.029	
Tyrosine.....g	0.103		0		1		0.175	0.029	
Valine.....g	0.142		0		1		0.241	0.040	
Arginine.....g	0.077		0		1		0.131	0.022	
Histidine.....g	0.058		0		1		0.099	0.016	
Alanine.....g	0.073		0		1		0.124	0.021	
Aspartic acid.....g	0.161		0		1		0.274	0.046	
Glutamic acid.....g	0.445		0		1		0.757	0.126	
Glycine.....g	0.045		0		1		0.077	0.013	
Proline.....g	0.206		0		1		0.350	0.058	
Serine.....g	0.115		0		1		0.196	0.033	
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		0.081	0.013	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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Common Measures:

Measure 1 = 170g: 1 cup chips

Measure 2 = 28.35g: 1 oz

NDB No. 19085

Candies, confectioner's coating, butterscotch

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19086

Candies, confectioner's coating, peanut 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	9.590		0		1		16.111	2.719	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.370		1		1		15.742	2.656	
20:1.....g	0.220		1		1		0.370	0.062	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.340		0		1		8.971	1.514	
18:2 undifferentiated.....g	5.340		1		1		8.971	1.514	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLC	4		2	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.176		0		1		0.296	0.050	
Threonine.....g	0.629		0		1		1.057	0.178	
Isoleucine.....g	0.649		0		1		1.090	0.184	
Leucine.....g	1.191		0		1		2.001	0.338	
Lysine.....g	0.669		0		1		1.124	0.190	
Methionine.....g	0.166		0		1		0.279	0.047	
Cystine.....g	0.233		0		1		0.391	0.066	
Phenylalanine.....g	0.942		0		1		1.583	0.267	
Tyrosine.....g	0.742		0		1		1.247	0.210	
Valine.....g	0.772		0		1		1.297	0.219	
Arginine.....g	2.150		0		1		3.612	0.610	
Histidine.....g	0.463		0		1		0.778	0.131	
Alanine.....g	0.722		0		1		1.213	0.205	
Aspartic acid.....g	2.206		0		1		3.706	0.625	
Glutamic acid.....g	3.807		0		1		6.396	1.079	
Glycine.....g	1.082		0		1		1.818	0.307	
Proline.....g	0.822		0		1		1.381	0.233	
Serine.....g	0.899		0		1		1.510	0.255	
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		0.111	0.019	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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Common Measures:

Measure 1 = 168g: 1 cup chips

Measure 2 = 28.35g: 1 oz

NDB No. 19086

Candies, confectioner's coating, peanut butter

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19087

Candies, confectioner's coating, 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	9.097		2	A	1		15.465	7.732	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.062		2	A	1		0.105	0.053	
17:1.....g									
18:1 undifferentiated.....g	8.990		2	A	1		15.283	7.642	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.013		2	A	1		1.722	0.861	
18:2 undifferentiated.....g	0.910		2	A	1		1.547	0.774	
18:3 undifferentiated.....g	0.103		2	A	1		0.175	0.088	
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	5		0	FLA	4		9	5	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	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		2.703	1.351	
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	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 170g: 1 cup chips

Measure 2 = 85g: 1 bar (3 oz)

Calories Factors: Protein 4.3

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19079

Candies, confectioner's coating, yogurt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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	FLA		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA		4			
17:1.....g									
18:1 undifferentiated.....g	0.525		0	FLA		4			
20:1.....g	0.000		0	FLA		4			
22:1 undifferentiated.....g	0.000		0	FLA		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.524		0	FLA		4			
18:2 undifferentiated.....g	0.485		0	FLA		4			
18:3 undifferentiated.....g	0.039		0	FLA		4			
18:4.....g	0.000		0	FLA		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA		4			
20:5 n-3.....g	0.000		0	FLA		4			
22:5 n-3.....g	0.000		0	FLA		4			
22:6 n-3.....g	0.000		0	FLA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0	FLA		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA		4			
Caffeine.....mg	0		0	FLA		4			
Theobromine.....mg	0		0	FLA		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA		4			
Carotene, alpha.....mcg	0		0	FLA		4			
Cryptoxanthin, beta.....mcg	0		0	FLA		4			
Lycopene.....mcg	0		0	FLA		4			
Lutein + zeaxanthin.....mcg	0		0	FLA		4			

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Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19268

Candies, dark chocolate coated coffee beans

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	1.47		0	FLC	4		0.59		
Energy.....kcal	540		0	NC	4		216		
Energy.....kj	2259		0	NC	4		903		
Protein (N x 6.25).....g	7.50		1	LC	8		3.00		
Total lipid (fat).....g	30.00		1	LC	8		12.00		
Ash.....g	1.08		0	FLC	4		0.43		
Carbohydrate, by difference.....g	59.95		0	NC	4		23.98		
Fiber, total dietary.....g	7.5		1	LC	8		3.0		
Sugars, total.....g	42.50		1	LC	8		17.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		1	LC	8		40		
Iron, Fe.....mg	2.70		1	LC	8		1.08		
Magnesium, Mg.....mg	107		0	FLC	4		43		
Phosphorus, P.....mg	135		0	FLC	4		54		
Potassium, K.....mg	342		0	FLC	4		137		
Sodium, Na.....mg	25		1	LC	8		10		
Zinc, Zn.....mg	1.32		0	FLC	4		0.53		
Copper, Cu.....mg	0.563		0	FLC	4		0.225		
Manganese, Mn.....mg	0.558		0	FLC	4		0.223		
Selenium, Se.....mcg	2.8		0	FLC	4		1.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.018		0	FLC	4		0.007		
Riboflavin.....mg	0.266		0	FLC	4		0.106		
Niacin.....mg	0.578		0	FLC	4		0.231		
Pantothenic acid.....mg	0.108		0	FLC	4		0.043		
Vitamin B-6.....mg	0.038		0	FLC	4		0.015		
Folate, total.....mcg	3		0	FLC	4		1		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	3		0	FLC	4		1		
Folate, DFE.....mcg_DFE	3		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0	FLC	4		0.00		
Vitamin A, IU.....IU	0		1	LC	8		0		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	0.23		0	FLC	4		0.09		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.9		0	FLC	4		2.4		
Lipids:									
Fatty acids, total saturated.....g	15.000		1	LC	8		6.000		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g									
14:0.....g	0.022		0	FLC	4		0.009		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	6.552		0	FLC	4		2.621		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	8.407		0	FLC	4		3.363		
20:0.....g	0.012		0	FLC	4		0.005		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		

NDB No. 19268

Candies, dark chocolate coated coffee beans

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	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		1	LC	8		0.000		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	13		1	LC	8		5		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	839		0	FLC	4		336		
Theobromine.....mg	368		0	FLC	4		147		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	16		0	FLC	4		6.273		

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Common Measures:

Measure 1 = 40g: 1 serving 28 pieces

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19099

Candies, fondant, 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	0.000		0	RKI	6				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RKI	6				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RKI	6				
20:1.....g	0.000		0	RKI	6				
22:1 undifferentiated.....g	0.000		0	RKI	6				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RKI	6				
18:2 undifferentiated.....g	0.000		0	RKI	6				
18:3 undifferentiated.....g	0.000		0	RKI	6				
18:4.....g	0.000		0	RKI	6				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RKI	6				
20:5 n-3.....g	0.000		0	RKI	6				
22:5 n-3.....g	0.000		0	RKI	6				
22:6 n-3.....g	0.000		0	RKI	6				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RKI	6				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RKI	6				
Caffeine.....mg	0		0	RKI	6				
Theobromine.....mg	0		0	RKI	6				
Carotenoids:									
Carotene, beta.....mcg	0		0	RKI	6				
Carotene, alpha.....mcg	0		0	RKI	6				
Cryptoxanthin, beta.....mcg	0		0	RKI	6				
Lycopene.....mcg	0		0	RKI	6				
Lutein + zeaxanthin.....mcg	0		0	RKI	6				

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19099

Candies, fondant, prepared-from-recipe

Food Group: 19 Sweets

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

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

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	7.41		0	RC		4			
Energy.....kcal	472		0	RC		4			
Energy.....kj	1973		0	RC		4			
Protein.....g	3.23		0	RC		4			
Total lipid (fat).....g	21.05		0	RC		4			
Ash.....g	0.84		0	RC		4			
Carbohydrate, by difference.....g	67.12		0	RC		4			
Fiber, total dietary.....g	2.1		0	RC		4			
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	49		0	RC		4			
Iron, Fe.....mg	1.14		0	RC		4			
Magnesium, Mg.....mg	46		0	RC		4			
Phosphorus, P.....mg	88		0	RC		4			
Potassium, K.....mg	169		0	RC		4			
Sodium, Na.....mg	97		0	RC		4			
Zinc, Zn.....mg	0.77		0	RC		4			
Copper, Cu.....mg	0.336		0	RC		4			
Manganese, Mn.....mg	0.471		0	RC		4			
Selenium, Se.....mcg	2.0		0	RC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	RC		4			
Thiamin.....mg	0.042		0	RC		4			
Riboflavin.....mg	0.082		0	RC		4			
Niacin.....mg	0.292		0	RC		4			
Pantothenic acid.....mg	0.155		0	RC		4			
Vitamin B-6.....mg	0.054		0	RC		4			
Folate, total.....mcg	8		0	RC		4			
Folic acid.....mcg	0		0	RC		4			
Folate, food.....mcg	8		0	RC		4			
Folate, DFE.....mcg_DFE	8		0	NC		4			
Vitamin B-12.....mcg	0.03		0	RC		4			
Vitamin A, IU.....IU	330		0	O		4			
Vitamin A, RAE.....mcg_RAE	77		0	NC		4			
Retinol.....mcg	73		0	RC		4			
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	9.984		0	RC		4			
4:0.....g	0.260		0	RC		4			
6:0.....g	0.156		0	RC		4			
8:0.....g	0.088		0	RC		4			
10:0.....g	0.197		0	RC		4			
12:0.....g	0.240		0	RC		4			
13:0.....g	0.000		0	RC		4			
14:0.....g	0.862		0	RC		4			
15:0.....g	0.000		0	RC		4			
16:0.....g	4.543		0	RC		4			
17:0.....g	0.000		0	RC		4			
18:0.....g	3.631		0	RC		4			
20:0.....g	0.005		0	RC		4			
22:0.....g	0.000		0	RC		4			
24:0.....g	0.000		0	RC		4			

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-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	5.592		0	RC	4				
14:1.....g	0.000		0	RC	4				
15:1.....g									
16:1 undifferentiated.....g	0.207		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	5.375		0	RC	4				
20:1.....g	0.010		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g	0.000		0	RC	4				
Fatty acids, total polyunsaturated.....g	4.066		0	RC	4				
18:2 undifferentiated.....g	3.260		0	RC	4				
18:3 undifferentiated.....g	0.806		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g	0.000		0	RC	4				
20:3 undifferentiated.....g	0.000		0	RC	4				
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	23		0	RC	4				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.042		0	RC	4				
Threonine.....g	0.133		0	RC	4				
Isoleucine.....g	0.146		0	RC	4				
Leucine.....g	0.249		0	RC	4				
Lysine.....g	0.167		0	RC	4				
Methionine.....g	0.053		0	RC	4				
Cystine.....g	0.038		0	RC	4				
Phenylalanine.....g	0.155		0	RC	4				
Tyrosine.....g	0.116		0	RC	4				
Valine.....g	0.188		0	RC	4				
Arginine.....g	0.284		0	RC	4				
Histidine.....g	0.074		0	RC	4				
Alanine.....g	0.158		0	RC	4				
Aspartic acid.....g	0.330		0	RC	4				
Glutamic acid.....g	0.588		0	RC	4				
Glycine.....g	0.185		0	RC	4				
Proline.....g	0.222		0	RC	4				
Serine.....g	0.173		0	RC	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	16		0	RC	4				
Theobromine.....mg	129		0	RC	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	52		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19301

Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe

Food Group: 19 Sweets

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

NDB No. 19100

Candies, fudge, chocolate, prepared-from-recipe

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	9.78		0	RC	4		1.66		
Energy.....kcal	411		0	RC	4		70		
Energy.....kj	1719		0	RC	4		292		
Protein (N x O).....g	2.39		0	RC	4		0.41		
Total lipid (fat).....g	10.41		0	RC	4		1.77		
Ash.....g	0.70		0	RC	4		0.12		
Carbohydrate, by difference.....g	76.48		0	RC	4		13.00		
Fiber, total dietary.....g	1.7		0	RC	4		0.3		
Sugars, total.....g	73.76		0	RC	4		12.54		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	45		0	RC	4		8		
Iron, Fe.....mg	1.77		0	RC	4		0.30		
Magnesium, Mg.....mg	36		0	RC	4		6		
Phosphorus, P.....mg	69		0	RC	4		12		
Potassium, K.....mg	131		0	RC	4		22		
Sodium, Na.....mg	47		0	RC	4		8		
Zinc, Zn.....mg	1.10		0	RC	4		0.19		
Copper, Cu.....mg	0.333		0	RC	4		0.057		
Manganese, Mn.....mg	0.423		0	RC	4		0.072		
Selenium, Se.....mcg	2.5		0	RC	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC	4		0.0		
Thiamin.....mg	0.026		0	RC	4		0.004		
Riboflavin.....mg	0.085		0	RC	4		0.015		
Niacin.....mg	0.177		0	RC	4		0.030		
Pantothenic acid.....mg	0.141		0	RC	4		0.024		
Vitamin B-6.....mg	0.012		0	RC	4		0.002		
Folate, total.....mcg	4		0	RC	4		1		
Folic acid.....mcg	0		0	RC	4		0		
Folate, food.....mcg	4		0	RC	4		1		
Folate, DFE.....mcg_DFE	4		0	NC	4		1		
Vitamin B-12.....mcg	0.09		0	RC	4		0.01		
Vitamin A, IU.....IU	159		0	RC	4		27		
Vitamin A, RAE.....mcg_RAE	44		0	RC	4		7		
Retinol.....mcg	43		0	RC	4		7		
Vitamin E (alpha-tocopherol).....mg	0.18		0	RC	4		0.03		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	15.948		0	RC	4		2.711		
Vitamin K (phylloquinone).....mcg	1.4		0	RC	4		0.2		
Lipids:									
Fatty acids, total saturated.....g	5.918		0	RC	4		1.006		
4:0.....g	0.153		0	RC	4		0.026		
6:0.....g	0.105		0	RC	4		0.018		
8:0.....g	0.072		0	RC	4		0.012		
10:0.....g	0.125		0	RC	4		0.021		
12:0.....g	0.129		0	RC	4		0.022		
13:0.....g	0.000		0	RC	4		0.000		
14:0.....g	0.398		0	RC	4		0.068		
15:0.....g	0.000		0	RC	4		0.000		
16:0.....g	2.480		0	RC	4		0.422		
17:0.....g	0.032		0	RC	4		0.006		
18:0.....g	2.357		0	RC	4		0.401		
20:0.....g	0.061		0	RC	4		0.010		
22:0.....g	0.005		0	RC	4		0.001		
24:0.....g	0.000		0	RC	4		0.000		

NDB No. 19100

Candies, fudge, chocolate, 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	2.726		0	RC	4		0.463		
14:1.....g	0.000		0	RC	4		0.000		
15:1.....g	0.000		0	RC	4		0.000		
16:1 undifferentiated.....g	0.049		0	RC	4		0.008		
16:1 c.....g	0.038		0	RC	4		0.007		
16:1 t.....g									
17:1.....g	0.000		0	RC	4		0.000		
18:1 undifferentiated.....g	2.673		0	RC	4		0.454		
18:1 c.....g	2.290		0	RC	4		0.389		
18:1 t.....g	0.119		0	RC	4		0.020		
20:1.....g	0.004		0	RC	4		0.001		
22:1 undifferentiated.....g	0.000		0	RC	4		0.000		
24:1 c.....g	0.000		0	RC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.230		0	RC	4		0.039		
18:2 undifferentiated.....g	0.206		0	RC	4		0.035		
18:2 n-6 c,c.....g	0.087		0	RC	4		0.015		
18:2 CLAs.....g	0.011		0	RC	4		0.002		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.012		0	RC	4		0.002		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.024		0	RC	4		0.004		
18:3 n-6 c,c,c.....g	0.000		0	RC	4		0.000		
18:4.....g	0.000		0	RC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	RC	4		0.000		
20:3 undifferentiated.....g	0.000		0	RC	4		0.000		
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000		0	RC	4		0.000		
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000		0	RC	4		0.000		
22:5 n-3.....g	0.000		0	RC	4		0.000		
22:6 n-3.....g	0.000		0	RC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	RC	4		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	8		0	RC	4		1		
Theobromine.....mg	130		0	RC	4		22		
Carotenoids:									
Carotene, beta.....mcg	10		0	RC	4		1.636		
Carotene, alpha.....mcg	0		0	RC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	RC	4		0.000		
Lycopene.....mcg	0		0	RC	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	RC	4		0.655		

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

NDB No. 19101

Candies, fudge, chocolate, with nuts, prepared-from-recipe

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	7.64		0	RC		4			
Energy.....kcal	461		0	RC		4			
Energy.....kj	1930		0	RC		4			
Protein.....g	4.38		0	RC		4			
Total lipid (fat).....g	18.93		0	RC		4			
Ash.....g	0.87		0	RC		4			
Carbohydrate, by difference.....g	67.96		0	RC		4			
Fiber, total dietary.....g	2.5		0	RC		4			
Sugars, total.....g	63.92		0	RC		4			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	54		0	RC		4			
Iron, Fe.....mg	1.97		0	RC		4			
Magnesium, Mg.....mg	55		0	RC		4			
Phosphorus, P.....mg	112		0	RC		4			
Potassium, K.....mg	180		0	RC		4			
Sodium, Na.....mg	41		0	RC		4			
Zinc, Zn.....mg	1.42		0	RC		4			
Copper, Cu.....mg	0.529		0	RC		4			
Manganese, Mn.....mg	0.886		0	RC		4			
Selenium, Se.....mcg	2.9		0	RC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	RC		4			
Thiamin.....mg	0.067		0	RC		4			
Riboflavin.....mg	0.095		0	RC		4			
Niacin.....mg	0.316		0	RC		4			
Pantothenic acid.....mg	0.208		0	RC		4			
Vitamin B-6.....mg	0.088		0	RC		4			
Folate, total.....mcg	16		0	RC		4			
Folic acid.....mcg	0		0	RC		4			
Folate, food.....mcg	16		0	RC		4			
Folate, DFE.....mcg_DFE	16		0	NC		4			
Vitamin B-12.....mcg	0.07		0	RC		4			
Vitamin A, IU.....IU	140		0	RC		4			
Vitamin A, RAE.....mcg_RAE	38		0	RC		4			
Retinol.....mcg	37		0	RC		4			
Vitamin E (alpha-tocopherol).....mg	0.26		0	RC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	13.735		0	RC		4			
Vitamin K (phylloquinone).....mcg	1.6		0	RC		4			
Lipids:									
Fatty acids, total saturated.....g	6.033		0	RC		4			
4:0.....g	0.132		0	RC		4			
6:0.....g	0.090		0	RC		4			
8:0.....g	0.062		0	RC		4			
10:0.....g	0.108		0	RC		4			
12:0.....g	0.111		0	RC		4			
13:0.....g	0.000		0	RC		4			
14:0.....g	0.342		0	RC		4			
15:0.....g	0.000		0	RC		4			
16:0.....g	2.809		0	RC		4			
17:0.....g	0.028		0	RC		4			
18:0.....g	2.284		0	RC		4			
20:0.....g	0.062		0	RC		4			
22:0.....g	0.004		0	RC		4			
24:0.....g	0.000		0	RC		4			

NDB No. 19101

Candies, fudge, chocolate, with nuts, 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	3.713		0	RC		4			
14:1.....g	0.000		0	RC		4			
15:1.....g	0.000		0	RC		4			
16:1 undifferentiated.....g	0.042		0	RC		4			
16:1 c.....g	0.033		0	RC		4			
16:1 t.....g									
17:1.....g	0.000		0	RC		4			
18:1 undifferentiated.....g	3.647		0	RC		4			
20:1.....g	0.024		0	RC		4			
22:1 undifferentiated.....g	0.000		0	RC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.406		0	RC		4			
18:2 undifferentiated.....g	5.998		0	RC		4			
18:3 undifferentiated.....g	1.408		0	RC		4			
18:4.....g	0.000		0	RC		4			
20:2 n-6 c,c.....g	0.000		0	RC		4			
20:3 undifferentiated.....g	0.000		0	RC		4			
20:4 undifferentiated.....g	0.000		0	RC		4			
20:5 n-3.....g	0.000		0	RC		4			
22:5 n-3.....g	0.000		0	Z		7			
22:6 n-3.....g	0.000		0	RC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RC		4			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g	0.000		0	RC		4			
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	7		0	RC		4			
Theobromine.....mg	112		0	RC		4			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	10		0	RC		4			
Carotene, alpha.....mcg	0		0	RC		4			
Cryptoxanthin, beta.....mcg	0		0	RC		4			
Lycopene.....mcg	0		0	RC		4			
Lutein + zeaxanthin.....mcg	5		0	RC		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:

NDB No. 19101

Candies, fudge, chocolate, with nuts, prepared-from-recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19104
Candies, fudge, vanilla with nuts for 19104

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	7.86		0	RC		4			
Energy.....kcal	435		0	RC		4			
Energy.....kj	1821		0	RC		4			
Protein.....g	3.00		0	RC		4			
Total lipid (fat).....g	13.68		0	RC		4			
Ash.....g	0.54		0	RC		4			
Carbohydrate, by difference.....g	74.74		0	RC		4			
Fiber, total dietary.....g	0.9		0	RC		4			
Sugars, total.....g	73.39		0	RC		4			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	43		0	RC		4			
Iron, Fe.....mg	0.42		0	RC		4			
Magnesium, Mg.....mg	24		0	RC		4			
Phosphorus, P.....mg	71		0	RC		4			
Potassium, K.....mg	100		0	RC		4			
Sodium, Na.....mg	46		0	RC		4			
Zinc, Zn.....mg	0.53		0	RC		4			
Copper, Cu.....mg	0.223		0	RC		4			
Manganese, Mn.....mg	0.470		0	RC		4			
Selenium, Se.....mcg	2.2		0	RC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RC		4			
Thiamin.....mg	0.049		0	RC		4			
Riboflavin.....mg	0.085		0	RC		4			
Niacin.....mg	0.180		0	RC		4			
Pantothenic acid.....mg	0.184		0	RC		4			
Vitamin B-6.....mg	0.078		0	RC		4			
Folate, total.....mcg	12		0	RC		4			
Folic acid.....mcg	0		0	RC		4			
Folate, food.....mcg	12		0	RC		4			
Folate, DFE.....mcg_DFE	12		0	NC		4			
Vitamin B-12.....mcg	0.07		0	RC		4			
Vitamin A, IU.....IU	151		0	RC		4			
Vitamin A, RAE.....mcg_RAE	41		0	RC		4			
Retinol.....mcg	40		0	RC		4			
Vitamin E (alpha-tocopherol).....mg	0.22		0	RC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	13.879		0	RC		4			
Vitamin K (phylloquinone).....mcg	0.8		0	RC		4			
Lipids:									
Fatty acids, total saturated.....g	3.320		0	RC		4			
4:0.....g	0.144		0	RC		4			
6:0.....g	0.098		0	RC		4			
8:0.....g	0.066		0	RC		4			
10:0.....g	0.118		0	RC		4			
12:0.....g	0.120		0	RC		4			
13:0.....g	0.000		0	RC		4			
14:0.....g	0.367		0	RC		4			
15:0.....g	0.000		0	RC		4			
16:0.....g	1.660		0	RC		4			
17:0.....g	0.021		0	RC		4			
18:0.....g	0.710		0	RC		4			
20:0.....g	0.014		0	RC		4			
22:0.....g	0.000		0	RC		4			
24:0.....g	0.000		0	RC		4			

NDB No. 19104

Candies, fudge, vanilla with nuts for 19104

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.246		0	RC	4				
14:1.....g	0.000		0	RC	4				
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	2.187		0	RC	4				
20:1.....g	0.022		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g	0.000		0	RC	4				
Fatty acids, total polyunsaturated.....g	6.489		0	RC	4				
18:2 undifferentiated.....g	5.234		0	RC	4				
18:3 undifferentiated.....g	1.255		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c,c.....g	0.000		0	RC	4				
20:3 undifferentiated.....g	0.000		0	RC	4				
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	RC	4				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.044		0	RC	4				
Threonine.....g	0.122		0	RC	4				
Isoleucine.....g	0.133		0	RC	4				
Leucine.....g	0.237		0	RC	4				
Lysine.....g	0.100		0	RC	4				
Methionine.....g	0.054		0	RC	4				
Cystine.....g	0.033		0	RC	4				
Phenylalanine.....g	0.139		0	RC	4				
Tyrosine.....g	0.099		0	RC	4				
Valine.....g	0.158		0	RC	4				
Arginine.....g	0.332		0	RC	4				
Histidine.....g	0.075		0	RC	4				
Alanine.....g	0.124		0	RC	4				
Aspartic acid.....g	0.317		0	RC	4				
Glutamic acid.....g	0.571		0	RC	4				
Glycine.....g	0.132		0	RC	4				
Proline.....g	0.194		0	RC	4				
Serine.....g	0.159		0	RC	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.2		0	RC	4				
Caffeine.....mg	0		0	RC	4				
Theobromine.....mg	0		0	RC	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11		0	RC	4				
Carotene, alpha.....mcg	0		0	RC	4				
Cryptoxanthin, beta.....mcg	0		0	RC	4				
Lycopene.....mcg	0		0	RC	4				
Lutein + zeaxanthin.....mcg	1		0	RC	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19104

Candies, fudge, vanilla with nuts for 19104

Food Group: 19 Sweets

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

NDB No. 19103

Candies, fudge, vanilla, prepared-from-recipe

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	10.71		0	RC		4			
Energy.....kcal	384		0	RC		4			
Energy.....kj	1605		0	RC		4			
Protein.....g	1.05		0	RC		4			
Total lipid (fat).....g	5.44		0	RC		4			
Ash.....g	0.34		0	RC		4			
Carbohydrate, by difference.....g	82.28		0	RC		4			
Fiber, total dietary.....g	0.0		0	RC		4			
Sugars, total.....g	82.28		0	NR		4			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	34		0	RC		4			
Iron, Fe.....mg	0.02		0	RC		4			
Magnesium, Mg.....mg	3		0	RC		4			
Phosphorus, P.....mg	28		0	RC		4			
Potassium, K.....mg	46		0	RC		4			
Sodium, Na.....mg	51		0	RC		4			
Zinc, Zn.....mg	0.13		0	RC		4			
Copper, Cu.....mg	0.008		0	RC		4			
Manganese, Mn.....mg	0.007		0	RC		4			
Selenium, Se.....mcg	1.7		0	RC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RC		4			
Thiamin.....mg	0.011		0	RC		4			
Riboflavin.....mg	0.074		0	RC		4			
Niacin.....mg	0.039		0	RC		4			
Pantothenic acid.....mg	0.120		0	RC		4			
Vitamin B-6.....mg	0.009		0	RC		4			
Folate, total.....mcg	1		0	RC		4			
Folic acid.....mcg	0		0	RC		4			
Folate, food.....mcg	1		0	RC		4			
Folate, DFE.....mcg_DFE	1		0	NC		4			
Vitamin B-12.....mcg	0.08		0	RC		4			
Vitamin A, IU.....IU	168		0	RC		4			
Vitamin A, RAE.....mcg_RAE	46		0	RC		4			
Retinol.....mcg	45		0	RC		4			
Vitamin E (alpha-tocopherol).....mg	0.14		0	RC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	15.668		0	RC		4			
Vitamin K (phylloquinone).....mcg	0.5		0	RC		4			
Lipids:									
Fatty acids, total saturated.....g	2.807		0	RC		4			
4:0.....g	0.163		0	RC		4			
6:0.....g	0.110		0	RC		4			
8:0.....g	0.075		0	RC		4			
10:0.....g	0.133		0	RC		4			
12:0.....g	0.136		0	RC		4			
13:0.....g	0.000		0	RC		4			
14:0.....g	0.415		0	RC		4			
15:0.....g	0.000		0	RC		4			
16:0.....g	1.199		0	RC		4			
17:0.....g	0.024		0	RC		4			
18:0.....g	0.547		0	RC		4			
20:0.....g	0.006		0	RC		4			
22:0.....g	0.000		0	RC		4			
24:0.....g	0.000		0	RC		4			

NDB No. 19103

Candies, fudge, vanilla, 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	1.164		0	RC		4			
14:1.....g	0.000		0	RC		4			
15:1.....g									
16:1 undifferentiated.....g	0.042		0	RC		4			
16:1 c.....g	0.042		0	RC		4			
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	1.118		0	RC		4			
18:1 c.....g	0.735		0	RC		4			
18:1 t.....g	0.129		0	RC		4			
20:1.....g	0.004		0	RC		4			
22:1 undifferentiated.....g	0.000		0	RC		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.085		0	RC		4			
18:2 undifferentiated.....g	0.062		0	RC		4			
18:2 n-6 c,c.....g	0.094		0	RC		4			
18:2 CLAs.....g	0.012		0	RC		4			
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.013		0	RC		4			
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.023		0	RC		4			
18:4.....g	0.000		0	RC		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC		4			
20:5 n-3.....g	0.000		0	RC		4			
22:5 n-3.....g	0.000		0	RC		4			
22:6 n-3.....g	0.000		0	RC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0	RC		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.024		0	RC		4			
Threonine.....g	0.047		0	RC		4			
Isoleucine.....g	0.054		0	RC		4			
Leucine.....g	0.087		0	RC		4			
Lysine.....g	0.047		0	RC		4			
Methionine.....g	0.024		0	RC		4			
Cystine.....g	0.006		0	RC		4			
Phenylalanine.....g	0.048		0	RC		4			
Tyrosine.....g	0.050		0	RC		4			
Valine.....g	0.063		0	RC		4			
Arginine.....g	0.025		0	RC		4			
Histidine.....g	0.025		0	RC		4			
Alanine.....g	0.034		0	RC		4			
Aspartic acid.....g	0.078		0	RC		4			
Glutamic acid.....g	0.212		0	RC		4			
Glycine.....g	0.024		0	RC		4			
Proline.....g	0.111		0	RC		4			
Serine.....g	0.036		0	RC		4			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7			
Caffeine.....mg	0		0	RC		4			
Theobromine.....mg	0		0	RC		4			
Carotenoids:									
Carotene, beta.....mcg	10		0	RC		4			
Carotene, alpha.....mcg	0		0	RC		4			
Cryptoxanthin, beta.....mcg	0		0	RC		4			
Lycopene.....mcg	0		0	RC		4			
Lutein + zeaxanthin.....mcg	0		0	RC		4			

NDB No. 19103

Candies, fudge, vanilla, 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

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

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

NDB No. 43057

Candies, gum drops, dietetic or low calorie (sorbitol)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.092				4		0.167	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.090				4		0.164	0.005	
20:1.....g	0.003				4		0.005	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064				4		0.116	0.003	
18:2 undifferentiated.....g	0.064				4		0.116	0.003	
18:3 undifferentiated.....g	0.000				4		0.000	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 5.0g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19106
Candies, gumdrops, starch jelly pieces

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	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
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	FLC	4		0.000	0.000	0.000
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		0.000	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 = 182g: 1 cup gumdrops
- Measure 2 = 36g: 10 gumdrops
- Measure 3 = 22g: 10 gummy bears

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19117
Candies, halavah, 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	8.194		2	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		2	A	1				
17:1.....g									
18:1 undifferentiated.....g	8.133		2	A	1				
20:1.....g	0.036		2	A	1				
22:1 undifferentiated.....g	0.000		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.481		2	A	1				
18:2 undifferentiated.....g	8.421		2	A	1				
18:3 undifferentiated.....g	0.060		2	A	1				
18:4.....g	0.000		2	A	1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1				
20:5 n-3.....g	0.000		2	A	1				
22:5 n-3.....g	0.000		2	A	1				
22:6 n-3.....g	0.000		2	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	0		0	T	4				
Carotene, alpha.....mcg	0		0	T	4				
Cryptoxanthin, beta.....mcg	0		0	T	4				
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:

Calories Factors: Protein 4

Fat 8.5

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19107
Candies, hard

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	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 = 28.35g: 1 oz
- Measure 2 = 6.0g: 1 piece
- Measure 3 = 3.0g: 1 piece, small

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 43058

Candies, hard, dietetic or low calorie (sorbitol)

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

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

Common Measures:

Measure 1 = 3.0g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19108
Candies, jellybeans

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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	FLC	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
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		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 11.0g: 10 small

Measure 2 = 28g: 10 large (1 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19116
Candies, marshmallows

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.080		0		4		0.040	0.006	0.006
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.002	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.076		0		4		0.038	0.005	0.005
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	0.047		0		4		0.024	0.003	0.003
18:2 undifferentiated.....g	0.045		0		4		0.023	0.003	0.003
18:3 undifferentiated.....g	0.001		0		4		0.001	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		4		0.001	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	0.023	4		1		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.035		0		1		0.018	0.002	0.003
Isoleucine.....g	0.028		0		1		0.014	0.002	0.002
Leucine.....g	0.066		0		1		0.033	0.005	0.005
Lysine.....g	0.077		0		1		0.039	0.005	0.006
Methionine.....g	0.015		0		1		0.008	0.001	0.001
Cystine.....g	0.002		0		1		0.001	0.000	0.000
Phenylalanine.....g	0.042		0		1		0.021	0.003	0.003
Tyrosine.....g	0.010		0		1		0.005	0.001	0.001
Valine.....g	0.050		0		1		0.025	0.004	0.004
Arginine.....g	0.147		0		1		0.074	0.010	0.011
Histidine.....g	0.017		0		1		0.009	0.001	0.001
Alanine.....g	0.180		0		1		0.090	0.013	0.013
Aspartic acid.....g	0.121		0		1		0.061	0.008	0.009
Glutamic acid.....g	0.208		0		1		0.104	0.015	0.015
Glycine.....g	0.416		0		1		0.208	0.029	0.030
Proline.....g	0.275		0		1		0.138	0.019	0.020
Serine.....g	0.061		0		1		0.031	0.004	0.004
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		0.000	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	0		0	FLA	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 50g: 1 cup of miniature
- Measure 2 = 7.0g: 10 miniatures
- Measure 3 = 7.2g: 1 regular

NDB No. 19116
Candies, marshmallows

Calories Factors: Protein 3.9

Fat 8.4

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19120
Candies, milk chocolate

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	1.50	0.054	9	A	1		2.53	0.11	0.66
Energy.....kcal	535		0	NC	4		899	37	235
Energy.....kj	2239		0	NC	4		3762	157	985
Protein (N x 6.25).....g	7.65	0.281	9	A	1		12.86	0.54	3.37
Total lipid (fat).....g	29.66	0.230	9	A	1		49.83	2.08	13.05
Ash.....g	1.78	0.036	9	A	1		2.99	0.12	0.78
Carbohydrate, by difference.....g	59.40		0	NC	4		99.80	4.16	26.14
Fiber, total dietary.....g	3.4	0.132	9	A	1		5.7	0.2	1.5
Sugars, total.....g	51.50	0.495	9	A	1		86.52	3.60	22.66
Starch.....g									
Minerals:									
Calcium, Ca.....mg	189	0.333	27	A	1		317	13	83
Iron, Fe.....mg	2.35	1.043	27	A	1		3.94	0.16	1.03
Magnesium, Mg.....mg	63	3.153	27	A	1		105	4	28
Phosphorus, P.....mg	208	6.583	27	A	1		350	15	92
Potassium, K.....mg	372	30.222	27	A	1		626	26	164
Sodium, Na.....mg	79	8.597	27	A	1		132	6	35
Zinc, Zn.....mg	2.01		0	FLC	4		3.37	0.14	0.88
Copper, Cu.....mg	0.491	0.083	27	A	1		0.825	0.034	0.216
Manganese, Mn.....mg	0.471	0.131	27	A	1		0.791	0.033	0.207
Selenium, Se.....mcg	4.5	0.173	22	A	1		7.5	0.3	2.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	0.0
Thiamin.....mg	0.112	0.007	5	A	1		0.188	0.008	0.049
Riboflavin.....mg	0.298	0.034	5	A	1		0.501	0.021	0.131
Niacin.....mg	0.386	0.018	5	A	1		0.648	0.027	0.170
Pantothenic acid.....mg	0.472	0.041	5	A	1		0.794	0.033	0.208
Vitamin B-6.....mg	0.036	0.001	5	A	1		0.060	0.002	0.016
Folate, total.....mcg	12	0.802	5	A	1		20	1	5
Folic acid.....mcg	0		0	FLC	4		0	0	0
Folate, food.....mcg	12	0.802	5	A	1		20	1	5
Folate, DFE.....mcg_DFE	12		0	NC	4		20	1	5
Vitamin B-12.....mcg	0.62		0	FLC	4		1.04	0.04	0.27
Vitamin A, IU.....IU	174		0	FLC	4		293	12	77
Vitamin A, RAE.....mcg_RAE	49		0	FLC	4		82	3	22
Retinol.....mcg	48		0	FLC	4		81	3	21
Vitamin E (alpha-tocopherol).....mg	2.02		1	A	1		3.39	0.14	0.89
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.7	0.585	4	A	1		9.6	0.4	2.5
Lipids:									
Fatty acids, total saturated.....g	14.252		0	NC	4		23.944	0.998	6.271
4:0.....g	0.503	0.481	4	A	1		0.845	0.035	0.221
6:0.....g	0.182	0.172	4	A	1		0.305	0.013	0.080
8:0.....g	0.104	0.093	4	A	1		0.175	0.007	0.046
10:0.....g	0.197	0.160	4	A	1		0.331	0.014	0.087
12:0.....g	0.217	0.180	4	A	1		0.364	0.015	0.095
13:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
14:0.....g	0.664	0.564	4	A	1		1.115	0.046	0.292
15:0.....g	0.069	0.052	4	A	1		0.115	0.005	0.030
16:0.....g	5.955	4.953	4	A	1		10.004	0.417	2.620
17:0.....g	0.065	0.054	4	A	1		0.110	0.005	0.029
18:0.....g	6.107	4.811	4	A	1		10.260	0.428	2.687
20:0.....g	0.171	0.146	4	A	1		0.288	0.012	0.075
22:0.....g	0.018	0.024	4	A	1		0.031	0.001	0.008
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000

NDB No. 19120
Candies, milk chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.226		0	NC	4		22.220	0.926	5.820
14:1.....g	0.065	0.054	4	A	1		0.109	0.005	0.029
15:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
16:1 undifferentiated.....g	0.124	0.112	4	A	1		0.208	0.009	0.055
17:1.....g	0.018	0.021	4	A	1		0.031	0.001	0.008
18:1 undifferentiated.....g	6.509		0	A	1		10.936	0.456	2.864
18:1 c.....g	6.509	5.359	4	A	1		10.936	0.456	2.864
18:1 t.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:1.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.813		0	NC	4		1.366	0.057	0.358
18:2 undifferentiated.....g	0.729	0.618	4	A	1		1.225	0.051	0.321
18:3 undifferentiated.....g	0.000		0	A	1		0.000	0.000	0.000
18:3 n-6 c,c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	23		1	A	1		38	2	10
Phytosterols.....mg									
Stigmasterol.....mg	16		1	A	1		27	1	7
Campesterol.....mg	6		1	A	1		10	0	3
Beta-sitosterol.....mg	37		1	A	1		62	3	16
<u>Amino Acids:</u>									
Tryptophan.....g	0.089		0	FLC	4		0.150	0.006	0.039
Threonine.....g	0.279		0	FLC	4		0.469	0.020	0.123
Isoleucine.....g									
Leucine.....g	0.590		0	FLC	4		0.991	0.041	0.260
Lysine.....g	0.464		0	FLC	4		0.780	0.033	0.204
Methionine.....g	0.146		0	FLC	4		0.245	0.010	0.064
Cystine.....g	0.078		0	FLC	4		0.132	0.005	0.034
Phenylalanine.....g	0.317		0	FLC	4		0.532	0.022	0.139
Tyrosine.....g	0.303		0	FLC	4		0.508	0.021	0.133
Valine.....g	0.429		0	FLC	4		0.720	0.030	0.189
Arginine.....g	0.298		0	FLC	4		0.500	0.021	0.131
Histidine.....g	0.167		0	FLC	4		0.280	0.012	0.073
Alanine.....g	0.241		0	FLC	4		0.404	0.017	0.106
Aspartic acid.....g	0.561		0	FLC	4		0.943	0.039	0.247
Glutamic acid.....g	1.316		0	FLC	4		2.211	0.092	0.579
Glycine.....g	0.178		0	FLC	4		0.299	0.012	0.078
Proline.....g	0.611		0	FLC	4		1.026	0.043	0.269
Serine.....g	0.348		0	FLC	4		0.585	0.024	0.153
Hydroxyproline.....g	0.000		0	FLC	4		0.000	0.000	0.000
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	0.0
Caffeine.....mg	20	0.000	9	A	1		34	1	9
Theobromine.....mg	205	6.891	8	A	1		345	14	90
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Carotene, alpha.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lycopene.....mcg	0	0.000	4	A	1		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

NDB No. 19120
Candies, milk chocolate

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 = 168g: 1 cup chips

Measure 2 = 7.0g: 1 bar miniature

Measure 3 = 44g: 1 bar 1.55 oz

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19279

Candies, milk chocolate coated coffee beans

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	2.34		0	RA					
Energy.....kcal	513		0	RA					
Energy.....kj	2148		0	RA					
Protein.....g	7.41		0	RA					
Total lipid (fat).....g	26.09		0	RA					
Ash.....g	1.75		0	RA					
Carbohydrate, by difference.....g	62.42		0	RA					
Fiber, total dietary.....g	5.7		0	RA					
Sugars, total.....g	49.54		0	RA					
Starch.....g									
Minerals:									
Calcium, Ca.....mg	169		0	RA					
Iron, Fe.....mg	2.29		0	RA					
Magnesium, Mg.....mg	64		0	RA					
Phosphorus, P.....mg	188		0	RA					
Potassium, K.....mg	413		0	RA					
Sodium, Na.....mg	71		0	RA					
Zinc, Zn.....mg	1.76		0	RA					
Copper, Cu.....mg	0.492		0	RA					
Manganese, Mn.....mg	0.538		0	RA					
Selenium, Se.....mcg	4.3		0	RA					
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RA					
Thiamin.....mg	0.097		0	RA					
Riboflavin.....mg	0.316		0	RA					
Niacin.....mg	0.333		0	RA					
Pantothenic acid.....mg	0.454		0	RA					
Vitamin B-6.....mg	0.031		0	RA					
Folate, total.....mcg	10		0	RA					
Folic acid.....mcg	0		0	RA					
Folate, food.....mcg	10		0	RA					
Folate, DFE.....mcg_DFE	10		0	NC					
Vitamin B-12.....mcg	0.53		0	RA					
Vitamin A, IU.....IU	150		0	RA					
Vitamin A, RAE.....mcg_RAE	42		0	RA					
Retinol.....mcg	42		0	RA					
Vitamin E (alpha-tocopherol).....mg	1.74		0	RA					
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.4		0	RA					
Lipids:									
Fatty acids, total saturated.....g	12.490		0	RA					
4:0.....g	0.434		0	RA					
6:0.....g	0.157		0	RA					
8:0.....g	0.090		0	RA					
10:0.....g	0.170		0	RA					
12:0.....g	0.187		0	RA					
13:0.....g	0.000		0	RA					
14:0.....g	0.572		0	RA					
15:0.....g	0.059		0	RA					
16:0.....g	5.293		0	RA					
17:0.....g	0.056		0	RA					
18:0.....g	5.297		0	RA					
20:0.....g	0.161		0	RA					
22:0.....g	0.016		0	RA					
24:0.....g	0.000		0	RA					

NDB No. 19279

Candies, milk chocolate coated coffee beans

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.833		0	RA		4			
14:1.....g	0.056		0	RA		4			
15:1.....g	0.000		0	RA		4			
16:1 undifferentiated.....g	0.107		0	RA		4			
17:1.....g	0.016		0	RA		4			
18:1 undifferentiated.....g	5.654		0	RA		4			
20:1.....g	0.000		0	RA		4			
22:1 undifferentiated.....g	0.000		0	RA		4			
24:1 c.....g	0.000		0	RA		4			
Fatty acids, total polyunsaturated.....g	0.854		0	RA		4			
18:2 undifferentiated.....g	0.847		0	RA		4			
18:3 undifferentiated.....g	0.007		0	RA		4			
18:4.....g	0.000		0	RA		4			
20:2 n-6 c,c.....g	0.000		0	RA		4			
20:3 undifferentiated.....g	0.000		0	RA		4			
20:4 undifferentiated.....g	0.000		0	RA		4			
20:5 n-3.....g	0.000		0	RA		4			
22:5 n-3.....g	0.000		0	RA		4			
22:6 n-3.....g	0.000		0	RA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	RA		4			
Phytosterols.....mg									
Stigmasterol.....mg									
Campesterol.....mg									
Beta-sitosterol.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RA		4			
Caffeine.....mg	800		0	RA		4			
Theobromine.....mg	178		0	RA		4			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	RA		4			
Carotene, alpha.....mcg	0		0	RA		4			
Cryptoxanthin, beta.....mcg	0		0	RA		4			
Lycopene.....mcg	0		0	RA		4			
Lutein + zeaxanthin.....mcg	0		0	RA		4			

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

Common Measures:

NDB No. 19279

Candies, milk chocolate coated coffee beans

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19126

Candies, milk chocolate coated peanuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.920		0		1		19.251	5.168	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.210		1		1		0.313	0.084	
17:1.....g									
18:1 undifferentiated.....g	12.550		1		1		18.700	5.020	
20:1.....g	0.160		1		1		0.238	0.064	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.330		0		1		6.452	1.732	
18:2 undifferentiated.....g	4.280		1		1		6.377	1.712	
18:3 undifferentiated.....g	0.050		1		1		0.075	0.020	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		2		1		13	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.140		0		1		0.209	0.056	
Threonine.....g	0.492		0		1		0.733	0.197	
Isoleucine.....g	0.561		0		1		0.836	0.224	
Leucine.....g	1.005		0		1		1.497	0.402	
Lysine.....g	0.602		0		1		0.897	0.241	
Methionine.....g	0.211		0		1		0.314	0.084	
Cystine.....g	0.126		0		1		0.188	0.050	
Phenylalanine.....g	0.687		0		1		1.024	0.275	
Tyrosine.....g	0.554		0		1		0.825	0.222	
Valine.....g	0.680		0		1		1.013	0.272	
Arginine.....g	1.001		0		1		1.491	0.400	
Histidine.....g	0.268		0		1		0.399	0.107	
Alanine.....g	0.483		0		1		0.720	0.193	
Aspartic acid.....g	1.347		0		1		2.007	0.539	
Glutamic acid.....g	2.693		0		1		4.013	1.077	
Glycine.....g	0.563		0		1		0.839	0.225	
Proline.....g	0.806		0		1		1.201	0.322	
Serine.....g	0.616		0		1		0.918	0.246	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	22		1		1		33	9	
Theobromine.....mg	109		1		1		162	44	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.000	0.000	

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

Common Measures:

Measure 1 = 149g: 1 cup

Measure 2 = 40g: 10 pieces

NDB No. 19126

Candies, milk chocolate coated peanuts

Calories Factors: Protein 3.6

Fat 8.6

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19127

Candies, milk chocolate coated 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	4.740		0		1		8.532	0.474	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.140		1		1		0.252	0.014	
17:1.....g									
18:1 undifferentiated.....g	4.600		1		1		8.280	0.460	
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	0.510		0		1		0.918	0.051	
18:2 undifferentiated.....g	0.450		1		1		0.810	0.045	
18:3 undifferentiated.....g	0.050		1		1		0.090	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	3	1.638	3		1		5	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.074	0.004	
Threonine.....g	0.158		0		1		0.284	0.016	
Isoleucine.....g	0.167		0		1		0.301	0.017	
Leucine.....g	0.299		0		1		0.538	0.030	
Lysine.....g	0.202		0		1		0.364	0.020	
Methionine.....g	0.102		0		1		0.184	0.010	
Cystine.....g	0.036		0		1		0.065	0.004	
Phenylalanine.....g	0.186		0		1		0.335	0.019	
Tyrosine.....g	0.155		0		1		0.279	0.016	
Valine.....g	0.226		0		1		0.407	0.023	
Arginine.....g	0.172		0		1		0.310	0.017	
Histidine.....g	0.088		0		1		0.158	0.009	
Alanine.....g	0.152		0		1		0.274	0.015	
Aspartic acid.....g	0.390		0		1		0.702	0.039	
Glutamic acid.....g	0.861		0		1		1.550	0.086	
Glycine.....g	0.108		0		1		0.194	0.011	
Proline.....g	0.287		0		1		0.517	0.029	
Serine.....g	0.191		0		1		0.344	0.019	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	25		1		1		45	3	
Theobromine.....mg	127		1		1		229	13	
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		0.937	0.052	

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Common Measures:
 Measure 1 = 180g: 1 cup
 Measure 2 = 10.0g: 10 pieces

NDB No. 19127

Candies, milk chocolate coated raisins

Calories Factors: Protein 3.6

Fat 8.7

Carbohydrate 3.6

Food Group: 19 Sweets

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

NDB No. 19132

Candies, milk chocolate, with almonds

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	1.50	0.210	9		1		0.62	0.66	
Energy.....kcal	526		0		4		216	231	
Energy.....kj	2201				4		902	968	
Protein (N x 5.9).....g	9.00	0.319	13		1		3.69	3.96	
Total lipid (fat).....g	34.40	0.790	14		1		14.10	15.14	
Ash.....g	1.70	0.017	9		1		0.70	0.75	
Carbohydrate, by difference.....g	53.20		0	NC	4		21.81	23.41	
Fiber, total dietary.....g	6.2		1		1		2.5	2.7	
Sugars, total.....g	43.90		0	LC	8		18.00	19.32	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	224	13.194	12		1		92	99	
Iron, Fe.....mg	1.63	0.225	12		1		0.67	0.72	
Magnesium, Mg.....mg	90	5.285	6		1		37	40	
Phosphorus, P.....mg	264	14.134	6		1		108	116	
Potassium, K.....mg	444	6.652	8		1		182	195	
Sodium, Na.....mg	74	8.195	11		1		30	33	
Zinc, Zn.....mg	1.34	0.197	6		1		0.55	0.59	
Copper, Cu.....mg	0.422	0.033	5		1		0.173	0.186	
Manganese, Mn.....mg	0.624	0.056	5		1		0.256	0.275	
Selenium, Se.....mcg	4.0		0	FLA	4		1.6	1.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		2		1		0.1	0.1	
Thiamin.....mg	0.060	0.007	11		1		0.025	0.026	
Riboflavin.....mg	0.435	0.027	12		1		0.178	0.191	
Niacin.....mg	0.742	0.086	8		1		0.304	0.326	
Pantothenic acid.....mg	0.430		0		4		0.176	0.189	
Vitamin B-6.....mg	0.051		0	FLA	4		0.021	0.022	
Folate, total.....mcg	14		0	FLM	4		6	6	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	14		0	FLM	4		6	6	
Folate, DFE.....mcg_DFE	14		0	NC	4		6	6	
Vitamin B-12.....mcg	0.33		0	FLA	4		0.14	0.15	
Vitamin A, IU.....IU	156		0	FLM	4		64	69	
Vitamin A, RAE.....mcg_RAE	44		0	FLM	4		18	19	
Retinol.....mcg	43		0	FLM	4		18	19	
Vitamin E (alpha-tocopherol).....mg	4.49		0	FLM	4		1.84	1.97	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.1		0	FLM	4		2.1	2.2	
Lipids:									
Fatty acids, total saturated.....g	16.980		0		1		6.962	7.471	
4:0.....g	0.160		1		1		0.066	0.070	
6:0.....g	0.040		1		1		0.016	0.018	
8:0.....g	0.050		1		1		0.021	0.022	
10:0.....g	0.110		1		1		0.045	0.048	
12:0.....g	0.110		1		1		0.045	0.048	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.580		1		1		0.238	0.255	
15:0.....g									
16:0.....g	7.660		1		1		3.141	3.370	
17:0.....g									
18:0.....g	8.270		1		1		3.391	3.639	
20:0.....g									
22:0.....g									
24:0.....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 19132

Candies, milk chocolate, with almonds

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	13.490		0		1		5.531	5.936	
14:1.....g									
15:1.....g	0.000		0	FLM	4		0.000	0.000	
16:1 undifferentiated.....g	0.310		1		1		0.127	0.136	
17:1.....g									
18:1 undifferentiated.....g	13.170		1		1		5.400	5.795	
20:1.....g	0.010		1		1		0.004	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	2.280		0		1		0.935	1.003	
18:2 undifferentiated.....g	2.170		1		1		0.890	0.955	
18:3 undifferentiated.....g	0.110		1		1		0.045	0.048	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
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	19	1.933	8		1		8	8	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.116		0		1		0.048	0.051	
Threonine.....g	0.350		0		1		0.144	0.154	
Isoleucine.....g	0.432		0		1		0.177	0.190	
Leucine.....g	0.759		0		1		0.311	0.334	
Lysine.....g	0.446		0		1		0.183	0.196	
Methionine.....g	0.159		0		1		0.065	0.070	
Cystine.....g	0.079		0		1		0.032	0.035	
Phenylalanine.....g	0.470		0		1		0.193	0.207	
Tyrosine.....g	0.366		0		1		0.150	0.161	
Valine.....g	0.526		0		1		0.216	0.231	
Arginine.....g	0.468		0		1		0.192	0.206	
Histidine.....g	0.159		0		1		0.065	0.070	
Alanine.....g	0.327		0		1		0.134	0.144	
Aspartic acid.....g	0.792		0		1		0.325	0.348	
Glutamic acid.....g	1.984		0		1		0.813	0.873	
Glycine.....g	0.294		0		1		0.121	0.129	
Proline.....g	0.666		0		1		0.273	0.293	
Serine.....g	0.388		0		1		0.159	0.171	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	22		1		1		9	10	
Theobromine.....mg	158		1		1		65	70	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLM	4		0.174	0.187	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLM	4		0.059	0.064	

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 = 41g: 1 bar (1.45 oz)

Measure 2 = 44g: 1 bar (1.55 oz)

NDB No. 19132

Candies, milk chocolate, with almonds

Calories Factors: Protein 3.6

Fat 8.6

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19134

Candies, milk chocolate, with rice cereal

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	8.640		0		1		3.456	3.888	4.061
14:1.....g									
15:1.....g	0.000		0	FLC	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.260		1		1		0.104	0.117	0.122
17:1.....g									
18:1 undifferentiated.....g	8.380		1		1		3.352	3.771	3.939
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	0.000		0	FLC	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.780		0		1		0.312	0.351	0.367
18:2 undifferentiated.....g	0.720		1		1		0.288	0.324	0.338
18:3 undifferentiated.....g	0.060		1		1		0.024	0.027	0.028
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000	0.000	0.000
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	19	0.598	14		1		8	9	9
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.076		0		1		0.030	0.034	0.036
Threonine.....g	0.263		0		1		0.105	0.118	0.124
Isoleucine.....g	0.328		0		1		0.131	0.148	0.154
Leucine.....g	0.577		0		1		0.231	0.260	0.271
Lysine.....g	0.355		0		1		0.142	0.160	0.167
Methionine.....g	0.136		0		1		0.054	0.061	0.064
Cystine.....g	0.049		0		1		0.020	0.022	0.023
Phenylalanine.....g	0.344		0		1		0.138	0.155	0.162
Tyrosine.....g	0.278		0		1		0.111	0.125	0.131
Valine.....g	0.409		0		1		0.164	0.184	0.192
Arginine.....g	0.226		0		1		0.090	0.102	0.106
Histidine.....g	0.103		0		1		0.041	0.046	0.048
Alanine.....g	0.240		0		1		0.096	0.108	0.113
Aspartic acid.....g	0.536		0		1		0.214	0.241	0.252
Glutamic acid.....g	1.304		0		1		0.522	0.587	0.613
Glycine.....g	0.170		0		1		0.068	0.077	0.080
Proline.....g	0.498		0		1		0.199	0.224	0.234
Serine.....g	0.294		0		1		0.118	0.132	0.138
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	23		1		1		9	10	11
Theobromine.....mg	155		1		1		62	70	73
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	0.000
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		0.000	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 = 40g: 1 bar (1.4 oz)

Measure 2 = 45g: 1 bar (1.45 oz)

Measure 3 = 47g: 1 bar (1.65 oz)

NDB No. 19134

Candies, milk chocolate, with rice cereal

Calories Factors: Protein 3.7

Fat 8.7

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 43046
Candies, nougat

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	2.15		0	FLC	4		0.30		
Energy.....kcal	398		0	NC	4		56		
Energy.....kj	1665		0	NC	4		233		
Protein.....g	3.33		1	LC	8		0.47		
Total lipid (fat).....g	1.67		1	LC	8		0.23		
Ash.....g	0.46		0	FLC	4		0.06		
Carbohydrate, by difference.....g	92.39		0	NC	4		12.93		
Fiber, total dietary.....g	3.3		1	LC	8		0.5		
Sugars, total.....g	83.33		1	LC	8		11.67		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	32		0	FLC	4		4		
Iron, Fe.....mg	0.59		0	FLC	4		0.08		
Magnesium, Mg.....mg	32		0	FLC	4		4		
Phosphorus, P.....mg	55		0	FLC	4		8		
Potassium, K.....mg	105		0	FLC	4		15		
Sodium, Na.....mg	33		1	LC	8		5		
Zinc, Zn.....mg	0.42		0	FLC	4		0.06		
Copper, Cu.....mg	0.134		0	FLC	4		0.019		
Manganese, Mn.....mg	0.304		0	FLC	4		0.043		
Selenium, Se.....mcg	2.6		0	FLC	4		0.4		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	FLC	4		0.0		
Thiamin.....mg	0.013		0	FLC	4		0.002		
Riboflavin.....mg	0.148		0	FLC	4		0.021		
Niacin.....mg	0.478		0	FLC	4		0.067		
Pantothenic acid.....mg	0.060		0	FLC	4		0.008		
Vitamin B-6.....mg	0.020		0	FLC	4		0.003		
Folate, total.....mcg	5		0	FLC	4		1		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	4		0	FLC	4		1		
Folate, DFE.....mcg_DFE	5		0	NC	4		1		
Vitamin B-12.....mcg	0.01		0	FLC	4		0.00		
Vitamin A, IU.....IU	1		0	FLC	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	FLC	4		0		
Retinol.....mcg	0		0	FLC	4		0		
Vitamin E (alpha-tocopherol).....mg	2.77		0	FLC	4		0.39		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLC	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.667		1	LC	8		0.233		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.000		0	FLC	4		0.000		
12:0.....g	0.000		0	FLC	4		0.000		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.002		0	FLC	4		0.000		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.340		0	FLC	4		0.188		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.324		0	FLC	4		0.045		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		

NDB No. 43046
Candies, nougat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		1	LC	8		0.000		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g	0.000		0	FLC	4		0.000		
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLC	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.047		
Carotene, alpha.....mcg	0		0	FLC	4		0.012		
Cryptoxanthin, beta.....mcg	1		0	FLC	4		0.099		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLC	4		0.158		

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Common Measures:

Measure 1 = 14.0g: 1 piece

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19147
Candies, peanut bar

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	16.721		0	FLA	4		4.740	6.688	7.524
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	FLA	4		0.003	0.004	0.005
17:1.....g									
18:1 undifferentiated.....g	16.260		0	FLA	4		4.610	6.504	7.317
20:1.....g	0.495		0	FLA	4		0.140	0.198	0.223
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.650		0	FLA	4		3.019	4.260	4.793
18:2 undifferentiated.....g	10.647		0	FLA	4		3.018	4.259	4.791
18:3 undifferentiated.....g	0.002		0	FLA	4		0.001	0.001	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	0		0	FLA	4		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.149		0		1		0.042	0.060	0.067
Threonine.....g	0.520		0		1		0.147	0.208	0.234
Isoleucine.....g	0.534		0		1		0.151	0.214	0.240
Leucine.....g	0.986		0		1		0.280	0.394	0.444
Lysine.....g	0.545		0		1		0.155	0.218	0.245
Methionine.....g	0.185		0		1		0.052	0.074	0.083
Cystine.....g	0.194		0		1		0.055	0.078	0.087
Phenylalanine.....g	0.787		0		1		0.223	0.315	0.354
Tyrosine.....g	0.618		0		1		0.175	0.247	0.278
Valine.....g	0.638		0		1		0.181	0.255	0.287
Arginine.....g	1.818		0		1		0.515	0.727	0.818
Histidine.....g	0.385		0		1		0.109	0.154	0.173
Alanine.....g	0.604		0		1		0.171	0.242	0.272
Aspartic acid.....g	1.855		0		1		0.526	0.742	0.835
Glutamic acid.....g	3.178		0		1		0.901	1.271	1.430
Glycine.....g	0.916		0		1		0.260	0.366	0.412
Proline.....g	0.672		0		1		0.191	0.269	0.302
Serine.....g	0.753		0		1		0.213	0.301	0.339
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLM	4		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	0		0	FLM	4		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 28.35g: 1 oz
- Measure 2 = 40g: 1 bar (1.4 oz)
- Measure 3 = 45g: 1 bar (1.6 oz)

NDB No. 19147
Candies, peanut bar

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19148

Candies, peanut brittle, 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	8.064		0	RC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.046		0	RC	4				
17:1.....g									
18:1 undifferentiated.....g	7.821		0	RC	4				
20:1.....g	0.197		0	RC	4				
22:1 undifferentiated.....g	0.000		0	RC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.558		0	RC	4				
18:2 undifferentiated.....g	4.557		0	RC	4				
18:3 undifferentiated.....g	0.001		0	RC	4				
18:4.....g	0.000		0	RC	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RC	4				
20:5 n-3.....g	0.000		0	RC	4				
22:5 n-3.....g	0.000		0	RC	4				
22:6 n-3.....g	0.000		0	RC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RC	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RC	4				
Caffeine.....mg	0		0	RC	4				
Theobromine.....mg	0		0	RC	4				
Carotenoids:									
Carotene, beta.....mcg	9		0	RC	4				
Carotene, alpha.....mcg	0		0	RC	4				
Cryptoxanthin, beta.....mcg	0		0	RC	4				
Lycopene.....mcg	0		0	RC	4				
Lutein + zeaxanthin.....mcg	0		0	RC	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: 19 Sweets

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

NDB No. 19080
Candies, semisweet chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.970		0		4		16.750	18.145	17.248
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.090		8		1		0.151	0.164	0.156
17:1.....g									
18:1 undifferentiated.....g	9.890		8		1		16.615	18.000	17.110
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	0.970		0		4		1.630	1.765	1.678
18:2 undifferentiated.....g	0.910		8		1		1.529	1.656	1.574
18:3 undifferentiated.....g	0.060		8		1		0.101	0.109	0.104
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.106	0.115	0.109
Threonine.....g	0.168		0		1		0.282	0.306	0.291
Isoleucine.....g	0.164		0		1		0.276	0.298	0.284
Leucine.....g	0.257		0		1		0.432	0.468	0.445
Lysine.....g	0.212		0		1		0.356	0.386	0.367
Methionine.....g	0.044		0		1		0.074	0.080	0.076
Cystine.....g	0.052		0		1		0.087	0.095	0.090
Phenylalanine.....g	0.204		0		1		0.343	0.371	0.353
Tyrosine.....g	0.159		0		1		0.267	0.289	0.275
Valine.....g	0.254		0		1		0.427	0.462	0.439
Arginine.....g	0.240		0		1		0.403	0.437	0.415
Histidine.....g	0.073		0		1		0.123	0.133	0.126
Alanine.....g	0.196		0		1		0.329	0.357	0.339
Aspartic acid.....g	0.422		0		1		0.709	0.768	0.730
Glutamic acid.....g	0.637		0		1		1.070	1.159	1.102
Glycine.....g	0.190		0		1		0.319	0.346	0.329
Proline.....g	0.181		0		1		0.304	0.329	0.313
Serine.....g	0.183		0		1		0.307	0.333	0.317
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	62	3.923	6		1		104	113	107
Theobromine.....mg	486	40.814	7		1		816	885	841
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	18		0	FLA	4		30.517	33.060	31.426

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Common Measures:

- Measure 1 = 168g: 1 cup chips (6 oz package)
- Measure 2 = 182g: 1 cup large chips
- Measure 3 = 173g: 1 cup mini chips

NDB No. 19080

Candies, semisweet chocolate

Calories Factors: Protein 1.83

Fat 8.5

Carbohydrate 3.4

Food Group: 19 Sweets

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

NDB No. 19701

Candies, semisweet chocolate, 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	9.930		0		1		16.881	18.073	17.179
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.360		0		4		0.612	0.655	0.623
17:1.....g									
18:1 undifferentiated.....g	9.930		6		1		16.881	18.073	17.179
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.950		0		1		1.615	1.729	1.644
18:2 undifferentiated.....g	0.950		6		1		1.615	1.729	1.644
18:3 undifferentiated.....g	0.240		0		4		0.408	0.437	0.415
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0		1		31	33	31
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.107	0.115	0.109
Threonine.....g	0.168		0		1		0.286	0.306	0.291
Isoleucine.....g	0.164		0		1		0.279	0.298	0.284
Leucine.....g	0.257		0		1		0.437	0.468	0.445
Lysine.....g	0.212		0		1		0.360	0.386	0.367
Methionine.....g	0.044		0		1		0.075	0.080	0.076
Cystine.....g	0.052		0		1		0.088	0.095	0.090
Phenylalanine.....g	0.204		0		1		0.347	0.371	0.353
Tyrosine.....g	0.159		0		1		0.270	0.289	0.275
Valine.....g	0.254		0		1		0.432	0.462	0.439
Arginine.....g	0.240		0		1		0.408	0.437	0.415
Histidine.....g	0.073		0		1		0.124	0.133	0.126
Alanine.....g	0.196		0		1		0.333	0.357	0.339
Aspartic acid.....g	0.422		0		1		0.717	0.768	0.730
Glutamic acid.....g	0.637		0		1		1.083	1.159	1.102
Glycine.....g	0.190		0		1		0.323	0.346	0.329
Proline.....g	0.181		0		1		0.308	0.329	0.313
Serine.....g	0.183		0		1		0.311	0.333	0.317
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	62	3.923	6		1		105	113	107
Theobromine.....mg	486	40.814	7		1		826	885	841

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

Common Measures:

- Measure 1 = 170g: 1 cup chips (6 oz package)
- Measure 2 = 182g: 1 cup large chips
- Measure 3 = 173g: 1 cup mini chips

Calories Factors: Protein 1.83 Fat 8.5 Carbohydrate 3.4

Food Group: 19 Sweets

NDB No. 19154
Candies, sesame crunch

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.570		0		1		3.564	0.226	4.400
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.028	0.002	0.035
17:1.....g									
18:1 undifferentiated.....g	12.420		1		1		3.521	0.224	4.347
20:1.....g	0.050		1		1		0.014	0.001	0.018
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.580		0		1		4.133	0.262	5.103
18:2 undifferentiated.....g	14.330		1		1		4.063	0.258	5.016
18:3 undifferentiated.....g	0.250		1		1		0.071	0.005	0.088
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		4		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.223		0		1		0.063	0.004	0.078
Threonine.....g	0.424		0		1		0.120	0.008	0.148
Isoleucine.....g	0.440		0		1		0.125	0.008	0.154
Leucine.....g	0.783		0		1		0.222	0.014	0.274
Lysine.....g	0.328		0		1		0.093	0.006	0.115
Methionine.....g	0.337		0		1		0.096	0.006	0.118
Cystine.....g	0.206		0		1		0.058	0.004	0.072
Phenylalanine.....g	0.542		0		1		0.154	0.010	0.190
Tyrosine.....g	0.429		0		1		0.122	0.008	0.150
Valine.....g	0.571		0		1		0.162	0.010	0.200
Arginine.....g	1.513		0		1		0.429	0.027	0.530
Histidine.....g	0.302		0		1		0.086	0.005	0.106
Alanine.....g	0.534		0		1		0.151	0.010	0.187
Aspartic acid.....g	0.951		0		1		0.270	0.017	0.333
Glutamic acid.....g	2.279		0		1		0.646	0.041	0.798
Glycine.....g	0.700		0		1		0.198	0.013	0.245
Proline.....g	0.470		0		1		0.133	0.008	0.165
Serine.....g	0.558		0		1		0.158	0.010	0.195
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	3		0	FLM	4		0.975	0.062	1.203
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	0		0	FLM	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 1.8g: 1 piece

Measure 3 = 35g: 20 pieces

NDB No. 19154
Candies, sesame crunch

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19866
Candies, soft fruit and nut squares

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	13.88		0	FLC		4			
Energy.....kcal	390		0	FLC		4			
Energy.....kj	1633		0	FLC		4			
Protein.....g	2.31		0	FLC		4			
Total lipid (fat).....g	9.52		0	FLC		4			
Ash.....g	0.40		0	FLC		4			
Carbohydrate, by difference.....g	73.81		0	FLC		4			
Fiber, total dietary.....g	2.4		0	FLC		4			
Sugars, total.....g	45.71		0	FLC		4			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	17		0	FLC		4			
Iron, Fe.....mg	0.93		0	FLC		4			
Magnesium, Mg.....mg	25		0	FLC		4			
Phosphorus, P.....mg	54		0	FLC		4			
Potassium, K.....mg	82		0	FLC		4			
Sodium, Na.....mg	131		0	FLC		4			
Zinc, Zn.....mg	0.53		0	FLC		4			
Copper, Cu.....mg	0.303		0	FLC		4			
Manganese, Mn.....mg	0.539		0	FLC		4			
Selenium, Se.....mcg	1.4		0	FLC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC		4			
Thiamin.....mg	0.047		0	FLC		4			
Riboflavin.....mg	0.039		0	FLC		4			
Niacin.....mg	0.178		0	FLC		4			
Pantothenic acid.....mg	0.112		0	FLC		4			
Vitamin B-6.....mg	0.082		0	FLC		4			
Folate, total.....mcg	12		0	FLC		4			
Folic acid.....mcg	0		0	FLC		4			
Folate, food.....mcg	11		0	FLC		4			
Folate, DFE.....mcg_DFE	11		0	NC		4			
Vitamin B-12.....mcg	0.00		0	FLC		4			
Vitamin A, IU.....IU	3		0	NC		4			
Vitamin A, RAE.....mcg_RAE	0		0	NC		4			
Retinol.....mcg	0		0	FLC		4			
Vitamin E (alpha-tocopherol).....mg	0.10		0	FLC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.4		0	FLC		4			
Lipids:									
Fatty acids, total saturated.....g	0.898		0	FLC		4			
4:0.....g	0.000		0	FLC		4			
6:0.....g	0.000		0	FLC		4			
8:0.....g	0.000		0	FLC		4			
10:0.....g	0.000		0	FLC		4			
12:0.....g	0.000		0	FLC		4			
13:0.....g	0.000		0	FLC		4			
14:0.....g	0.000		0	FLC		4			
15:0.....g	0.000		0	FLC		4			
16:0.....g	0.647		0	FLC		4			
17:0.....g	0.000		0	FLC		4			
18:0.....g	0.241		0	FLC		4			
20:0.....g	0.009		0	FLC		4			
22:0.....g	0.000		0	FLC		4			
24:0.....g	0.000		0	FLC		4			

NDB No. 19866
Candies, soft fruit and nut squares

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.297		0	FLC		4			
14:1.....g	0.000		0	FLC		4			
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC		4			
17:1.....g									
18:1 undifferentiated.....g	1.278		0	FLC		4			
20:1.....g	0.019		0	FLC		4			
22:1 undifferentiated.....g	0.000		0	FLC		4			
24:1 c.....g	0.000		0	FLC		4			
Fatty acids, total polyunsaturated.....g	6.840		0	FLC		4			
18:2 undifferentiated.....g	5.525		0	FLC		4			
18:3 undifferentiated.....g	1.315		0	FLC		4			
18:4.....g	0.000		0	FLC		4			
20:2 n-6 c,c.....g	0.000		0	FLC		4			
20:3 undifferentiated.....g	0.000		0	FLC		4			
20:4 undifferentiated.....g	0.000		0	FLC		4			
20:5 n-3.....g	0.000		0	FLC		4			
22:5 n-3.....g	0.000		0	FLC		4			
22:6 n-3.....g	0.000		0	FLC		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC		4			
Caffeine.....mg	0		0	FLC		4			
Theobromine.....mg	0		0	FLC		4			
Carotenoids:									
Carotene, beta.....mcg	2		0	FLC		4			
Carotene, alpha.....mcg	0		0	FLC		4			
Cryptoxanthin, beta.....mcg	0		0	FLC		4			
Lycopene.....mcg	0		0	FLC		4			
Lutein + zeaxanthin.....mcg	3		0	FLC		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: 19 Sweets

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

NDB No. 19858
Candies, sugar-coated almonds

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	2.39		0	FLM	4		0.08		
Energy.....kcal	472		0	NC	4		17		
Energy.....kj	1974		0	NC	4		69		
Protein.....g	10.00		1	LC	8		0.35		
Total lipid (fat).....g	17.50		1	LC	8		0.61		
Ash.....g	1.51		0	FLM	4		0.05		
Carbohydrate, by difference.....g	68.60		0	NC	4		2.40		
Fiber, total dietary.....g	2.5		1	LC	8		0.1		
Sugars, total.....g	62.50		1	LC	8		2.19		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100				1		4		
Iron, Fe.....mg	1.90				1		0.07		
Magnesium, Mg.....mg	137		0	FLM	4		5		
Phosphorus, P.....mg	166				1		6		
Potassium, K.....mg	255				1		9		
Sodium, Na.....mg	13		1	LC	8		0		
Zinc, Zn.....mg	1.56		0	FLM	4		0.05		
Copper, Cu.....mg	0.586		0	FLM	4		0.020		
Manganese, Mn.....mg	1.121		0	FLM	4		0.039		
Selenium, Se.....mcg	1.7		0	FLM	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	FLM	4		0.0		
Thiamin.....mg	0.050				1		0.002		
Riboflavin.....mg	0.270				1		0.009		
Niacin.....mg	1.000				1		0.035		
Pantothenic acid.....mg	0.156		0	FLM	4		0.005		
Vitamin B-6.....mg	0.060		0	FLM	4		0.002		
Folate, total.....mcg	15		0	FLM	4		1		
Folic acid.....mcg	0		0	FLM	4		0		
Folate, food.....mcg	15		0	FLM	4		1		
Folate, DFE.....mcg_DFE	15		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU.....IU	3		0	FLM	4		0		
Vitamin A, RAE.....mcg_RAE	0		0	FLM	4		0		
Retinol.....mcg	0		0	FLM	4		0		
Vitamin E (alpha-tocopherol).....mg	12.36		0	FLM	4		0.43		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.0		0	FLM	4		0.0		
Lipids:									
Fatty acids, total saturated.....g	1.764		0	FLM	4		0.062		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.000		0	FLM	4		0.000		
12:0.....g	0.000		0	FLM	4		0.000		
13:0.....g	0.000		0	FLM	4		0.000		
14:0.....g	0.000		0	FLM	4		0.000		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	1.476		0	FLM	4		0.052		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.287		0	FLM	4		0.010		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		

NDB No. 19858
Candies, sugar-coated almonds

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.078		0	FLM	4		0.423		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.090		0	FLM	4		0.003		
17:1.....g									
18:1 undifferentiated.....g	11.988		0	FLM	4		0.420		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	3.904		0	FLM	4		0.137		
18:2 undifferentiated.....g	3.904		0	FLM	4		0.137		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLM	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	FLM	4		0.068		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLM	4		0.023		

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

Common Measures:

Measure 1 = 3.5g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19081
Candies, sweet chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	11.220		0		1		3.181	4.600	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		1		1		0.020	0.029	
17:1.....g									
18:1 undifferentiated.....g	11.150		1		1		3.161	4.572	
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	0.990		0		1		0.281	0.406	
18:2 undifferentiated.....g	0.960		1		1		0.272	0.394	
18:3 undifferentiated.....g	0.030		1		1		0.009	0.012	
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		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.058		0		1		0.016	0.024	
Threonine.....g	0.154		0		1		0.044	0.063	
Isoleucine.....g	0.151		0		1		0.043	0.062	
Leucine.....g	0.236		0		1		0.067	0.097	
Lysine.....g	0.195		0		1		0.055	0.080	
Methionine.....g	0.040		0		1		0.011	0.016	
Cystine.....g	0.048		0		1		0.014	0.020	
Phenylalanine.....g	0.187		0		1		0.053	0.077	
Tyrosine.....g	0.146		0		1		0.041	0.060	
Valine.....g	0.234		0		1		0.066	0.096	
Arginine.....g	0.221		0		1		0.063	0.091	
Histidine.....g	0.067		0		1		0.019	0.027	
Alanine.....g	0.180		0		1		0.051	0.074	
Aspartic acid.....g	0.388		0		1		0.110	0.159	
Glutamic acid.....g	0.586		0		1		0.166	0.240	
Glycine.....g	0.175		0		1		0.050	0.072	
Proline.....g	0.167		0		1		0.047	0.068	
Serine.....g	0.168		0		1		0.048	0.069	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	66		1		1		19	27	
Theobromine.....mg	426		1		1		121	175	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	18		0	BFSN	4		5.160	7.463	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 41g: 1 bar (1.45 oz)

NDB No. 19081

Candies, sweet chocolate

Calories Factors: Protein 1.83

Fat 8.6

Carbohydrate 3.4

Food Group: 19 Sweets

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

NDB No. 19083

Candies, sweet chocolate coated fondant

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.090		0		1		1.329	0.340	
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	3.090		6		1		1.329	0.340	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.129	0.033	
18:2 undifferentiated.....g	0.300		6		1		0.129	0.033	
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	0.000	3		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.029		0		1		0.012	0.003	
Threonine.....g	0.078		0		1		0.034	0.009	
Isoleucine.....g	0.076		0		1		0.033	0.008	
Leucine.....g	0.119		0		1		0.051	0.013	
Lysine.....g	0.098		0		1		0.042	0.011	
Methionine.....g	0.020		0		1		0.009	0.002	
Cystine.....g	0.024		0		1		0.010	0.003	
Phenylalanine.....g	0.094		0		1		0.040	0.010	
Tyrosine.....g	0.073		0		1		0.031	0.008	
Valine.....g	0.118		0		1		0.051	0.013	
Arginine.....g	0.111		0		1		0.048	0.012	
Histidine.....g	0.034		0		1		0.015	0.004	
Alanine.....g	0.090		0		1		0.039	0.010	
Aspartic acid.....g	0.195		0		1		0.084	0.021	
Glutamic acid.....g	0.294		0		1		0.126	0.032	
Glycine.....g	0.088		0		1		0.038	0.010	
Proline.....g	0.084		0		1		0.036	0.009	
Serine.....g	0.085		0		1		0.037	0.009	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	10		0	FLA	4		4	1	
Theobromine.....mg	185		0	FLA	4		79	20	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.007	0.002	
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	4		0	FLA	4		1.618	0.414	

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Common Measures:

Measure 1 = 43g: 1 patty, large

Measure 2 = 11.0g: 1 patty, small

NDB No. 19083

Candies, sweet chocolate coated fondant

Calories Factors: Protein 3.1

Fat 8.4

Carbohydrate 3.5

Food Group: 19 Sweets

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

NDB No. 19163
Chewing gum

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		4		0.002	0.013	0.006
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.079		0		4		0.002	0.013	0.006
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	0.137		0		4		0.004	0.022	0.011
18:2 undifferentiated.....g	0.133		0		4		0.004	0.021	0.011
18:3 undifferentiated.....g	0.004		0		4		0.000	0.001	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	0
Phytosterols.....mg									
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	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		0.000	0.000	0.000

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Common Measures:

Measure 1 = 3.0g: 1 stick

Measure 2 = 16g: 10 Chiclets

Measure 3 = 8.0g: 1 block

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 43060
Chewing gum, sugarless

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	0.093				4		0.002		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.091				4		0.002		
20:1.....g	0.001				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.232				4		0.005		
18:2 undifferentiated.....g	0.204				4		0.004		
18:3 undifferentiated.....g	0.027				4		0.001		
18:4.....g	0.000				4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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Common Measures:

Measure 1 = 2.0g: 1 piece

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19125
Chocolate-flavored hazelnut spread

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	1.07		0	FLC		4			
Energy.....kcal	541		1	LC		8			
Energy.....kj	2262		0	LC		8			
Protein.....g	5.41		1	LC		8			
Total lipid (fat).....g	29.73		1	LC		8			
Ash.....g	1.44		0	FLC		4			
Carbohydrate, by difference.....g	62.16		1	LC		8			
Fiber, total dietary.....g	5.4		1	LC		8			
Sugars, total.....g	54.84		0	LC		8			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	108		1	LC		8			
Iron, Fe.....mg	4.38		1	LC		8			
Magnesium, Mg.....mg	64		0	FLC		4			
Phosphorus, P.....mg	152		0	FLC		4			
Potassium, K.....mg	407		0	FLC		4			
Sodium, Na.....mg	41		1	LC		8			
Zinc, Zn.....mg	1.06		0	FLC		4			
Copper, Cu.....mg	0.469		0	FLC		4			
Manganese, Mn.....mg	0.868		0	FLC		4			
Selenium, Se.....mcg	3.6		0	FLC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC		8			
Thiamin.....mg	0.120		0	FLC		4			
Riboflavin.....mg	0.170		0	FLC		4			
Niacin.....mg	0.427		0	FLC		4			
Pantothenic acid.....mg	0.357		0	FLC		4			
Vitamin B-6.....mg	0.083		0	FLC		4			
Folate, total.....mcg	14		0	FLC		4			
Folic acid.....mcg	0		0	FLC		4			
Folate, food.....mcg	14		0	FLC		4			
Folate, DFE.....mcg_DFE	14		0	NC		4			
Vitamin B-12.....mcg	0.28		0	FLC		4			
Vitamin A, IU.....IU	3		0	FLC		4			
Vitamin A, RAE.....mcg_RAE	1		0	FLC		4			
Retinol.....mcg	0		0	FLC		4			
Vitamin E (alpha-tocopherol).....mg	4.96		0	FLC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	FLC		4			
Lipids:									
Fatty acids, total saturated.....g	5.393		0	FLC		4			
4:0.....g	0.002		0	FLC		4			
6:0.....g	0.000		0	FLC		4			
8:0.....g	0.001		0	FLC		4			
10:0.....g	0.001		0	FLC		4			
12:0.....g	0.001		0	FLC		4			
13:0.....g	0.000		0	FLC		4			
14:0.....g	0.033		0	FLC		4			
15:0.....g	0.000		0	FLC		4			
16:0.....g	3.020		0	FLC		4			
17:0.....g	0.000		0	FLC		4			
18:0.....g	1.060		0	FLC		4			
20:0.....g	0.357		0	FLC		4			
22:0.....g	0.695		0	FLC		4			
24:0.....g	0.223		0	FLC		4			

NDB No. 19125
Chocolate-flavored hazelnut spread

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.281		0	FLC	4				
14:1.....g	0.000		0	FLC	4				
15:1.....g									
16:1 undifferentiated.....g	0.059		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	15.971		0	FLC	4				
20:1.....g	0.225		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.770		0	FLC	4				
18:2 undifferentiated.....g	6.673		0	FLC	4				
18:3 undifferentiated.....g	0.094		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g	0.000		0	FLC	4				
20:3 undifferentiated.....g	0.000		0	FLC	4				
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	7		0	FLC	4				
Theobromine.....mg	230		0	FLC	4				
Carotenoids:									
Carotene, beta.....mcg	1		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	10		0	FLC	4				

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19859

Cocoa, dry powder, hi-fat or breakfast, 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	7.380				4		0.399		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000		
17:1.....g									
18:1 undifferentiated.....g	7.380				4		0.399		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.769				4		0.042		
18:2 undifferentiated.....g	0.769				4		0.042		
18:3 undifferentiated.....g	0.000				4		0.000		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	197		0	BFPN	4		11		
Theobromine.....mg	1763		0	BFPN	4		95		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFCN	4		0.000		
Carotene, alpha.....mcg	0		0	BFCN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFCN	4		0.000		
Lycopene.....mcg	0		0	BFCN	4		0.000		
Lutein + zeaxanthin.....mcg	34		0	BFCN	4		1.810		

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Common Measures:

Measure 1 = 5.4g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19860

Cocoa, dry powder, hi-fat or breakfast, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.380						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						4		
17:1.....g									
18:1 undifferentiated.....g	7.380						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.769						4		
18:2 undifferentiated.....g	0.769						4		
18:3 undifferentiated.....g	0.000						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	72		0	BFPN			4		
Theobromine.....mg	2445		0	BFPN			4		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFNN			4		
Carotene, alpha.....mcg	0		0	BFNN			4		
Cryptoxanthin, beta.....mcg	0		0	BFNN			4		
Lycopene.....mcg	0		0	BFNN			4		
Lutein + zeaxanthin.....mcg	33		0	BFNN			4		

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19165
Cocoa, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.570		0		1		3.930	0.247	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.570		6		1		3.930	0.247	
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	0.440		0		1		0.378	0.024	
18:2 undifferentiated.....g	0.440		6		1		0.378	0.024	
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		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.293		0		1		0.252	0.016	
Threonine.....g	0.776		0		1		0.667	0.042	
Isoleucine.....g	0.760		0		1		0.654	0.041	
Leucine.....g	1.189		0		1		1.023	0.064	
Lysine.....g	0.983		0		1		0.845	0.053	
Methionine.....g	0.202		0		1		0.174	0.011	
Cystine.....g	0.239		0		1		0.206	0.013	
Phenylalanine.....g	0.941		0		1		0.809	0.051	
Tyrosine.....g	0.735		0		1		0.632	0.040	
Valine.....g	1.177		0		1		1.012	0.064	
Arginine.....g	1.111		0		1		0.955	0.060	
Histidine.....g	0.339		0		1		0.292	0.018	
Alanine.....g	0.904		0		1		0.777	0.049	
Aspartic acid.....g	1.953		0		1		1.680	0.105	
Glutamic acid.....g	2.948		0		1		2.535	0.159	
Glycine.....g	0.879		0		1		0.756	0.047	
Proline.....g	0.838		0		1		0.721	0.045	
Serine.....g	0.846		0		1		0.728	0.046	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	230		1		1		198	12	
Theobromine.....mg	2057		1		1		1769	111	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		32.405	2.035	

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

Common Measures:

Measure 1 = 86g: 1 cup
 Measure 2 = 5.4g: 1 tbsp

NDB No. 19165

Cocoa, dry powder, unsweetened

Calories Factors: Protein 1.83

Fat 8.37

Carbohydrate 1.33

Food Group: 19 Sweets

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

NDB No. 19171
Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa
Hershey Food Corp.

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									
Energy.....kcal	400		1	MC	9		20		
Energy.....kj	1674		0	MC	9		84		
Protein.....g	20.00		1	MC	9		1.00		
Total lipid (fat).....g	10.00		1	MC	9		0.50		
Ash.....g									
Carbohydrate, by difference.....g	60.00		1	MC	9		3.00		
Fiber, total dietary.....g	20.0		1	MC	9		1.0		
Sugars, total.....g	0.00		1	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1	MC	9		0		
Iron, Fe.....mg	36.00		1	MC	9		1.80		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	0		1	MC	9		0		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	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		1	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	0.000		1	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	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 = 5.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19171

Cocoa, dry powder, unsweetened, HERSHEY'S European Style Cocoa

Food Group: 19 Sweets

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

NDB No. 19166

Cocoa, dry powder, unsweetened, processed with alkali

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.390		0		1		3.775	0.237	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.390		6		1		3.775	0.237	
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	0.420		0		1		0.361	0.023	
18:2 undifferentiated.....g	0.420		6		1		0.361	0.023	
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		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.271		0		1		0.233	0.015	
Threonine.....g	0.716		0		1		0.616	0.039	
Isoleucine.....g	0.701		0		1		0.603	0.038	
Leucine.....g	1.097		0		1		0.943	0.059	
Lysine.....g	0.907		0		1		0.780	0.049	
Methionine.....g	0.187		0		1		0.161	0.010	
Cystine.....g	0.221		0		1		0.190	0.012	
Phenylalanine.....g	0.869		0		1		0.747	0.047	
Tyrosine.....g	0.678		0		1		0.583	0.037	
Valine.....g	1.086		0		1		0.934	0.059	
Arginine.....g	1.025		0		1		0.882	0.055	
Histidine.....g	0.312		0		1		0.268	0.017	
Alanine.....g	0.834		0		1		0.717	0.045	
Aspartic acid.....g	1.802		0		1		1.550	0.097	
Glutamic acid.....g	2.720		0		1		2.339	0.147	
Glycine.....g	0.812		0		1		0.698	0.044	
Proline.....g	0.773		0		1		0.665	0.042	
Serine.....g	0.781		0		1		0.672	0.042	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	78		1		1		67	4	
Theobromine.....mg	2634		1		1		2265	142	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		32.505	2.041	

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

Common Measures:

Measure 1 = 86g: 1 cup
 Measure 2 = 5.4g: 1 tbsp

NDB No. 19166

Cocoa, dry powder, unsweetened, processed with alkali

Calories Factors: Protein 1.83

Fat 8.37

Carbohydrate 1.33

Food Group: 19 Sweets

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

NDB No. 19197
Desserts, CPC, ALSA Mousse Mix, powder, dark chocolate
CPC Food Service

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	1.74		3	A	1		0.37		
Energy.....kcal	501		0	MC	9		105		
Energy.....kj	2096				9		440		
Protein.....g	9.43		3	A	1		1.98		
Total lipid (fat).....g	24.26		3	A	1		5.09		
Ash.....g	3.22		3	A	1		0.68		
Carbohydrate, by difference.....g	61.33		0	MC	9		12.88		
Fiber, total dietary.....g									
Sugars, total.....g	36.33		2	A	1		7.63		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	396		3	A	1		83		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	17.160		2	A	1		3.604		
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 = 21g: 2.5 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19220

Desserts, rennin, chocolate, 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	1.080		0		1		0.097	0.616	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.006	
17:1.....g									
18:1 undifferentiated.....g	1.070		1		1		0.096	0.610	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.009	0.057	
18:2 undifferentiated.....g	0.090		1		1		0.008	0.051	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.030		0		1		0.003	0.017	
Threonine.....g	0.088		0		1		0.008	0.050	
Isoleucine.....g	0.085		0		1		0.008	0.048	
Leucine.....g	0.136		0		1		0.012	0.078	
Lysine.....g	0.120		0		1		0.011	0.068	
Methionine.....g	0.024		0		1		0.002	0.014	
Cystine.....g	0.025		0		1		0.002	0.014	
Phenylalanine.....g	0.107		0		1		0.010	0.061	
Tyrosine.....g	0.078		0		1		0.007	0.044	
Valine.....g	0.133		0		1		0.012	0.076	
Arginine.....g	0.148		0		1		0.013	0.084	
Histidine.....g	0.038		0		1		0.003	0.022	
Alanine.....g	0.134		0		1		0.012	0.076	
Aspartic acid.....g	0.230		0		1		0.021	0.131	
Glutamic acid.....g	0.351		0		1		0.032	0.200	
Glycine.....g	0.186		0		1		0.017	0.106	
Proline.....g	0.148		0		1		0.013	0.084	
Serine.....g	0.101		0		1		0.009	0.058	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	13		0	FLM	4		1	7	
Theobromine.....mg	424		0	FLM	4		38	242	

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

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 57g: 1 package (2 oz)

Calories Factors: Protein 2.2

Fat 8.37

Carbohydrate 3.6

Food Group: 19 Sweets

NDB No. 19225

Desserts, rennin, tablets, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		0.004		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.033		0		4		0.003		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.007		0		4		0.001		
18:2 undifferentiated.....g	0.005		0		4		0.000		
18:3 undifferentiated.....g	0.001		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		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		1		4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 9.9g: 1 package (0.35 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19222
Desserts, rennin, vanilla, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.40		1		4		0.04	0.17	
Energy.....kcal	383		0		4		41	165	
Energy.....kj	1602				4		173	689	
Protein (N x 5.6).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.60		1		4		0.06	0.26	
Carbohydrate, by difference.....g	99.00		0	NC	4		10.69	42.57	
Fiber, total dietary.....g	0.0		0	FLM	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	117		1		4		13	50	
Iron, Fe.....mg	0.07		1		4		0.01	0.03	
Magnesium, Mg.....mg	1		1		4		0	0	
Phosphorus, P.....mg	91		1		4		10	39	
Potassium, K.....mg	3		1		4		0	1	
Sodium, Na.....mg	6		1		4		1	3	
Zinc, Zn.....mg	0.04		1		4		0.00	0.02	
Copper, Cu.....mg	0.058		1		4		0.006	0.025	
Manganese, Mn.....mg	0.009		1		4		0.001	0.004	
Selenium, Se.....mcg	0.7		0	FLM	4		0.1	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.000		1		4		0.000	0.000	
Riboflavin.....mg	0.021		1		4		0.002	0.009	
Niacin.....mg	0.001		1		4		0.000	0.000	
Pantothenic acid.....mg	0.001		1		4		0.000	0.000	
Vitamin B-6.....mg	0.001		1		4		0.000	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		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 = 10.8g: 1 tbsp

NDB No. 19222

Desserts, rennin, vanilla, dry mix

Measure 2 = 43g: 1 package (1.5 oz)

Calories Factors: Protein 3.9

Fat 9

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19169
Egg custards, 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	2.400		0		1		2.040	0.504	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.190		1		1		0.162	0.040	
17:1.....g									
18:1 undifferentiated.....g	2.190		1		1		1.862	0.460	
20:1.....g	0.020		1		1		0.017	0.004	
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.850		0		1		0.723	0.179	
18:2 undifferentiated.....g	0.710		1		1		0.604	0.149	
18:3 undifferentiated.....g	0.020		1		1		0.017	0.004	
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.090		1		1		0.077	0.019	
20:5 n-3.....g	0.000		1		1		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.020		1		1		0.017	0.004	
Fatty acids, total trans.....g									
Cholesterol.....mg	258		0	FLA	4		220	54	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.094		0	FLA	4		0.080	0.020	
Threonine.....g	0.401		0	FLA	4		0.341	0.084	
Isoleucine.....g	0.368		0	FLA	4		0.312	0.077	
Leucine.....g	0.623		0	FLA	4		0.530	0.131	
Lysine.....g	0.553		0	FLA	4		0.470	0.116	
Methionine.....g	0.153		0	FLA	4		0.130	0.032	
Cystine.....g	0.130		0	FLA	4		0.110	0.027	
Phenylalanine.....g	0.261		0	FLA	4		0.222	0.055	
Tyrosine.....g	0.257		0	FLA	4		0.218	0.054	
Valine.....g	0.381		0	FLA	4		0.324	0.080	
Arginine.....g	0.361		0	FLA	4		0.307	0.076	
Histidine.....g	0.156		0	FLA	4		0.133	0.033	
Alanine.....g	0.341		0	FLA	4		0.290	0.072	
Aspartic acid.....g	0.681		0	FLA	4		0.579	0.143	
Glutamic acid.....g	1.031		0	FLA	4		0.876	0.217	
Glycine.....g	0.185		0	FLA	4		0.158	0.039	
Proline.....g	0.351		0	FLA	4		0.298	0.074	
Serine.....g	0.475		0	FLA	4		0.404	0.100	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	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 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.3

Fat 9

Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19205

Egg custards, dry mix, prepared with 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	0.852		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.780		0	RP	4				
20:1.....g	0.003		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0	RP	4				
18:2 undifferentiated.....g	0.151		0	RP	4				
18:3 undifferentiated.....g	0.028		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.003		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	48		0	RP	4				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.057		0	RP	4				
Threonine.....g	0.198		0	RP	4				
Isoleucine.....g	0.239		0	RP	4				
Leucine.....g	0.391		0	RP	4				
Lysine.....g	0.325		0	RP	4				
Methionine.....g	0.100		0	RP	4				
Cystine.....g	0.048		0	RP	4				
Phenylalanine.....g	0.186		0	RP	4				
Tyrosine.....g	0.185		0	RP	4				
Valine.....g	0.261		0	RP	4				
Arginine.....g	0.166		0	RP	4				
Histidine.....g	0.106		0	RP	4				
Alanine.....g	0.157		0	RP	4				
Aspartic acid.....g	0.335		0	RP	4				
Glutamic acid.....g	0.789		0	RP	4				
Glycine.....g	0.092		0	RP	4				
Proline.....g	0.346		0	RP	4				
Serine.....g	0.238		0	RP	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19205

Egg custards, dry mix, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19170

Egg custards, dry mix, prepared with whole 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	1.201		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.097		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	1.100		0	RP		4			
20:1.....g	0.003		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.244		0	RP		4			
18:2 undifferentiated.....g	0.180		0	RP		4			
18:3 undifferentiated.....g	0.047		0	RP		4			
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.003		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	53		0	RP		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.056		0	RP		4			
Threonine.....g	0.197		0	RP		4			
Isoleucine.....g	0.237		0	RP		4			
Leucine.....g	0.387		0	RP		4			
Lysine.....g	0.322		0	RP		4			
Methionine.....g	0.099		0	RP		4			
Cystine.....g	0.047		0	RP		4			
Phenylalanine.....g	0.184		0	RP		4			
Tyrosine.....g	0.183		0	RP		4			
Valine.....g	0.258		0	RP		4			
Arginine.....g	0.164		0	RP		4			
Histidine.....g	0.105		0	RP		4			
Alanine.....g	0.155		0	RP		4			
Aspartic acid.....g	0.332		0	RP		4			
Glutamic acid.....g	0.781		0	RP		4			
Glycine.....g	0.092		0	RP		4			
Proline.....g	0.342		0	RP		4			
Serine.....g	0.236		0	RP		4			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			
Carotenoids:									
Carotene, beta.....mcg	17		0	O		4			
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19170

Egg custards, dry mix, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19187
Flan, caramel custard, dry mix

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		1		4		6.63	1.64	
Energy.....kcal	348		0	NC	4		296	73	
Energy.....kj	1456				4		1238	306	
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.61		0	BFAN	4		0.52	0.13	
Carbohydrate, by difference.....g	91.60		0	NC	4		77.86	19.24	
Fiber, total dietary.....g	0.0		0	LC	8		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	24		1		4		20	5	
Iron, Fe.....mg	0.08		1		4		0.07	0.02	
Magnesium, Mg.....mg	0		1		4		0	0	
Phosphorus, P.....mg	1		1		4		1	0	
Potassium, K.....mg	153	8.625	5		1		130	32	
Sodium, Na.....mg	432	13.189	5		1		367	91	
Zinc, Zn.....mg	0.04		1		4		0.03	0.01	
Copper, Cu.....mg	0.015		1		4		0.013	0.003	
Manganese, Mn.....mg	0.007		1		4		0.006	0.001	
Selenium, Se.....mcg	21.3		0	BFZN	4		18.1	4.5	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.000		1		4		0.000	0.000	
Riboflavin.....mg	0.000		1		4		0.000	0.000	
Niacin.....mg	0.000		1		4		0.000	0.000	
Pantothenic acid.....mg	0.000		1		4		0.000	0.000	
Vitamin B-6.....mg	0.000		1		4		0.000	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		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									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

NDB No. 19187

Flan, caramel custard, dry mix

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 1.8

Fat 8.4

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19231

Flan, caramel custard, dry mix, prepared with 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	0.472		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.039		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.434		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.064		0	RP	4				
18:2 undifferentiated.....g	0.039		0	RP	4				
18:3 undifferentiated.....g	0.025		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP	4				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.042		0	RP	4				
Threonine.....g	0.135		0	RP	4				
Isoleucine.....g	0.180		0	RP	4				
Leucine.....g	0.293		0	RP	4				
Lysine.....g	0.237		0	RP	4				
Methionine.....g	0.075		0	RP	4				
Cystine.....g	0.028		0	RP	4				
Phenylalanine.....g	0.145		0	RP	4				
Tyrosine.....g	0.145		0	RP	4				
Valine.....g	0.200		0	RP	4				
Arginine.....g	0.109		0	RP	4				
Histidine.....g	0.081		0	RP	4				
Alanine.....g	0.103		0	RP	4				
Aspartic acid.....g	0.227		0	RP	4				
Glutamic acid.....g	0.626		0	RP	4				
Glycine.....g	0.063		0	RP	4				
Proline.....g	0.290		0	RP	4				
Serine.....g	0.162		0	RP	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19231

Flan, caramel custard, dry mix, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19232

Flan, caramel custard, dry mix, prepared with whole 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	0.821		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.753		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.111		0	RP	4				
18:2 undifferentiated.....g	0.067		0	RP	4				
18:3 undifferentiated.....g	0.044		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP	4				
Phytosterols.....mg	0		0	RP	4				
<u>Amino Acids:</u>									
Tryptophan.....g	0.041		0	RP	4				
Threonine.....g	0.134		0	RP	4				
Isoleucine.....g	0.178		0	RP	4				
Leucine.....g	0.289		0	RP	4				
Lysine.....g	0.234		0	RP	4				
Methionine.....g	0.074		0	RP	4				
Cystine.....g	0.027		0	RP	4				
Phenylalanine.....g	0.143		0	RP	4				
Tyrosine.....g	0.143		0	RP	4				
Valine.....g	0.197		0	RP	4				
Arginine.....g	0.107		0	RP	4				
Histidine.....g	0.080		0	RP	4				
Alanine.....g	0.101		0	RP	4				
Aspartic acid.....g	0.224		0	RP	4				
Glutamic acid.....g	0.618		0	RP	4				
Glycine.....g	0.063		0	RP	4				
Proline.....g	0.286		0	RP	4				
Serine.....g	0.161		0	RP	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	16		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19232

Flan, caramel custard, dry mix, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19240

Frostings, chocolate, creamy, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.60		1		1		2.33		
Energy.....kcal	389		0		4		1509		
Energy.....kj	1628		4		4		6315		
Protein (N x 5.6).....g	1.30		1		1		5.04		
Total lipid (fat).....g	5.20		1		1		20.18		
Ash.....g	0.60		1		1		2.33		
Carbohydrate, by difference.....g	92.00		0	NC	4		356.96		
Fiber, total dietary.....g	2.4		0	FLM	4		9.3		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	11		1		4		43		
Iron, Fe.....mg	1.19		1		1		4.62		
Magnesium, Mg.....mg	38		1		4		147		
Phosphorus, P.....mg	62		1		4		241		
Potassium, K.....mg	180		1		1		698		
Sodium, Na.....mg	76		1		1		295		
Zinc, Zn.....mg	0.81		1		4		3.14		
Copper, Cu.....mg	0.294		1		4		1.141		
Manganese, Mn.....mg	0.333		1		4		1.292		
Selenium, Se.....mcg	1.6		0	FLM	4		6.2		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0		
Thiamin.....mg	0.006		1		4		0.023		
Riboflavin.....mg	0.029		1		4		0.113		
Niacin.....mg	0.142		1		4		0.551		
Pantothenic acid.....mg	0.029		1		4		0.113		
Vitamin B-6.....mg	0.080		1		4		0.310		
Folate, total.....mcg	3		1		4		12		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	3		1		4		12		
Folate, DFE.....mcg_DFE	3		0	NC	4		12		
Vitamin B-12.....mcg	0.00		1		4		0.00		
Vitamin A, IU.....IU	0		1		1		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.020		0		1		0.078		
Threonine.....g	0.053		0		1		0.206		
Isoleucine.....g	0.052		0		1		0.202		
Leucine.....g	0.082		0		1		0.318		
Lysine.....g	0.067		0		1		0.260		
Methionine.....g	0.014		0		1		0.054		
Cystine.....g	0.016		0		1		0.062		

NDB No. 19240

Frostings, chocolate, creamy, 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
Phenylalanine.....g	0.064		0		1		0.248		
Tyrosine.....g	0.050		0		1		0.194		
Valine.....g	0.080		0		1		0.310		
Arginine.....g	0.076		0		1		0.295		
Histidine.....g	0.023		0		1		0.089		
Alanine.....g	0.062		0		1		0.241		
Aspartic acid.....g	0.133		0		1		0.516		
Glutamic acid.....g	0.202		0		1		0.784		
Glycine.....g	0.060		0		1		0.233		
Proline.....g	0.058		0		1		0.225		
Serine.....g	0.058		0		1		0.225		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	6		0	FLM	4		23		
Theobromine.....mg	188		0	FLM	4		729		

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

Common Measures:

Measure 1 = 388g: 1 package

Calories Factors: Protein 1.8

Fat 8.8

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19241

Frostings, chocolate, creamy, dry mix, prepared with butter

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.444		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	2.245		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.331		0	RPA	1				
18:2 undifferentiated.....g	0.202		0	RPA	1				
18:3 undifferentiated.....g	0.130		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	24		0	RPI	6				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.017		0	RPA	1				
Threonine.....g	0.045		0	RPA	1				
Isoleucine.....g	0.046		0	RPA	1				
Leucine.....g	0.072		0	RPA	1				
Lysine.....g	0.059		0	RPA	1				
Methionine.....g	0.013		0	RPA	1				
Cystine.....g	0.013		0	RPA	1				
Phenylalanine.....g	0.054		0	RPA	1				
Tyrosine.....g	0.043		0	RPA	1				
Valine.....g	0.068		0	RPA	1				
Arginine.....g	0.062		0	RPA	1				
Histidine.....g	0.020		0	RPA	1				
Alanine.....g	0.051		0	RPA	1				
Aspartic acid.....g	0.109		0	RPA	1				
Glutamic acid.....g	0.175		0	RPA	1				
Glycine.....g	0.048		0	RPA	1				
Proline.....g	0.054		0	RPA	1				
Serine.....g	0.050		0	RPA	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	5		0	RPI	6				
Theobromine.....mg	145		0	RPI	6				
Carotenoids:									
Carotene, beta.....mcg	55		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19241

Frostings, chocolate, creamy, dry mix, prepared with butter

Food Group: 19 Sweets

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

NDB No. 19372

Frostings, chocolate, creamy, dry mix, prepared with margarine

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.943		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	3.943		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.797		0	RP	4				
18:2 undifferentiated.....g	2.676		0	RP	4				
18:3 undifferentiated.....g	0.121		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP	4				
Phytosterols.....mg	29		0	RP	4				
<u>Amino Acids:</u>									
Tryptophan.....g	0.017		0	RP	4				
Threonine.....g	0.045		0	RP	4				
Isoleucine.....g	0.046		0	RP	4				
Leucine.....g	0.072		0	RP	4				
Lysine.....g	0.059		0	RP	4				
Methionine.....g	0.013		0	RP	4				
Cystine.....g	0.013		0	RP	4				
Phenylalanine.....g	0.054		0	RP	4				
Tyrosine.....g	0.043		0	RP	4				
Valine.....g	0.068		0	RP	4				
Arginine.....g	0.062		0	RP	4				
Histidine.....g	0.020		0	RP	4				
Alanine.....g	0.051		0	RP	4				
Aspartic acid.....g	0.110		0	RP	4				
Glutamic acid.....g	0.175		0	RP	4				
Glycine.....g	0.048		0	RP	4				
Proline.....g	0.054		0	RP	4				
Serine.....g	0.050		0	RP	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	5		0	RP	4				
Theobromine.....mg	145		0	RP	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	91		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19372

Frostings, chocolate, creamy, dry mix, prepared with margarine

Food Group: 19 Sweets

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

NDB No. 19226

Frostings, chocolate, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	9.020		0		1		3.698		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	9.020	0.000	3		1		3.698		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.130		0		1		0.873		
18:2 undifferentiated.....g	2.130	0.000	3		1		0.873		
18:3 undifferentiated.....g	0.096		0	FLC	4		0.039		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0		
Phytosterols.....mg	34		0	FLC	4		14		
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.007		
Threonine.....g	0.043		0		1		0.018		
Isoleucine.....g	0.042		0		1		0.017		
Leucine.....g	0.066		0		1		0.027		
Lysine.....g	0.054		0		1		0.022		
Methionine.....g	0.011		0		1		0.005		
Cystine.....g	0.013		0		1		0.005		
Phenylalanine.....g	0.052		0		1		0.021		
Tyrosine.....g	0.041		0		1		0.017		
Valine.....g	0.065		0		1		0.027		
Arginine.....g	0.061		0		1		0.025		
Histidine.....g	0.019		0		1		0.008		
Alanine.....g	0.050		0		1		0.021		
Aspartic acid.....g	0.108		0		1		0.044		
Glutamic acid.....g	0.163		0		1		0.067		
Glycine.....g	0.048		0		1		0.020		
Proline.....g	0.047		0		1		0.019		
Serine.....g	0.047		0		1		0.019		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	2		0	FLC	4		1		
Theobromine.....mg	79		0	FLC	4		32		

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Common Measures:

Measure 1 = 41g: 2 tbsp creamy

Calories Factors: Protein 1.8

Fat 8.8

Carbohydrate 3.8

Food Group: 19 Sweets

NDB No. 19227

Frostings, coconut-nut, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	12.210		0		1		56.410	4.640	
14:1.....g	0.000		0	FLA	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.040		1		1		0.185	0.015	
17:1.....g									
18:1 undifferentiated.....g	12.120		1		1		55.994	4.606	
20:1.....g	0.060		1		1		0.277	0.023	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	3.410		0		1		15.754	1.296	
18:2 undifferentiated.....g	3.250		1		1		15.015	1.235	
18:3 undifferentiated.....g	0.160		1		1		0.739	0.061	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000	0.000	
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.031		0		1		0.143	0.012	
Threonine.....g	0.047		0		1		0.217	0.018	
Isoleucine.....g	0.057		0		1		0.263	0.022	
Leucine.....g	0.096		0		1		0.444	0.036	
Lysine.....g	0.054		0		1		0.249	0.021	
Methionine.....g	0.031		0		1		0.143	0.012	
Cystine.....g	0.035		0		1		0.162	0.013	
Phenylalanine.....g	0.072		0		1		0.333	0.027	
Tyrosine.....g	0.049		0		1		0.226	0.019	
Valine.....g	0.073		0		1		0.337	0.028	
Arginine.....g	0.205		0		1		0.947	0.078	
Histidine.....g	0.039		0		1		0.180	0.015	
Alanine.....g	0.063		0		1		0.291	0.024	
Aspartic acid.....g	0.129		0		1		0.596	0.049	
Glutamic acid.....g	0.287		0		1		1.326	0.109	
Glycine.....g	0.067		0		1		0.310	0.025	
Proline.....g	0.062		0		1		0.286	0.024	
Serine.....g	0.068		0		1		0.314	0.026	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	6		0	FLA	4		26.343	2.167	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

NDB No. 19227

Frostings, coconut-nut, ready-to-eat

Calories Factors: Protein 3.5

Fat 8.6

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19228

Frostings, cream cheese-flavor, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.755		0	FLC	4		1.239	0.901	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0	FLC	4		0.009	0.006	
17:1.....g									
18:1 undifferentiated.....g	3.729		0	FLC	4		1.230	0.895	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.153		0	FLC	4		2.030	1.477	
18:2 undifferentiated.....g	5.792		0	FLC	4		1.911	1.390	
18:3 undifferentiated.....g	0.361		0	FLC	4		0.119	0.087	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	FLC	4		0.000	0.000	
Threonine.....g	0.000		0	FLC	4		0.000	0.000	
Isoleucine.....g	0.000		0	FLC	4		0.000	0.000	
Leucine.....g	0.000		0	FLC	4		0.000	0.000	
Lysine.....g	0.000		0	FLC	4		0.000	0.000	
Methionine.....g	0.000		0	FLC	4		0.000	0.000	
Cystine.....g	0.000		0	FLC	4		0.000	0.000	
Phenylalanine.....g	0.000		0	FLC	4		0.000	0.000	
Tyrosine.....g	0.000		0	FLC	4		0.000	0.000	
Valine.....g	0.000		0	FLC	4		0.000	0.000	
Arginine.....g	0.000		0	FLC	4		0.000	0.000	
Histidine.....g	0.000		0	FLC	4		0.000	0.000	
Alanine.....g	0.000		0	FLC	4		0.000	0.000	
Aspartic acid.....g	0.000		0	FLC	4		0.000	0.000	
Glutamic acid.....g	0.000		0	FLC	4		0.000	0.000	
Glycine.....g	0.000		0	FLC	4		0.000	0.000	
Proline.....g	0.000		0	FLC	4		0.000	0.000	
Serine.....g	0.000		0	FLC	4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	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 = 33g: 2 tbsp creamy

Measure 2 = 24g: 2 tbsp whipped

Calories Factors: Protein 4.1

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19375

Frostings, 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	3.370		0		1		11.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.033		
17:1.....g									
18:1 undifferentiated.....g	3.360		0		1		10.987		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.310		0		1		7.554		
18:2 undifferentiated.....g	2.200		0		1		7.194		
18:3 undifferentiated.....g	0.110		0		1		0.360		
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	2		0		1		7		
Phytosterols.....mg	24		0		1		78		
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.026		
Threonine.....g	0.026		0		1		0.085		
Isoleucine.....g	0.035		0		1		0.114		
Leucine.....g	0.057		0		1		0.186		
Lysine.....g	0.046		0		1		0.150		
Methionine.....g	0.014		0		1		0.046		
Cystine.....g	0.005		0		1		0.016		
Phenylalanine.....g	0.028		0		1		0.092		
Tyrosine.....g	0.028		0		1		0.092		
Valine.....g	0.039		0		1		0.128		
Arginine.....g	0.021		0		1		0.069		
Histidine.....g	0.016		0		1		0.052		
Alanine.....g	0.020		0		1		0.065		
Aspartic acid.....g	0.044		0		1		0.144		
Glutamic acid.....g	0.121		0		1		0.396		
Glycine.....g	0.012		0		1		0.039		
Proline.....g	0.056		0		1		0.183		
Serine.....g	0.031		0		1		0.101		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	87		0	0	4		284.686		
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 = 327g: 1 recipe yield

NDB No. 19375

Frostings, glaze, prepared-from-recipe

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19244

Frostings, vanilla, creamy, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.70	0.095	4		1		2.88	0.24	
Energy.....kcal	410		0	NC	4		1685	139	
Energy.....kj	1715		4		4		7050	583	
Protein (N x 6.25).....g	0.30	0.022	4		1		1.23	0.10	
Total lipid (fat).....g	4.90	0.377	3		1		20.14	1.67	
Ash.....g	0.30		1		1		1.23	0.10	
Carbohydrate, by difference.....g	93.80		0	NC	4		385.52	31.89	
Fiber, total dietary.....g	0.1		0	FLM	4		0.4	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		1		1		12	1	
Iron, Fe.....mg	0.00		1		1		0.00	0.00	
Magnesium, Mg.....mg	2		1		1		8	1	
Phosphorus, P.....mg	4		1		1		16	1	
Potassium, K.....mg	7		2		1		29	2	
Sodium, Na.....mg	13		2		1		53	4	
Zinc, Zn.....mg	0.01		1		4		0.04	0.00	
Copper, Cu.....mg	0.035		1		4		0.144	0.012	
Manganese, Mn.....mg	0.012		1		4		0.049	0.004	
Selenium, Se.....mcg	0.8		0	FLM	4		3.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.000		1		4		0.000	0.000	
Riboflavin.....mg	0.002		1		4		0.008	0.001	
Niacin.....mg	0.001		1		4		0.004	0.000	
Pantothenic acid.....mg	0.007		1		4		0.029	0.002	
Vitamin B-6.....mg	0.001		1		4		0.004	0.000	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.004	0.000	
Threonine.....g	0.009		0		1		0.037	0.003	
Isoleucine.....g	0.010		0		1		0.041	0.003	
Leucine.....g	0.035		0		1		0.144	0.012	
Lysine.....g	0.006		0		1		0.025	0.002	
Methionine.....g	0.005		0		1		0.021	0.002	
Cystine.....g	0.006		0		1		0.025	0.002	

NDB No. 19244

Frostings, vanilla, creamy, 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
Phenylalanine.....g	0.013		0		1		0.053	0.004	
Tyrosine.....g	0.010		0		1		0.041	0.003	
Valine.....g	0.013		0		1		0.053	0.004	
Arginine.....g	0.012		0		1		0.049	0.004	
Histidine.....g	0.008		0		1		0.033	0.003	
Alanine.....g	0.019		0		1		0.078	0.006	
Aspartic acid.....g	0.020		0		1		0.082	0.007	
Glutamic acid.....g	0.052		0		1		0.214	0.018	
Glycine.....g	0.009		0		1		0.037	0.003	
Proline.....g	0.024		0		1		0.099	0.008	
Serine.....g	0.011		0		1		0.045	0.004	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 411g: 1 package

Measure 2 = 34g: .083 package

Calories Factors: Protein 3.46

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19371

Frostings, vanilla, creamy, dry mix, prepared with margarine

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	3.942		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	3.942		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.797		0	RP		4			
18:2 undifferentiated.....g	2.676		0	RP		4			
18:3 undifferentiated.....g	0.121		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RP		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0	RP		4			
Threonine.....g	0.011		0	RP		4			
Isoleucine.....g	0.014		0	RP		4			
Leucine.....g	0.037		0	RP		4			
Lysine.....g	0.012		0	RP		4			
Methionine.....g	0.006		0	RP		4			
Cystine.....g	0.006		0	RP		4			
Phenylalanine.....g	0.015		0	RP		4			
Tyrosine.....g	0.012		0	RP		4			
Valine.....g	0.017		0	RP		4			
Arginine.....g	0.013		0	RP		4			
Histidine.....g	0.009		0	RP		4			
Alanine.....g	0.018		0	RP		4			
Aspartic acid.....g	0.023		0	RP		4			
Glutamic acid.....g	0.061		0	RP		4			
Glycine.....g	0.009		0	RP		4			
Proline.....g	0.028		0	RP		4			
Serine.....g	0.014		0	RP		4			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	91		0	O		4			
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19371

Frostings, vanilla, creamy, dry mix, prepared with margarine

Food Group: 19 Sweets

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

NDB No. 19230

Frostings, vanilla, creamy, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	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	NC	4		22.452	1.847	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0	FLA	4		0.154	0.013	
17:1.....g									
18:1 undifferentiated.....g	4.827		0	FLA	4		22.299	1.834	
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	7.951		0	NC	4		36.733	3.021	
18:2 undifferentiated.....g	7.486		0	FLA	4		34.584	2.845	
18:3 undifferentiated.....g	0.465		0	FLA	4		2.149	0.177	
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									
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	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 462g: 1 package (16 oz)

Measure 2 = 38g: .083 package

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19246
Frostings, white, fluffy, dry mix

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	1.90		1		1		3.93	0.32	
Energy.....kcal	371		0	NC	4		768	63	
Energy.....kj	1552				4		3213	264	
Protein (N x 6.1).....g	2.30		1		1		4.76	0.39	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	0.90		1		1		1.86	0.15	
Carbohydrate, by difference.....g	94.90		0	NC	4		196.44	16.13	
Fiber, total dietary.....g	0.0		0	FLM	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1		1		8	1	
Iron, Fe.....mg	0.09		1		4		0.19	0.02	
Magnesium, Mg.....mg	3		1		1		6	1	
Phosphorus, P.....mg	7		1		1		14	1	
Potassium, K.....mg	117		1		1		242	20	
Sodium, Na.....mg	234		1		1		484	40	
Zinc, Zn.....mg	0.01		1		4		0.02	0.00	
Copper, Cu.....mg	0.037		1		4		0.077	0.006	
Manganese, Mn.....mg	0.007		1		4		0.014	0.001	
Selenium, Se.....mcg	4.1		0	FLM	4		8.5	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.001		1		4		0.002	0.000	
Riboflavin.....mg	0.058		0		1		0.120	0.010	
Niacin.....mg	1.000		1		1		2.070	0.170	
Pantothenic acid.....mg	0.052		1		4		0.108	0.009	
Vitamin B-6.....mg	0.001		1		4		0.002	0.000	
Folate, total.....mcg	3		1		4		6	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		4		6	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		6	1	
Vitamin B-12.....mcg	0.01		1		4		0.02	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.025		0		1		0.052	0.004	
Threonine.....g	0.099		0		1		0.205	0.017	
Isoleucine.....g	0.119		0		1		0.246	0.020	
Leucine.....g	0.182		0		1		0.377	0.031	
Lysine.....g	0.152		0		1		0.315	0.026	
Methionine.....g	0.072		0		1		0.149	0.012	
Cystine.....g	0.052		0		1		0.108	0.009	

NDB No. 19246
Frostings, white, fluffy, 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
Phenylalanine.....g	0.126		0		1		0.261	0.021	
Tyrosine.....g	0.080		0		1		0.166	0.014	
Valine.....g	0.138		0		1		0.286	0.023	
Arginine.....g	0.139		0		1		0.288	0.024	
Histidine.....g	0.048		0		1		0.099	0.008	
Alanine.....g	0.152		0		1		0.315	0.026	
Aspartic acid.....g	0.228		0		1		0.472	0.039	
Glutamic acid.....g	0.308		0		1		0.638	0.052	
Glycine.....g	0.154		0		1		0.319	0.026	
Proline.....g	0.133		0		1		0.275	0.023	
Serine.....g	0.151		0		1		0.313	0.026	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 207g: 1 package
 Measure 2 = 17g: .083 package

Calories Factors: Protein 4.3

Fat 8.6

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19247

Frostings, white, fluffy, dry mix, prepared with water

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	35.20		0		1		110.88	9.15	
Energy.....kcal	244		0	NC	4		769	63	
Energy.....kj	1021				4		3216	265	
Protein (N x O).....g	1.50		0		1		4.73	0.39	
Total lipid (fat).....g	0.00		0		1		0.00	0.00	
Ash.....g	0.60		0		1		1.89	0.16	
Carbohydrate, by difference.....g	62.60		0	NC	4		197.19	16.28	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0		1		13	1	
Iron, Fe.....mg	0.06		0		1		0.19	0.02	
Magnesium, Mg.....mg	2		0		1		6	1	
Phosphorus, P.....mg	5		0		1		16	1	
Potassium, K.....mg	77		0		1		243	20	
Sodium, Na.....mg	156		0		1		491	41	
Zinc, Zn.....mg	0.02		0		1		0.06	0.01	
Copper, Cu.....mg	0.027		0		1		0.085	0.007	
Manganese, Mn.....mg	0.005		0		1		0.016	0.001	
Selenium, Se.....mcg	2.6		0	RP	4		8.2	0.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		1		0.0	0.0	
Thiamin.....mg	0.001		0		1		0.003	0.000	
Riboflavin.....mg	0.026		0		1		0.082	0.007	
Niacin.....mg	0.660		0		1		2.079	0.172	
Pantothenic acid.....mg	0.034		0		1		0.107	0.009	
Vitamin B-6.....mg	0.001		0		1		0.003	0.000	
Folate, total.....mcg	2		0		1		6	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	2		0		1		6	1	
Folate, DFE.....mcg_DFE	2		0	NC	4		6	1	
Vitamin B-12.....mcg	0.01		0		1		0.03	0.00	
Vitamin A, IU.....IU	0		0		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.016		0		1		0.050	0.004	
Threonine.....g	0.065		0		1		0.205	0.017	
Isoleucine.....g	0.079		0		1		0.249	0.021	
Leucine.....g	0.120		0		1		0.378	0.031	
Lysine.....g	0.100		0		1		0.315	0.026	
Methionine.....g	0.048		0		1		0.151	0.012	
Cystine.....g	0.034		0		1		0.107	0.009	

NDB No. 19247

Frostings, white, fluffy, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.083		0		1		0.261	0.022	
Tyrosine.....g	0.053		0		1		0.167	0.014	
Valine.....g	0.091		0		1		0.287	0.024	
Arginine.....g	0.092		0		1		0.290	0.024	
Histidine.....g	0.032		0		1		0.101	0.008	
Alanine.....g	0.100		0		1		0.315	0.026	
Aspartic acid.....g	0.151		0		1		0.476	0.039	
Glutamic acid.....g	0.203		0		1		0.639	0.053	
Glycine.....g	0.102		0		1		0.321	0.027	
Proline.....g	0.088		0		1		0.277	0.023	
Serine.....g	0.100		0		1		0.315	0.026	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 315g: 1 package yields

Measure 2 = 26g: .083 package

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19217

Frozen ice novelties, fruit, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	93.20		0		4		47.53		
Energy.....kcal	24		0		4		12		
Energy.....kj	100				4		51		
Protein (N x 5.6).....g	0.50		0		4		0.26		
Total lipid (fat).....g	0.10		0		4		0.05		
Ash.....g	0.10		0		4		0.05		
Carbohydrate, by difference.....g	6.20		0	NC	4		3.16		
Fiber, total dietary.....g	0.0		0		4		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0		4		1		
Iron, Fe.....mg	0.13		0		4		0.07		
Magnesium, Mg.....mg	2		1		4		1		
Phosphorus, P.....mg	0		0		4		0		
Potassium, K.....mg	26		0		4		13		
Sodium, Na.....mg	5		0		4		3		
Zinc, Zn.....mg	0.04		1		4		0.02		
Copper, Cu.....mg	0.017		1		4		0.009		
Manganese, Mn.....mg	0.021		1		4		0.011		
Selenium, Se.....mcg	0.2		0	FLA	4		0.1		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0		
Thiamin.....mg	0.000		0		4		0.000		
Riboflavin.....mg	0.000		0		4		0.000		
Niacin.....mg	0.150		0		4		0.077		
Pantothenic acid.....mg	0.000		0		4		0.000		
Vitamin B-6.....mg	0.000		0		4		0.000		
Folate, total.....mcg	0		0		4		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	0		0		4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin A, IU.....IU	1		0		4		1		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 51g: 1 bar

NDB No. 19217

Frozen ice novelties, fruit, no sugar added

Calories Factors: Protein 3.9

Fat 9

Carbohydrate 3.5

Food Group: 19 Sweets

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

NDB No. 43450

Frozen juice novelites, juice with cream

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	75.12		0	FLC		4			
Energy.....kcal	105		0	NC		4			
Energy.....kj	439		0	NC		4			
Protein.....g	1.41		1	LC		8			
Total lipid (fat).....g	1.41		1	LC		8			
Ash.....g	0.41		0	FLC		4			
Carbohydrate, by difference.....g	21.66		0	NC		4			
Fiber, total dietary.....g	0.5		0	FLC		4			
Sugars, total.....g	19.22		0	FLC		4			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	141		1	LC		8			
Iron, Fe.....mg	0.24		0	FLC		4			
Magnesium, Mg.....mg	9		0	FLC		4			
Phosphorus, P.....mg	42		0	FLC		4			
Potassium, K.....mg	122		0	FLC		4			
Sodium, Na.....mg	42		1	LC		8			
Zinc, Zn.....mg	0.28		0	FLC		4			
Copper, Cu.....mg	0.014		0	FLC		4			
Manganese, Mn.....mg	0.053		0	FLC		4			
Selenium, Se.....mcg	0.8		0	FLC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	21.2		1	LC		8			
Thiamin.....mg	0.019		0	FLC		4			
Riboflavin.....mg	0.075		0	FLC		4			
Niacin.....mg	0.137		0	FLC		4			
Pantothenic acid.....mg	0.138		0	FLC		4			
Vitamin B-6.....mg	0.026		0	FLC		4			
Folate, total.....mcg	11		0	FLC		4			
Folic acid.....mcg	0		0	FLC		4			
Folate, food.....mcg	11		0	FLC		4			
Folate, DFE.....mcg_DFE	11		0	NC		4			
Vitamin B-12.....mcg	0.11		0	FLC		4			
Vitamin A, IU.....IU	183		0	FLC		4			
Vitamin A, RAE.....mcg_RAE	48		0	FLC		4			
Retinol.....mcg	47		0	FLC		4			
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLM		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	FLM		4			
Lipids:									
Fatty acids, total saturated.....g	0.705		1	LC		8			
4:0.....g	0.033		0	FLC		4			
6:0.....g	0.025		0	FLC		4			
8:0.....g	0.020		0	FLC		4			
10:0.....g	0.028		0	FLC		4			
12:0.....g	0.030		0	FLC		4			
13:0.....g	0.000		0	FLC		4			
14:0.....g	0.113		0	FLC		4			
15:0.....g	0.000		0	FLC		4			
16:0.....g	0.313		0	FLC		4			
17:0.....g	0.000		0	FLC		4			
18:0.....g	0.138		0	FLC		4			
20:0.....g	0.000		0	FLC		4			
22:0.....g	0.000		0	FLC		4			
24:0.....g	0.000		0	FLC		4			

NDB No. 43450

Frozen juice novelites, juice with cream

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		1	LC	8				
14:1.....g	0.000		0	FLC	4				
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4				
20:1.....g	0.000		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8				
18:2 undifferentiated.....g	0.000		0	FLC	4				
18:3 undifferentiated.....g	0.000		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4				
Caffeine.....mg	0		0	FLC	4				
Theobromine.....mg	0		0	FLC	4				
Carotenoids:									
Carotene, beta.....mcg	15		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	1		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	12		0	FLC	4				

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

Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19263

Frozen juice novelties, fruit and juice 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	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	0.030		0		4		0.023	0.028	
18:2 undifferentiated.....g	0.020		0		4		0.015	0.018	
18:3 undifferentiated.....g	0.010		0		4		0.008	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		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	11		0	FLA	4		8.377	10.009	
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	34		0	FLA	4		25.987	31.049	

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Common Measures:

Measure 1 = 77g: 1 bar (2.5 fl oz)

Measure 2 = 92g: 1 bar (3 fl oz)

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 43346
Frozen juice novelties, orange

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000				4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000				4		0.000		
18:2 undifferentiated.....g	0.000		0		4		0.000		
18:3 undifferentiated.....g	0.000		0		4		0.000		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	19		0	O	4		5.786		
Carotene, alpha.....mcg	1		0	BFSN	4		0.202		
Cryptoxanthin, beta.....mcg	2		0	BFSN	4		0.505		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	BFSN	4		1.078		

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Common Measures:

Measure 1 = 29.8g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 42186
Frozen yogurts, chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.961				4		1.672		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067				4		0.117		
17:1.....g									
18:1 undifferentiated.....g	0.817				4		1.422		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.102				4		0.177		
18:2 undifferentiated.....g	0.073				4		0.127		
18:3 undifferentiated.....g	0.029				4		0.050		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	13				4		23		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	3		0	BFZN	4		5		
Theobromine.....mg	106		0	BFZN	4		184		
Carotenoids:									
Carotene, beta.....mcg	9		0	BFSN	4		15.203		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFFN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFFN	4		0.000		

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

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 42185

Frozen yogurts, chocolate, nonfat milk, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.214				4		0.398		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018				4		0.033		
17:1.....g									
18:1 undifferentiated.....g	0.187				4		0.348		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030				4		0.056		
18:2 undifferentiated.....g	0.021				4		0.039		
18:3 undifferentiated.....g	0.009				4		0.017		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	4				4		7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7	0.0		
Caffeine.....mg	3		0	BFZN	4		6		
Theobromine.....mg	106		0	BFZN	4		197		
Carotenoids:									
Carotene, beta.....mcg	8		0	BFSN	4		14.953		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 186g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19393

Frozen yogurts, chocolate, soft-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	1.750		0		1		1.260		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110		1		1		0.079		
17:1.....g									
18:1 undifferentiated.....g	1.640		1		1		1.181		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.158		
18:2 undifferentiated.....g	0.140		1		1		0.101		
18:3 undifferentiated.....g	0.070		1		1		0.050		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	5		2		1		4		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.056		0		1		0.040		
Threonine.....g	0.171		0		1		0.123		
Isoleucine.....g	0.214		0		1		0.154		
Leucine.....g	0.344		0		1		0.248		
Lysine.....g	0.279		0		1		0.201		
Methionine.....g	0.083		0		1		0.060		
Cystine.....g	0.040		0		1		0.029		
Phenylalanine.....g	0.189		0		1		0.136		
Tyrosine.....g	0.178		0		1		0.128		
Valine.....g	0.256		0		1		0.184		
Arginine.....g	0.164		0		1		0.118		
Histidine.....g	0.096		0		1		0.069		
Alanine.....g	0.147		0		1		0.106		
Aspartic acid.....g	0.323		0		1		0.233		
Glutamic acid.....g	0.758		0		1		0.546		
Glycine.....g	0.108		0		1		0.078		
Proline.....g	0.321		0		1		0.231		
Serine.....g	0.201		0		1		0.145		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	3		0	FLA	4		2		
Theobromine.....mg	106		0	FLA	4		76		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	12		0	O	4		8.640		
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 = 72g: .5 cup (4 fl oz)

NDB No. 19393

Frozen yogurts, chocolate, soft-serve

Calories Factors: Protein 3.6

Fat 8.7

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 42187

Frozen yogurts, flavors other than chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.986				4		1.716		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.078				4		0.136		
17:1.....g									
18:1 undifferentiated.....g	0.820				4		1.427		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100				4		0.174		
18:2 undifferentiated.....g	0.067				4		0.117		
18:3 undifferentiated.....g	0.033				4		0.057		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	13				4		23		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				4		0.0		
Caffeine.....mg	0		0	BFSN	4		0		
Theobromine.....mg	0		0	BFSN	4		0		
Carotenoids:									
Carotene, beta.....mcg	9		0	BFSN	4		15.203		
Carotene, alpha.....mcg	0		0	BFSN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000		

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

Common Measures:

Measure 1 = 174g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19293
Frozen yogurts, vanilla, soft-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	1.590		0		1		1.145		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		1		1		0.094		
17:1.....g									
18:1 undifferentiated.....g	1.460		1		1		1.051		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.151		
18:2 undifferentiated.....g	0.130		1		1		0.094		
18:3 undifferentiated.....g	0.080		1		1		0.058		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		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	2		2		1		1		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.053		0		1		0.038		
Threonine.....g	0.169		0		1		0.122		
Isoleucine.....g	0.228		0		1		0.164		
Leucine.....g	0.368		0		1		0.265		
Lysine.....g	0.298		0		1		0.215		
Methionine.....g	0.094		0		1		0.068		
Cystine.....g	0.035		0		1		0.025		
Phenylalanine.....g	0.181		0		1		0.130		
Tyrosine.....g	0.181		0		1		0.130		
Valine.....g	0.252		0		1		0.181		
Arginine.....g	0.136		0		1		0.098		
Histidine.....g	0.102		0		1		0.073		
Alanine.....g	0.129		0		1		0.093		
Aspartic acid.....g	0.285		0		1		0.205		
Glutamic acid.....g	0.786		0		1		0.566		
Glycine.....g	0.080		0		1		0.058		
Proline.....g	0.364		0		1		0.262		
Serine.....g	0.204		0		1		0.147		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11		0	FLA	4		7.579		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 72g: .5 cup

NDB No. 19293

Frozen yogurts, vanilla, soft-serve

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19294
Fruit butters, 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	0.000		0	FLM	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		11.419	0.688	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	3		0	FLA	4		8.564	0.516	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	10		0	FLA	4		28.699	1.730	

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

Common Measures:

Measure 1 = 282g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19291

Gelatin desserts, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Snacks Strawberry, with aspartame and acesulfame potassium sweetener, ready-to-eat

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	97.80		0	MC	9		89.98		
Energy.....kcal	8		0	MC	9		7		
Energy.....kj	33				9		31		
Protein.....g	1.40		0	MC	9		1.29		
Total lipid (fat).....g	0.00		0	NR	4		0.00		
Ash.....g	0.00		0	MC	9		0.00		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	MC	9		0		
Iron, Fe.....mg	0.03		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	3		0	MC	9		3		
Sodium, Na.....mg	49		0	MC	9		45		
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	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 92g: 1 NLEA Serving

NDB No. 19291

Gelatin desserts, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Snacks Strawberry, with aspartame and acesulfame potassium sweetener, ready-to-eat

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19172
Gelatin desserts, 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	0.000		2	LC	8		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		2	LC	8		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		2	LC	8		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.151		0		1		0.128	0.032	
Isoleucine.....g	0.118		0		1		0.100	0.025	
Leucine.....g	0.251		0		1		0.213	0.053	
Lysine.....g	0.354		0		1		0.301	0.074	
Methionine.....g	0.062		0		1		0.053	0.013	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.177		0		1		0.150	0.037	
Tyrosine.....g	0.031		0		1		0.026	0.007	
Valine.....g	0.213		0		1		0.181	0.045	
Arginine.....g	0.676		0		1		0.575	0.142	
Histidine.....g	0.068		0		1		0.058	0.014	
Alanine.....g	0.818		0		1		0.695	0.172	
Aspartic acid.....g	0.538		0		1		0.457	0.113	
Glutamic acid.....g	0.894		0		1		0.760	0.188	
Glycine.....g	1.947		0		1		1.655	0.409	
Proline.....g	1.256		0		1		1.068	0.264	
Serine.....g	0.266		0		1		0.226	0.056	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

NDB No. 19172
Gelatin desserts, dry mix

Calories Factors: Protein 3.9

Fat 9.02

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19173

Gelatin desserts, dry mix, prepared with water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:1.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
18:4.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	RPA	1		0.000	0.000	0.000
Threonine.....g	0.024		0	RPA	1		0.128	0.032	0.128
Isoleucine.....g	0.019		0	RPA	1		0.100	0.025	0.100
Leucine.....g	0.039		0	RPA	1		0.213	0.053	0.213
Lysine.....g	0.056		0	RPA	1		0.300	0.075	0.300
Methionine.....g	0.010		0	RPA	1		0.053	0.013	0.053
Cystine.....g	0.000		0	RPA	1		0.000	0.000	0.000
Phenylalanine.....g	0.028		0	RPA	1		0.150	0.037	0.150
Tyrosine.....g	0.005		0	RPA	1		0.026	0.007	0.026
Valine.....g	0.033		0	RPA	1		0.180	0.045	0.180
Arginine.....g	0.106		0	RPA	1		0.573	0.143	0.573
Histidine.....g	0.011		0	RPA	1		0.058	0.014	0.058
Alanine.....g	0.128		0	RPA	1		0.693	0.173	0.693
Aspartic acid.....g	0.084		0	RPA	1		0.456	0.114	0.456
Glutamic acid.....g	0.140		0	RPA	1		0.757	0.189	0.757
Glycine.....g	0.305		0	RPA	1		1.649	0.412	1.649
Proline.....g	0.197		0	RPA	1		1.064	0.266	1.064
Serine.....g	0.042		0	RPA	1		0.225	0.056	0.225
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		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		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	RPI	6		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lycopene.....mcg	0		0	RPI	6		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RPI	6		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 = 540g: 1 package (3 oz) yields

Measure 2 = 135g: .5 cup

Measure 3 = 540g: 1 package yield (2 cups)

NDB No. 19173

Gelatin desserts, dry mix, prepared with water

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19175

Gelatin desserts, dry mix, reduced calorie, with aspartame

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	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	FLC	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLC	4		0.000		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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

Common Measures:

Measure 1 = 6.4g: 1 serving

Calories Factors: Protein 0

Fat 0

Carbohydrate 2.47

Food Group: 19 Sweets

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

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

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	6.70		0		4		0.60	0.67	0.17
Energy.....kcal	345		0		4		31	35	9
Energy.....kj	1443				4		130	144	36
Protein (N x 5.55).....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat).....g	0.00		1		4		0.00	0.00	0.00
Ash.....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference.....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0		4		0	0	0
Iron, Fe.....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg.....mg	1		0		4		0	0	0
Phosphorus, P.....mg	0		0		1		0	0	0
Potassium, K.....mg	1985		0		1		179	199	50
Sodium, Na.....mg	2751		0		1		248	275	69
Zinc, Zn.....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu.....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn.....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se.....mcg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	490.0		0		1		44.1	49.0	12.3
Thiamin.....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin.....mg	0.108		1		4		0.010	0.011	0.003
Niacin.....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid.....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6.....mg	0.049		1		4		0.004	0.005	0.001
Folate, total.....mcg	14		1		4		1	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14		1		4		1	1	0
Folate, DFE.....mcg_DFE	14		0	NC	4		1	1	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	1.066		0		1		0.096	0.107	0.027
Isoleucine.....g	0.837		0		1		0.075	0.084	0.021
Leucine.....g	1.774		0		1		0.160	0.177	0.044
Lysine.....g	2.501		0		1		0.225	0.250	0.063
Methionine.....g	0.439		0		1		0.040	0.044	0.011
Cystine.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 19703

Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	1.256		0		1		0.113	0.126	0.031
Tyrosine.....g	0.219		0		1		0.020	0.022	0.005
Valine.....g	1.505		0		1		0.135	0.151	0.038
Arginine.....g	4.784		0		1		0.431	0.478	0.120
Histidine.....g	0.478		0		1		0.043	0.048	0.012
Alanine.....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid.....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid.....g	6.328		0		1		0.570	0.633	0.158
Glycine.....g	13.773		0		1		1.240	1.377	0.344
Proline.....g	8.890		0		1		0.800	0.889	0.222
Serine.....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9

Fat 9.02

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium

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	6.70		0		4		0.60	0.67	0.17
Energy.....kcal	345		0		4		31	35	9
Energy.....kj	1443		4		4		130	144	36
Protein (N x 5.55).....g	55.30		0		4		4.98	5.53	1.38
Total lipid (fat).....g	0.00		1		4		0.00	0.00	0.00
Ash.....g	4.70		0		4		0.42	0.47	0.12
Carbohydrate, by difference.....g	33.30		0	NC	4		3.00	3.33	0.83
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		0		4		0	0	0
Iron, Fe.....mg	0.02		1		4		0.00	0.00	0.00
Magnesium, Mg.....mg	1		0		4		0	0	0
Phosphorus, P.....mg	1293		0		4		116	129	32
Potassium, K.....mg	14	1.459	7		1		1	1	0
Sodium, Na.....mg	158		0		1		14	16	4
Zinc, Zn.....mg	0.07		1		4		0.01	0.01	0.00
Copper, Cu.....mg	1.016		1		4		0.091	0.102	0.025
Manganese, Mn.....mg	0.049		1		4		0.004	0.005	0.001
Selenium, Se.....mcg	25.5		0	BFPN	4		2.3	2.6	0.6
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.012		1		4		0.001	0.001	0.000
Riboflavin.....mg	0.108		1		4		0.010	0.011	0.003
Niacin.....mg	0.040		1		4		0.004	0.004	0.001
Pantothenic acid.....mg	0.059		1		4		0.005	0.006	0.001
Vitamin B-6.....mg	0.049		1		4		0.004	0.005	0.001
Folate, total.....mcg	14		1		4		1	1	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	14		1		4		1	1	0
Folate, DFE.....mcg_DFE	14		0	NC	4		1	1	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	1.066		0		1		0.096	0.107	0.027
Isoleucine.....g	0.837		0		1		0.075	0.084	0.021
Leucine.....g	1.774		0		1		0.160	0.177	0.044
Lysine.....g	2.501		0		1		0.225	0.250	0.063
Methionine.....g	0.439		0		1		0.040	0.044	0.011
Cystine.....g	0.000		0		1		0.000	0.000	0.000

NDB No. 19704

Gelatin desserts, dry mix, reduced calorie, with aspartame, no added 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
Phenylalanine.....g	1.256		0		1		0.113	0.126	0.031
Tyrosine.....g	0.219		0		1		0.020	0.022	0.005
Valine.....g	1.505		0		1		0.135	0.151	0.038
Arginine.....g	4.784		0		1		0.431	0.478	0.120
Histidine.....g	0.478		0		1		0.043	0.048	0.012
Alanine.....g	5.790		0		1		0.521	0.579	0.145
Aspartic acid.....g	3.807		0		1		0.343	0.381	0.095
Glutamic acid.....g	6.328		0		1		0.570	0.633	0.158
Glycine.....g	13.773		0		1		1.240	1.377	0.344
Proline.....g	8.890		0		1		0.800	0.889	0.222
Serine.....g	1.884		0		1		0.170	0.188	0.047
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	z	7		0	0	0
Theobromine.....mg	0		0	z	7		0	0	0

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

Common Measures:

Measure 1 = 9.0g: 1 tbsp

Measure 2 = 10.0g: 1 package (0.35 oz)

Measure 3 = 2.5g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9

Fat 9.02

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19176

Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water

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	Code	Code				
Fatty acids, total monounsaturated.....g	0.000		0	RPI	6		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:1.....g	0.000		0	RPI	6		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	RPI	6		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
18:4.....g	0.000		0	RPI	6		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPI	6		0.000	0.000	
20:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:5 n-3.....g	0.000		0	RPI	6		0.000	0.000	
22:6 n-3.....g	0.000		0	RPI	6		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	RPI	6		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6		0.0	0.0	
Caffeine.....mg	0		0	RPI	6		0	0	
Theobromine.....mg	0		0	RPI	6		0	0	
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	

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Common Measures:

Measure 1 = 117g: .5 cup

Measure 2 = 469g: 1 package yield (2 cups)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	1.00	0.029	84		1		0.85	0.21	
Energy.....kcal	381		0		4		324	80	
Energy.....kj	1594				4		1355	335	
Protein (N x 5.55).....g	7.80	0.031	84		1		6.63	1.64	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.70	0.016	84		1		0.60	0.15	
Carbohydrate, by difference.....g	90.50		0	NC	4		76.93	19.01	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.102	9		1		3	1	
Iron, Fe.....mg	0.15		1		4		0.13	0.03	
Magnesium, Mg.....mg	2		1		4		2	0	
Phosphorus, P.....mg	142		1		4		121	30	
Potassium, K.....mg	7	0.966	17		1		6	1	
Sodium, Na.....mg	491		0		1		417	103	
Zinc, Zn.....mg	0.01		2		1		0.01	0.00	
Copper, Cu.....mg	0.118		1		1		0.100	0.025	
Manganese, Mn.....mg	0.016		1		4		0.014	0.003	
Selenium, Se.....mcg	3.6		0	BFPN	4		3.1	0.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	62.8		0		1		53.4	13.2	
Thiamin.....mg	0.002		1		4		0.002	0.000	
Riboflavin.....mg	0.021		1		4		0.018	0.004	
Niacin.....mg	0.008		1		4		0.007	0.002	
Pantothenic acid.....mg	0.011		1		4		0.009	0.002	
Vitamin B-6.....mg	0.010		1		4		0.009	0.002	
Folate, total.....mcg	3		1		4		3	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		4		3	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		3	1	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		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									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.151		0		1		0.128	0.032	
Isoleucine.....g	0.118		0		1		0.100	0.025	
Leucine.....g	0.251		0		1		0.213	0.053	
Lysine.....g	0.354		0		1		0.301	0.074	
Methionine.....g	0.062		0		1		0.053	0.013	
Cystine.....g	0.000		0		1		0.000	0.000	

NDB No. 19702

Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.177		0		1		0.150	0.037	
Tyrosine.....g	0.031		0		1		0.026	0.007	
Valine.....g	0.213		0		1		0.181	0.045	
Arginine.....g	0.676		0		1		0.575	0.142	
Histidine.....g	0.068		0		1		0.058	0.014	
Alanine.....g	0.818		0		1		0.695	0.172	
Aspartic acid.....g	0.538		0		1		0.457	0.113	
Glutamic acid.....g	0.894		0		1		0.760	0.188	
Glycine.....g	1.947		0		1		1.655	0.409	
Proline.....g	1.256		0		1		1.068	0.264	
Serine.....g	0.266		0		1		0.226	0.056	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.9

Fat 9.02

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19290

Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

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	6.60		0	MC	9		0.17		
Energy.....kcal	333		0	MC	9		8		
Energy.....kj	1393				9		35		
Protein.....g	56.80		0	MC	9		1.42		
Total lipid (fat).....g	0.10		0	NR	4		0.00		
Ash.....g	7.10		0	MC	9		0.18		
Carbohydrate, by difference (1).....g	4.90		0	MC	9		0.12		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.10		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		1		
Iron, Fe.....mg	1.17		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	1361		0	MC	9		34		
Potassium, K.....mg	18		0	MC	9		0		
Sodium, Na.....mg	2282		0	MC	9		57		
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	0.000		0	MC	9		0.000		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 2.5g: 1 NLEA Serving

Footnotes

1 Contains other proximate components such as acids.

NDB No. 19290

Gelatin desserts,, KRAFT, JELL-O Brand Sugar Free Low Calorie Gelatin Dessert Strawberry, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19177
Gelatins, dry powder, unsweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.060		0		1		0.004	0.017	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.001	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.050		1		1		0.004	0.014	
20:1.....g	0.000		1		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	0.010		0		1		0.001	0.003	
18:2 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	1.475		0		1		0.103	0.413	
Isoleucine.....g	1.158		0		1		0.081	0.324	
Leucine.....g	2.454		0		1		0.172	0.687	
Lysine.....g	3.460		0		1		0.242	0.969	
Methionine.....g	0.606		0		1		0.042	0.170	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	1.737		0		1		0.122	0.486	
Tyrosine.....g	0.303		0		1		0.021	0.085	
Valine.....g	2.081		0		1		0.146	0.583	
Arginine.....g	6.616		0		1		0.463	1.852	
Histidine.....g	0.662		0		1		0.046	0.185	
Alanine.....g	8.009		0		1		0.561	2.243	
Aspartic acid.....g	5.265		0		1		0.369	1.474	
Glutamic acid.....g	8.753		0		1		0.613	2.451	
Glycine.....g	19.049		0		1		1.333	5.334	
Proline.....g	12.295		0		1		0.861	3.443	
Serine.....g	2.605		0		1		0.182	0.729	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	NR	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	NR	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	
Lycopene.....mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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Common Measures:

Measure 1 = 7.0g: 1 envelope (1 tbsp)

Measure 2 = 28g: 1 package (1 oz)

NDB No. 19177

Gelatins, dry powder, unsweetened

Calories Factors: Protein 3.9

Fat 9.02

Carbohydrate

Food Group: 19 Sweets

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

Honey

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.000		0		4		0.000	0.000	0.000
17:0.....g									
18:0.....g	0.000		0		4		0.000	0.000	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.004		0		1		0.014	0.001	0.001
Threonine.....g	0.004		0		1		0.014	0.001	0.001
Isoleucine.....g	0.008		0		1		0.027	0.002	0.001
Leucine.....g	0.010		0		1		0.034	0.002	0.001
Lysine.....g	0.008		0		1		0.027	0.002	0.001
Methionine.....g	0.001		0		1		0.003	0.000	0.000
Cystine.....g	0.003		0		1		0.010	0.001	0.000
Phenylalanine.....g	0.011		0		1		0.037	0.002	0.002
Tyrosine.....g	0.008		0		1		0.027	0.002	0.001
Valine.....g	0.009		0		1		0.031	0.002	0.001
Arginine.....g	0.005		0		1		0.017	0.001	0.001
Histidine.....g	0.001		0		1		0.003	0.000	0.000
Alanine.....g	0.006		0		1		0.020	0.001	0.001
Aspartic acid.....g	0.027		0		1		0.092	0.006	0.004
Glutamic acid.....g	0.018		0		1		0.061	0.004	0.003
Glycine.....g	0.007		0		1		0.024	0.001	0.001
Proline.....g	0.090		0		1		0.305	0.019	0.013
Serine.....g	0.006		0		1		0.020	0.001	0.001
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

NDB No. 19296

Honey

Common Measures:

Measure 1 = 339g: 1 cup

Measure 2 = 21g: 1 tbsp

Measure 3 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.68

Food Group: 19 Sweets

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

NDB No. 19259
Ice Creams, HEALTHY CHOICE Praline and Caramel
Conagra, 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	57.23		1	MA	12		40.63		
Energy.....kcal	181		0	MC	9		129		
Energy.....kj	757				9		538		
Protein.....g	3.79		1	MA	12		2.69		
Total lipid (fat).....g	2.82		1	MA	12		2.00		
Ash.....g	0.95		1	MA	12		0.67		
Carbohydrate, by difference.....g	35.21		0	MC	9		25.00		
Fiber, total dietary.....g									
Sugars, total.....g	33.80		1	MA	12		24.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	140		1	MA	12		99		
Iron, Fe.....mg	0.11		1	MA	12		0.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	98		1	MA	12		70		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		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	280		1	MA	12		199		
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	0.700		1	MA	12		0.497		
Fatty acids, total monounsaturated.....g	1.370		1	MA	12		0.973		
Fatty acids, total polyunsaturated.....g	0.750		1	MA	12		0.533		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MA	12		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 = 71g: .5 cup (4 fl oz)

Calories Factors: Protein Fat Carbohydrate

NDB No. 19259

Ice Creams, HEALTHY CHOICE Praline and Caramel

Food Group: 19 Sweets

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

NDB No. 19264

Ice cream novelties, ESKIMO PIE BAR, Vanilla Ice Cream, with dark chocolate coating

Eskimo Pie Corp.

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	46.30		1	A	1		23.15		
Energy.....kcal	331		0	NC	4		166		
Energy.....kj	1386				4		693		
Protein.....g	4.10		1	A	1		2.05		
Total lipid (fat).....g	24.10		1	A	1		12.05		
Ash.....g	1.00		1	A	1		0.50		
Carbohydrate, by difference.....g	24.50		0	NC	4		12.25		
Fiber, total dietary.....g									
Sugars, total.....g	18.30		1	A	1		9.15		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	119		1	A	1		60		
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	68		1	A	1		34		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	14.500		1	A	1		7.250		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		1	A	1		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 = 50g: 1 bar

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19262

Ice cream novelties, KLONDIKE BAR Vanilla Ice Cream, with chocolate coating

Islay Klondike

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	46.70		1	A	1		69.12		
Energy.....kcal	330		0	NC	4		489		
Energy.....kj	1381				4		2044		
Protein.....g	4.20		1	A	1		6.22		
Total lipid (fat).....g	24.10		1	A	1		35.67		
Ash.....g	0.90		1	A	1		1.33		
Carbohydrate, by difference.....g	24.10		0	NC	4		35.67		
Fiber, total dietary.....g									
Sugars, total.....g	20.70		1	A	1		30.64		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	143		1	A	1		212		
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	73		1	A	1		108		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	13.100		1	A	1		19.388		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		40		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 148g: 1 bar (5 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 43269

Ice cream novelties, sundae, prepackaged

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.872						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.110						4		
17:1.....g									
18:1 undifferentiated.....g	1.690						4		
20:1.....g	0.011						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.663						4		
18:2 undifferentiated.....g	0.576						4		
18:3 undifferentiated.....g	0.063						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.024						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	13						1		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC			4		
Caffeine.....mg	0		0	FLC			4		
Theobromine.....mg	2		0	FLC			4		
Carotenoids:									
Carotene, beta.....mcg	16		0	FLC			4		
Carotene, alpha.....mcg	0		0	FLC			4		
Cryptoxanthin, beta.....mcg	0		0	FLC			4		
Lycopene.....mcg	0		0	FLC			4		
Lutein + zeaxanthin.....mcg	0		0	FLC			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: 19 Sweets

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

NDB No. 42074

Ice cream novelties, vanilla, light, no sugar added, 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	2.700						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.067						4		
17:1.....g									
18:1 undifferentiated.....g	2.594						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.359						4		
18:2 undifferentiated.....g	1.239						4		
18:3 undifferentiated.....g	0.118						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	25		0	FLC			4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC			4		
Caffeine.....mg	4		0	FLC			4		
Theobromine.....mg	38		0	FLC			4		
Carotenoids:									
Carotene, beta.....mcg	3		0	O			4		
Carotene, alpha.....mcg	0		0	FLC			4		
Cryptoxanthin, beta.....mcg	0		0	FLC			4		
Lycopene.....mcg	0		0	FLC			4		
Lutein + zeaxanthin.....mcg	0		0	FLC			4		

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

Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19270
Ice creams, chocolate

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	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		1.862	2.119	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.240		1		1		0.139	0.158	
17:1.....g									
18:1 undifferentiated.....g	2.970		1		1		1.723	1.960	
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	0.410		0		1		0.238	0.271	
18:2 undifferentiated.....g	0.250		1		1		0.145	0.165	
18:3 undifferentiated.....g	0.150		1		1		0.087	0.099	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	34		1		1		20	22	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	3		1		1		2	2	
Theobromine.....mg	62		1		1		36	41	
Carotenoids:									
Carotene, beta.....mcg	19		0	BFFN	4		10.875	12.375	
Carotene, alpha.....mcg	0		0	BFFN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFFN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFFN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFFN	4		0.000	0.000	

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Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 3.6

Fat 8.8

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19114
Ice creams, chocolate, light

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	60.64		0	FLC		4			
Energy.....kcal	167		0	FLC		4			
Energy.....kj	698		0	FLC		4			
Protein.....g	4.37		0	FLC		4			
Total lipid (fat).....g	2.80		0	FLC		4			
Ash.....g	1.06		0	FLC		4			
Carbohydrate, by difference.....g	31.00		0	FLC		4			
Fiber, total dietary.....g	1.0		0	FLC		4			
Sugars, total.....g	28.20		0	LC		8			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	142		0	FLC		4			
Iron, Fe.....mg	0.61		0	FLC		4			
Magnesium, Mg.....mg	28		0	FLC		4			
Phosphorus, P.....mg	122		0	FLC		4			
Potassium, K.....mg	244		0	FLC		4			
Sodium, Na.....mg	71		0	FLC		4			
Zinc, Zn.....mg	0.66		0	FLC		4			
Copper, Cu.....mg	0.130		0	FLC		4			
Manganese, Mn.....mg	0.126		0	FLC		4			
Selenium, Se.....mcg	2.7		0	FLC		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	FLC		4			
Thiamin.....mg	0.035		0	FLC		4			
Riboflavin.....mg	0.193		0	FLC		4			
Niacin.....mg	0.176		0	FLC		4			
Pantothenic acid.....mg	0.397		0	FLC		4			
Vitamin B-6.....mg	0.036		0	FLC		4			
Folate, total.....mcg	6		0	FLC		4			
Folic acid.....mcg	0		0	FLC		4			
Folate, food.....mcg	6		0	FLC		4			
Folate, DFE.....mcg_DFE	6		0	NC		4			
Vitamin B-12.....mcg	0.24		0	FLC		4			
Vitamin A, IU.....IU	218		0	FLC		4			
Vitamin A, RAE.....mcg_RAE	64		0	FLC		4			
Retinol.....mcg	63		0	FLC		4			
Vitamin E (alpha-tocopherol).....mg	0.06		0	FLC		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	43.242		0	FLC		4			
Vitamin K (phylloquinone).....mcg	0.3		0	FLC		4			
Lipids:									
Fatty acids, total saturated.....g	1.373		0	FLC		4			
4:0.....g	0.055		0	FLC		4			
6:0.....g	0.042		0	FLC		4			
8:0.....g	0.033		0	FLC		4			
10:0.....g	0.047		0	FLC		4			
12:0.....g	0.051		0	FLC		4			
13:0.....g	0.000		0	FLC		4			
14:0.....g	0.192		0	FLC		4			
15:0.....g	0.000		0	FLC		4			
16:0.....g	0.611		0	FLC		4			
17:0.....g	0.000		0	FLC		4			
18:0.....g	0.342		0	FLC		4			
20:0.....g	0.000		0	FLC		4			
22:0.....g	0.000		0	FLC		4			
24:0.....g	0.000		0	FLC		4			

NDB No. 19114
Ice creams, chocolate, 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	0.000		0	FLC	4				
14:1.....g	0.000		0	FLC	4				
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4				
20:1.....g	0.000		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.400		0	FLC	4				
18:2 undifferentiated.....g	0.918		0	FLC	4				
18:3 undifferentiated.....g	0.482		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	FLC	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			FLC	4				
Caffeine.....mg	3		0	FLC	4				
Theobromine.....mg	85		0	FLC	4				
Carotenoids:									
Carotene, beta.....mcg	4		0	FLC	4				
Carotene, alpha.....mcg	0		0	FLC	4				
Cryptoxanthin, beta.....mcg	0		0	FLC	4				
Lycopene.....mcg	0		0	FLC	4				
Lutein + zeaxanthin.....mcg	1		0	FLC	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: 19 Sweets

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

NDB No. 19265

Ice creams, chocolate, light, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	66.82		0	FLA		4			
Energy.....kcal	159		0	FLA		4			
Energy.....kj	665		0	FLA		4			
Protein.....g	6.20		0	FLA		4			
Total lipid (fat).....g	6.50		0	FLA		4			
Ash.....g	1.49		0	FLA		4			
Carbohydrate, by difference.....g	18.90		0	FLA		4			
Fiber, total dietary.....g	0.8		0	FLA		4			
Sugars, total.....g	8.70		0	FLA		4			
Starch.....g									
Minerals:									
Calcium, Ca.....mg	196		0	FLA		4			
Iron, Fe.....mg	0.49		0	FLA		4			
Magnesium, Mg.....mg	32		0	FLA		4			
Phosphorus, P.....mg	176		0	FLA		4			
Potassium, K.....mg	339		0	FLA		4			
Sodium, Na.....mg	89		0	FLA		4			
Zinc, Zn.....mg	0.83		0	FLA		4			
Copper, Cu.....mg	0.119		0	FLA		4			
Manganese, Mn.....mg	0.106		0	FLA		4			
Selenium, Se.....mcg	5.5		0	FLA		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.7		0	FLA		4			
Thiamin.....mg	0.072		0	FLA		4			
Riboflavin.....mg	0.298		0	FLA		4			
Niacin.....mg	0.234		0	FLA		4			
Pantothenic acid.....mg	0.626		0	FLA		4			
Vitamin B-6.....mg	0.063		0	FLA		4			
Folate, total.....mcg	9		0	FLA		4			
Folic acid.....mcg	0		0	FLA		4			
Folate, food.....mcg	9		0	FLA		4			
Folate, DFE.....mcg_DFE	9		0	NC		4			
Vitamin B-12.....mcg	0.63		0	FLA		4			
Vitamin A, IU.....IU	203		0	FLA		4			
Vitamin A, RAE.....mcg_RAE	57		0	FLA		4			
Retinol.....mcg	56		0	FLA		4			
Vitamin E (alpha-tocopherol).....mg	0.19		0	FLA		4			
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	FLA		4			
Lipids:									
Fatty acids, total saturated.....g	3.602		0	FLA		4			
4:0.....g	0.161		0	FLA		4			
6:0.....g	0.115		0	FLA		4			
8:0.....g	0.089		0	FLA		4			
10:0.....g	0.136		0	FLA		4			
12:0.....g	0.147		0	FLA		4			
13:0.....g	0.000		0	FLA		4			
14:0.....g	0.545		0	FLA		4			
15:0.....g	0.000		0	FLA		4			
16:0.....g	1.622		0	FLA		4			
17:0.....g	0.000		0	FLA		4			
18:0.....g	0.787		0	FLA		4			
20:0.....g	0.000		0	FLA		4			
22:0.....g	0.000		0	FLA		4			
24:0.....g	0.000		0	FLA		4			

NDB No. 19265

Ice creams, chocolate, light, no sugar added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.448		0	FLA		4			
14:1.....g	0.000		0	FLA		4			
15:1.....g									
16:1 undifferentiated.....g	0.068		0	FLA		4			
17:1.....g									
18:1 undifferentiated.....g	1.380		0	FLA		4			
20:1.....g	0.000		0	FLA		4			
22:1 undifferentiated.....g	0.000		0	FLA		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.214		0	FLA		4			
18:2 undifferentiated.....g	0.161		0	FLA		4			
18:3 undifferentiated.....g	0.053		0	FLA		4			
18:4.....g	0.000		0	FLA		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA		4			
20:5 n-3.....g	0.000		0	FLA		4			
22:5 n-3.....g	0.000		0	FLA		4			
22:6 n-3.....g	0.000		0	FLA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	21		0	FLA		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA		4			
Caffeine.....mg	2		0	FLA		4			
Theobromine.....mg	72		0	FLA		4			
Carotenoids:									
Carotene, beta.....mcg	10		0	FLA		4			
Carotene, alpha.....mcg	0		0	FLA		4			
Cryptoxanthin, beta.....mcg	0		0	FLA		4			
Lycopene.....mcg	0		0	FLA		4			
Lutein + zeaxanthin.....mcg	1		0	FLA		4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 43541
Ice creams, chocolate, rich

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	56.55		0	NR	4		83.69	5.77	
Energy.....kcal	255		0	NC	4		377	26	
Energy.....kj	1066		0	NC	4		1577	109	
Protein.....g	4.72		1	LC	8		6.98	0.48	
Total lipid (fat).....g	16.98		1	LC	8		25.13	1.73	
Ash.....g	1.00		0	FLM	4		1.48	0.10	
Carbohydrate, by difference.....g	20.75		1	LC	8		30.72	2.12	
Fiber, total dietary.....g	0.9		1	LC	8		1.4	0.1	
Sugars, total.....g	19.81		1	LC	8		29.32	2.02	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	142		1	LC	8		209	14	
Iron, Fe.....mg	1.02		1	LC	8		1.51	0.10	
Magnesium, Mg.....mg	32		0	FLM	4		47	3	
Phosphorus, P.....mg	115		0	FLM	4		170	12	
Potassium, K.....mg	238		0	FLM	4		353	24	
Sodium, Na.....mg	57		1	LC	8		84	6	
Zinc, Zn.....mg	0.64		0	FLM	4		0.95	0.07	
Copper, Cu.....mg	0.175		0	FLM	4		0.258	0.018	
Manganese, Mn.....mg	0.173		0	FLM	4		0.255	0.018	
Selenium, Se.....mcg	2.1		0	FLM	4		3.1	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	FLM	4		0.7	0.0	
Thiamin.....mg	0.030		0	FLM	4		0.044	0.003	
Riboflavin.....mg	0.167		0	FLM	4		0.247	0.017	
Niacin.....mg	0.182		0	FLM	4		0.269	0.019	
Pantothenic acid.....mg	0.336		0	FLM	4		0.498	0.034	
Vitamin B-6.....mg	0.033		0	FLM	4		0.048	0.003	
Folate, total.....mcg	5		0	FLM	4		8	1	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	5		0	FLM	4		8	1	
Folate, DFE.....mcg_DFE	5		0	NC	4		8	1	
Vitamin B-12.....mcg	0.18		0	FLM	4		0.26	0.02	
Vitamin A, IU.....IU	713		0	NC	4		1055	73	
Vitamin A, RAE.....mcg_RAE	201		0	NC	4		297	20	
Retinol.....mcg	198		0	FLM	4		293	20	
Vitamin E (alpha-tocopherol).....mg	0.46		0	FLM	4		0.68	0.05	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.5		0	FLM	4		2.2	0.2	
Lipids:									
Fatty acids, total saturated.....g	10.377		1	LC	8		15.358	1.058	
4:0.....g	0.517		0	FLM	4		0.766	0.053	
6:0.....g	0.312		0	FLM	4		0.462	0.032	
8:0.....g	0.188		0	FLM	4		0.278	0.019	
10:0.....g	0.403		0	FLM	4		0.597	0.041	
12:0.....g	0.450		0	FLM	4		0.667	0.046	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	1.619		0	FLM	4		2.397	0.165	
15:0.....g	0.000		0	FLM	4		0.000	0.000	
16:0.....g	4.406		0	FLM	4		6.520	0.449	
17:0.....g	0.000		0	FLM	4		0.000	0.000	
18:0.....g	2.138		0	FLM	4		3.164	0.218	
20:0.....g	0.000		0	FLM	4		0.000	0.000	
22:0.....g	0.000		0	FLM	4		0.000	0.000	
24:0.....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 43541
Ice creams, chocolate, rich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.794		0	FLM	4		7.095	0.489	
14:1.....g	0.000		0	FLM	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.361		0	FLM	4		0.535	0.037	
17:1.....g									
18:1 undifferentiated.....g	4.433		0	FLM	4		6.561	0.452	
20:1.....g	0.000		0	FLM	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.658		0	FLM	4		0.975	0.067	
18:2 undifferentiated.....g	0.409		0	FLM	4		0.605	0.042	
18:3 undifferentiated.....g	0.250		0	FLM	4		0.369	0.025	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	60		0	FLM	4		89	6	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	4		0	FLM	4		5	0	
Theobromine.....mg	120		0	FLM	4		178	12	
Carotenoids:									
Carotene, beta.....mcg	31		0	FLM	4		46.077	3.176	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	2		0	FLM	4		2.550	0.176	

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

Common Measures:

Measure 1 = 148g: 1 cup
 Measure 2 = 10.2g: 1 cubic inch

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19090

Ice creams, french vanilla, soft-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	3.490		0		1		3.001		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.270		1		1		0.232		
17:1.....g									
18:1 undifferentiated.....g	3.220		1		1		2.769		
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	0.450		0		1		0.387		
18:2 undifferentiated.....g	0.280		1		1		0.241		
18:3 undifferentiated.....g	0.180		1		1		0.155		
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	91		1		4		78		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.048		0		1		0.041		
Threonine.....g	0.169		0		1		0.145		
Isoleucine.....g	0.215		0		1		0.185		
Leucine.....g	0.353		0		1		0.304		
Lysine.....g	0.296		0		1		0.255		
Methionine.....g	0.091		0		1		0.078		
Cystine.....g	0.036		0		1		0.031		
Phenylalanine.....g	0.176		0		1		0.151		
Tyrosine.....g	0.170		0		1		0.146		
Valine.....g	0.241		0		1		0.207		
Arginine.....g	0.172		0		1		0.148		
Histidine.....g	0.099		0		1		0.085		
Alanine.....g	0.164		0		1		0.141		
Aspartic acid.....g	0.300		0		1		0.258		
Glutamic acid.....g	0.745		0		1		0.641		
Glycine.....g	0.163		0		1		0.140		
Proline.....g	0.374		0		1		0.322		
Serine.....g	0.216		0		1		0.186		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	30		0	FLA	4		25.634		
Carotene, alpha.....mcg	5		0	FLA	4		4.476		
Cryptoxanthin, beta.....mcg	5		0	FLA	4		3.957		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	151		0	FLA	4		129.663		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .5 cup (4 fl oz)

NDB No. 19090

Ice creams, french vanilla, soft-serve

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19271
Ice creams, strawberry

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	60.00	1.302	7		1		34.80	39.60	
Energy.....kcal	192		0	NC	4		111	127	
Energy.....kj	803				4		466	530	
Protein (N x 6.4).....g	3.20		2		1		1.86	2.11	
Total lipid (fat).....g	8.40		2		1		4.87	5.54	
Ash.....g	0.70		2		1		0.41	0.46	
Carbohydrate, by difference.....g	27.60		0	NC	4		16.01	18.22	
Fiber, total dietary.....g	0.9		0	FLA	4		0.5	0.6	
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g									
Fructose.....g									
Lactose.....g	4.43		0	FLA	4		2.57	2.92	
Maltose.....g									
Galactose.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	120	4.974	4		1		70	79	
Iron, Fe.....mg	0.21	0.037	4		1		0.12	0.14	
Magnesium, Mg.....mg	14	0.421	4		1		8	9	
Phosphorus, P.....mg	100		2		1		58	66	
Potassium, K.....mg	188	8.003	4		1		109	124	
Sodium, Na.....mg	60	10.493	4		1		35	40	
Zinc, Zn.....mg	0.34	0.020	4		1		0.20	0.22	
Copper, Cu.....mg	0.037		2		1		0.021	0.024	
Manganese, Mn.....mg	0.078	0.035	4		1		0.045	0.051	
Selenium, Se.....mcg	1.9		0	FLA	4		1.1	1.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	7.7		2		1		4.5	5.1	
Thiamin.....mg	0.045		2		1		0.026	0.030	
Riboflavin.....mg	0.255		2		1		0.148	0.168	
Niacin.....mg	0.170		2		1		0.099	0.112	
Pantothenic acid.....mg	0.720		2		1		0.418	0.475	
Vitamin B-6.....mg	0.050		2		1		0.029	0.033	
Folate, total.....mcg	12		2		1		7	8	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		2		1		7	8	
Folate, DFE.....mcg_DFE	12		0	NC	4		7	8	
Vitamin B-12.....mcg	0.30		2		1		0.17	0.20	
Vitamin A, IU.....IU	320		2		1		186	211	
Vitamin A, RAE.....mcg_RAE	96		0	NC	4		56	64	
Retinol.....mcg	96		0	FLA	4		56	64	
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		4		3.010	3.425	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	29		2		1		17	19	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	

NDB No. 19271
Ice creams, strawberry

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
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	

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Common Measures:

Measure 1 = 58g: 1 individual (3.5 fl oz)

Measure 2 = 66g: .5 cup (4 fl oz)

Calories Factors: Protein 4.1

Fat 8.79

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19095
Ice creams, vanilla

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.00	0.360	50		1		43.92		
Energy.....kcal	201		0	NC	4		145		
Energy.....kj	841				4		606		
Protein (N x 6.25).....g	3.50	0.199	152		1		2.52		
Total lipid (fat).....g	11.00	0.080	291		1		7.92		
Ash.....g	0.90	0.045	6		1		0.65		
Carbohydrate, by difference.....g	23.60		0	NC	4		16.99		
Fiber, total dietary.....g	0.7		0	FLC	4		0.5		
Sugars, total.....g	21.22	0.317	3	JO	11		15.28		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	128	5.483	17		1		92		
Iron, Fe.....mg	0.09	0.007	35		1		0.06		
Magnesium, Mg.....mg	14	0.361	12		1		10		
Phosphorus, P.....mg	105	4.119	12		1		76		
Potassium, K.....mg	199	6.120	12		1		143		
Sodium, Na.....mg	80	6.528	19		1		58		
Zinc, Zn.....mg	0.69	0.160	14		1		0.50		
Copper, Cu.....mg	0.023	0.002	7		1		0.017		
Manganese, Mn.....mg	0.008	0.001	6		1		0.006		
Selenium, Se.....mcg	1.8		1	A	1		1.3		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.6	0.067	21		1		0.4		
Thiamin.....mg	0.041	0.003	13		1		0.030		
Riboflavin.....mg	0.240	0.013	14		1		0.173		
Niacin.....mg	0.116	0.011	6		1		0.084		
Pantothenic acid.....mg	0.581	0.170	3		1		0.418		
Vitamin B-6.....mg	0.048	0.001	10		1		0.035		
Folate, total.....mcg	5	1.830	4		1		4		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	5	1.830	4		1		4		
Folate, DFE.....mcg_DFE	5		0	NC	4		4		
Vitamin B-12.....mcg	0.39	0.043	3		1		0.28		
Vitamin A, IU.....IU	422		0	FLC	4		304		
Vitamin A, RAE.....mcg_RAE	118		0	FLC	4		85		
Retinol.....mcg	116		0	FLC	4		84		
Vitamin E (alpha-tocopherol).....mg	0.30		0	FLC	4		0.21		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	34.738		0	FLC	4		25.012		
Vitamin K (phylloquinone).....mcg	0.3		1	A	1		0.2		
Lipids:									
Fatty acids, total saturated.....g	6.790		0		1		4.889		
4:0.....g	0.360		1		1		0.259		
6:0.....g	0.210		1		1		0.151		
8:0.....g	0.120		1		1		0.086		
10:0.....g	0.280		1		1		0.202		
12:0.....g	0.310		1		1		0.223		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	1.130		1		1		0.814		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	3.060		1		1		2.203		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	1.316		0	FLC	4		0.948		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		

NDB No. 19095
Ice creams, 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	2.970		0	FLC	4		2.139		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.207		0	FLC	4		0.149		
17:1.....g									
18:1 undifferentiated.....g	2.763		0	FLC	4		1.989		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.451		0	FLC	4		0.325		
18:2 undifferentiated.....g	0.274		0	FLC	4		0.197		
18:3 undifferentiated.....g	0.174		0	FLC	4		0.126		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.003		0	FLC	4		0.002		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	44	1.924	10		1		32		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.045		0		1		0.032		
Threonine.....g	0.146		0		1		0.105		
Isoleucine.....g	0.195		0		1		0.140		
Leucine.....g	0.316		0		1		0.228		
Lysine.....g	0.258		0		1		0.186		
Methionine.....g	0.081		0		1		0.058		
Cystine.....g	0.029		0		1		0.021		
Phenylalanine.....g	0.157		0		1		0.113		
Tyrosine.....g	0.155		0		1		0.112		
Valine.....g	0.217		0		1		0.156		
Arginine.....g	0.125		0		1		0.090		
Histidine.....g	0.088		0		1		0.063		
Alanine.....g	0.121		0		1		0.087		
Aspartic acid.....g	0.250		0		1		0.180		
Glutamic acid.....g	0.681		0		1		0.490		
Glycine.....g	0.093		0		1		0.067		
Proline.....g	0.326		0		1		0.235		
Serine.....g	0.177		0		1		0.127		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.2		0	FLC	4		0.1		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	19		2	A	1		13.500		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg	0		2	A	1		0.000		
Lutein + zeaxanthin.....mcg	0		2	A	1		0.000		

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

Common Measures:

Measure 1 = 72g: .5 cup

NDB No. 19095
Ice creams, vanilla

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19867
Ice creams, vanilla, 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	0.000		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFFN	4				
20:1.....g	0.000		0	BFFN	4				
22:1 undifferentiated.....g	0.000		0	BFFN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFFN	4				
18:2 undifferentiated.....g	0.000		0	BFFN	4				
18:3 undifferentiated.....g	0.000		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFNN	4				
Caffeine.....mg	0		0	BFNN	4				
Theobromine.....mg	0		0	BFNN	4				
Carotenoids:									
Carotene, beta.....mcg	23		0	BFNN	4				
Carotene, alpha.....mcg	0		0	BFNN	4				
Cryptoxanthin, beta.....mcg	0		0	BFNN	4				
Lycopene.....mcg	0		0	BFNN	4				
Lutein + zeaxanthin.....mcg	0		0	BFNN	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: 19 Sweets

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

NDB No. 19088
Ice creams, vanilla, light

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.20		0	NR	4		46.13		
Energy.....kcal	165	9.103	6	LC	8		121		
Energy.....kj	692		0	LC	8		505		
Protein (N x 6.25).....g	5.35	0.826	5	LC	8		3.90		
Total lipid (fat).....g	3.96	0.654	6	LC	8		2.89		
Ash.....g	0.77		0	FLC	4		0.56		
Carbohydrate, by difference.....g	26.73	1.350	5	LC	8		19.51		
Fiber, total dietary.....g	0.3	0.253	5	LC	8		0.2		
Sugars, total.....g	18.47		0	NR	4		13.49		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	116	8.447	18	A	1		85		
Iron, Fe.....mg	0.08	0.027	18	A	1		0.06		
Magnesium, Mg.....mg	14	0.419	18	A	1		10		
Phosphorus, P.....mg	103	3.694	18	A	1		75		
Potassium, K.....mg	208	6.828	18	A	1		152		
Sodium, Na.....mg	74	2.417	18	A	1		54		
Zinc, Zn.....mg	0.73	0.353	18	A	1		0.54		
Copper, Cu.....mg	0.019		0	FLC	4		0.014		
Manganese, Mn.....mg	0.000	0.000	18	A	1		0.000		
Selenium, Se.....mcg	2.0	0.714	16	A	1		1.5		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	FLC	4		0.2		
Thiamin.....mg	0.035		0	FLC	4		0.025		
Riboflavin.....mg	0.171		0	FLC	4		0.125		
Niacin.....mg	0.096		0	FLC	4		0.070		
Pantothenic acid.....mg	0.357		0	FLC	4		0.261		
Vitamin B-6.....mg	0.032		0	FLC	4		0.024		
Folate, total.....mcg	5		0	FLC	4		3		
Folic acid.....mcg	0		0	FLC	4		0		
Folate, food.....mcg	5		0	FLC	4		3		
Folate, DFE.....mcg_DFE	5		0	NC	4		3		
Vitamin B-12.....mcg	0.31		0	FLC	4		0.23		
* Vitamin A, IU.....IU	482	179.434	5	LC	8		352		
Vitamin A, RAE.....mcg_RAE	138		0	FLA	4		101		
Retinol.....mcg	137		0	FLA	4		100		
Vitamin E (alpha-tocopherol).....mg	0.09		0	FLC	4		0.07		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.3		0	FLC	4		0.2		
Lipids:									
Fatty acids, total saturated.....g	2.590	0.711	5	LC	8		1.891		
4:0.....g	0.120		0	FLC	4		0.088		
6:0.....g	0.091		0	FLC	4		0.066		
8:0.....g	0.073		0	FLC	4		0.053		
10:0.....g	0.104		0	FLC	4		0.076		
12:0.....g	0.112		0	FLC	4		0.082		
13:0.....g	0.000		0	FLC	4		0.000		
14:0.....g	0.415		0	FLC	4		0.303		
15:0.....g	0.000		0	FLC	4		0.000		
16:0.....g	1.121		0	FLC	4		0.819		
17:0.....g	0.000		0	FLC	4		0.000		
18:0.....g	0.505		0	FLC	4		0.369		
20:0.....g	0.000		0	FLC	4		0.000		
22:0.....g	0.000		0	FLC	4		0.000		
24:0.....g	0.000		0	FLC	4		0.000		

NDB No. 19088
Ice creams, vanilla, 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	0.858		0	FLC	4		0.626		
14:1.....g	0.000		0	FLC	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.037		0	FLC	4		0.027		
17:1.....g									
18:1 undifferentiated.....g	0.821		0	FLC	4		0.599		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.157		0	FLC	4		0.115		
18:2 undifferentiated.....g	0.097		0	FLC	4		0.071		
18:3 undifferentiated.....g	0.061		0	FLC	4		0.044		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	25	7.541	6	LC	8		18		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	16		0	FLA	4		11.662		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 73g: .5 cup

*Vitamin or mineral added for enrichment or fortification

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19260

Ice creams, vanilla, light, no sugar added

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	68.90		1	A	1		44.79		
Energy.....kcal	152		0	NC	4		99		
Energy.....kj	636		0	NC	4		414		
Protein.....g	4.50		1	A	1		2.93		
Total lipid (fat).....g	6.50		1	A	1		4.23		
Ash.....g	1.20		1	A	1		0.78		
Carbohydrate, by difference.....g	18.90		0	NC	4		12.29		
Fiber, total dietary.....g	1.6		0	FLA	4		1.0		
Sugars, total.....g	8.70		1	A	1		5.66		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	196		1	A	1		127		
Iron, Fe.....mg	0.00		2	LC	8		0.00		
Magnesium, Mg.....mg	18		0	FLA	4		12		
Phosphorus, P.....mg	0			LC	8		0		
Potassium, K.....mg	196			LC	8		127		
Sodium, Na.....mg	89		1	A	1		58		
Zinc, Zn.....mg	0.59		0	FLA	4		0.39		
Copper, Cu.....mg	0.025		0	FLA	4		0.017		
Manganese, Mn.....mg	0.004		0	FLA	4		0.002		
Selenium, Se.....mcg	4.0		0	FLA	4		2.6		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.061		0	FLA	4		0.039		
Riboflavin.....mg	0.197			LC	8		0.128		
Niacin.....mg	0.142		0	FLA	4		0.092		
Pantothenic acid.....mg	0.545		0	FLA	4		0.354		
Vitamin B-6.....mg	0.054		0	FLA	4		0.035		
Folate, total.....mcg	7		0	FLA	4		5		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	7		0	FLA	4		5		
Folate, DFE.....mcg_DFE	7		0	NC	4		5		
Vitamin B-12.....mcg	0.52			LC	8		0.34		
Vitamin A, IU.....IU	224		0	FLA	4		146		
Vitamin A, RAE.....mcg_RAE	63		0	FLA	4		41		
Retinol.....mcg	62		0	FLA	4		40		
Vitamin E (alpha-tocopherol).....mg	0.22		0	FLA	4		0.14		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9		0	FLA	4		1.2		
Lipids:									
Fatty acids, total saturated.....g	3.680		1	A	1		2.392		
4:0.....g	0.213		1	A	1		0.138		
6:0.....g	0.116		1	A	1		0.075		
8:0.....g	0.067		1	A	1		0.044		
10:0.....g	0.149		1	A	1		0.097		
12:0.....g	0.153		1	A	1		0.099		
13:0.....g									
14:0.....g	0.495		1	A	1		0.322		
15:0.....g	0.053		1	A	1		0.034		
16:0.....g	1.439		1	A	1		0.935		
17:0.....g	0.032		1	A	1		0.021		
18:0.....g	0.956		1	A	1		0.621		
20:0.....g	0.012		1	A	1		0.008		
22:0.....g	0.006		1	A	1		0.004		
24:0.....g	0.005		1	A	1		0.003		

NDB No. 19260

Ice creams, vanilla, light, no sugar added

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.493		0		4		0.970		
14:1.....g	0.048		1	A	1		0.031		
15:1.....g									
16:1 undifferentiated.....g	0.088		1	A	1		0.057		
17:1.....g	0.016		1	A	1		0.010		
18:1 undifferentiated.....g	1.388		1	A	1		0.902		
20:1.....g	0.012		1	A	1		0.008		
22:1 undifferentiated.....g	0.005		1	A	1		0.003		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.215		0		4		0.140		
18:2 undifferentiated.....g	0.165		1	A	1		0.107		
18:3 undifferentiated.....g	0.032		1	A	1		0.021		
18:4.....g	0.005		1	A	1		0.003		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.002		
20:4 undifferentiated.....g	0.011		1	A	1		0.007		
20:5 n-3.....g	0.002		1	A	1		0.001		
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	17		1	A	1		11		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	11		0	FLA	4		7.153		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 65g: .5 cup (4 fl oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19096

Ice creams, vanilla, light, soft-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	0.760		0		1		0.669		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		2		1		0.053		
17:1.....g									
18:1 undifferentiated.....g	0.700		2		1		0.616		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		1		0.088		
18:2 undifferentiated.....g	0.060		2		1		0.053		
18:3 undifferentiated.....g	0.040		2		1		0.035		
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	12		1		4		11		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.059		0		1		0.052		
Threonine.....g	0.197		0		1		0.173		
Isoleucine.....g	0.260		0		1		0.229		
Leucine.....g	0.424		0		1		0.373		
Lysine.....g	0.351		0		1		0.309		
Methionine.....g	0.109		0		1		0.096		
Cystine.....g	0.039		0		1		0.034		
Phenylalanine.....g	0.211		0		1		0.186		
Tyrosine.....g	0.204		0		1		0.180		
Valine.....g	0.292		0		1		0.257		
Arginine.....g	0.185		0		1		0.163		
Histidine.....g	0.117		0		1		0.103		
Alanine.....g	0.184		0		1		0.162		
Aspartic acid.....g	0.345		0		1		0.304		
Glutamic acid.....g	0.923		0		1		0.812		
Glycine.....g	0.182		0		1		0.160		
Proline.....g	0.466		0		1		0.410		
Serine.....g	0.241		0		1		0.212		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	5		0	FLA	4		4.617		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000		

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

Common Measures:

Measure 1 = 88g: .5 cup (4 fl oz)

NDB No. 19096

Ice creams, vanilla, light, soft-serve

Calories Factors: Protein 4.1

Fat 8.79

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19089
Ice creams, vanilla, rich

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	57.20	0.555	7		1		61.20		
Energy.....kcal	249		0	NC	4		266		
Energy.....kj	1042		0	NC	4		1115		
Protein (N x 6.25).....g	3.50	0.416	4		1		3.75		
Total lipid (fat).....g	16.20	0.212	11		1		17.33		
Ash.....g	0.81		0	FLA	4		0.86		
Carbohydrate, by difference.....g	22.29		0	NC	4		23.86		
Fiber, total dietary.....g	0.0		1	LC	8		0.0		
Sugars, total.....g	20.65		2	LC	8		22.10		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	117		2	LC	8		126		
Iron, Fe.....mg	0.34		1	LC	8		0.36		
Magnesium, Mg.....mg	11		0	FLA	4		12		
Phosphorus, P.....mg	105		0	FLA	4		112		
Potassium, K.....mg	157		0	FLA	4		168		
Sodium, Na.....mg	61		2	LC	8		65		
Zinc, Zn.....mg	0.47		0	FLA	4		0.50		
Copper, Cu.....mg	0.008		0	FLA	4		0.009		
Manganese, Mn.....mg	0.004		0	FLA	4		0.004		
Selenium, Se.....mcg	3.5		0	FLA	4		3.7		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	LC	8		0.0		
Thiamin.....mg	0.041		0	FLA	4		0.044		
Riboflavin.....mg	0.167		0	FLA	4		0.179		
Niacin.....mg	0.082		0	FLA	4		0.087		
Pantothenic acid.....mg	0.460		0	FLA	4		0.492		
Vitamin B-6.....mg	0.045		0	FLA	4		0.048		
Folate, total.....mcg	8		0	FLA	4		8		
Folic acid.....mcg	0		0	FLA	4		0		
Folate, food.....mcg	8		0	FLA	4		8		
Folate, DFE.....mcg_DFE	8		0	NC	4		8		
Vitamin B-12.....mcg	0.39		0	FLA	4		0.42		
Vitamin A, IU.....IU	653		0	FLA	4		699		
Vitamin A, RAE.....mcg_RAE	182		0	FLA	4		195		
Retinol.....mcg	179		0	FLA	4		192		
Vitamin E (alpha-tocopherol).....mg	0.51		0	FLA	4		0.55		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU	43.720		0	FLA	4		46.780		
Vitamin K (phylloquinone).....mcg	1.3		0	FLA	4		1.4		
Lipids:									
Fatty acids, total saturated.....g	10.329		2	LC	8		11.052		
4:0.....g	0.491		0	FLA	4		0.526		
6:0.....g	0.290		0	FLA	4		0.310		
8:0.....g	0.169		0	FLA	4		0.181		
10:0.....g	0.380		0	FLA	4		0.406		
12:0.....g	0.425		0	FLA	4		0.454		
13:0.....g									
14:0.....g	1.526		0	FLA	4		1.632		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	4.168		0	FLA	4		4.460		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	1.899		0	FLA	4		2.032		
20:0.....g	0.000		0	FLA	4		0.000		
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		

NDB No. 19089
Ice creams, vanilla, rich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.460		0	FLA	4		4.772		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.360		0	FLA	4		0.385		
17:1.....g									
18:1 undifferentiated.....g	4.098		0	FLA	4		4.385		
20:1.....g	0.002		0	FLA	4		0.002		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.680		0	FLA	4		0.727		
18:2 undifferentiated.....g	0.437		0	FLA	4		0.468		
18:3 undifferentiated.....g	0.222		0	FLA	4		0.238		
18:4.....g	0.001		0	FLA	4		0.001		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0	FLA	4		0.015		
20:5 n-3.....g	0.001		0	FLA	4		0.001		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.004		0	FLA	4		0.004		
Fatty acids, total trans.....g									
Cholesterol.....mg	92		2	LC	8		98		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.041		0		1		0.044		
Threonine.....g	0.138		0		1		0.148		
Isoleucine.....g	0.182		0		1		0.195		
Leucine.....g	0.298		0		1		0.319		
Lysine.....g	0.248		0		1		0.265		
Methionine.....g	0.076		0		1		0.081		
Cystine.....g	0.027		0		1		0.029		
Phenylalanine.....g	0.149		0		1		0.159		
Tyrosine.....g	0.142		0		1		0.152		
Valine.....g	0.205		0		1		0.219		
Arginine.....g	0.135		0		1		0.144		
Histidine.....g	0.083		0		1		0.089		
Alanine.....g	0.136		0		1		0.146		
Aspartic acid.....g									
Glutamic acid.....g	0.652		0		1		0.698		
Glycine.....g	0.147		0		1		0.157		
Proline.....g	0.338		0		1		0.362		
Serine.....g	0.171		0		1		0.183		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	32		0	FLA	4		34.385		
Carotene, alpha.....mcg	1		0	FLA	4		1.260		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		1.114		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	34		0	FLA	4		36.500		

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Common Measures:

Measure 1 = 107g: .5 cup

NDB No. 19089
Ice creams, vanilla, rich

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19281

Ice novelties, italian, restaurant-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	0.000		0	BFZN	4		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:1.....g	0.000		0	BFZN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	BFZN	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 29.0g: 1 fl oz

Measure 2 = 116g: .5 cup

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19280
Ice novelties, lime

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

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Common Measures:

Measure 1 = 99g: .5 cup (4 fl oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19387
Ice novelties, pineapple-coconut

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.30		1		1		72.57		
Energy.....kcal	113		0		4		112		
Energy.....kj	473				4		468		
Protein (N x 6.25).....g	0.00		1		1		0.00		
Total lipid (fat).....g	2.60		1		1		2.57		
Ash.....g	0.20		1		1		0.20		
Carbohydrate, by difference.....g	23.90		0		4		23.66		
Fiber, total dietary.....g	0.7		0	RC	4		0.7		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		1		0		
Iron, Fe.....mg	3.53		1		1		3.49		
Magnesium, Mg.....mg	5		0		4		5		
Phosphorus, P.....mg	9		0		4		9		
Potassium, K.....mg	17		0		4		17		
Sodium, Na.....mg	35		1		1		35		
Zinc, Zn.....mg	0.11		0		4		0.11		
Copper, Cu.....mg	0.044		0		4		0.044		
Manganese, Mn.....mg	0.161		0		4		0.159		
Selenium, Se.....mcg	0.9		0	FLA	4		0.9		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	13.2		1		1		13.1		
Thiamin.....mg	0.006		0		4		0.006		
Riboflavin.....mg	0.005		0		4		0.005		
Niacin.....mg	0.034		0		4		0.034		
Pantothenic acid.....mg	0.039		0		4		0.039		
Vitamin B-6.....mg	0.016		0		4		0.016		
Folate, total.....mcg	1		0		4		1		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		0		4		1		
Folate, DFE.....mcg_DFE	1		0	NC	4		1		
Vitamin B-12.....mcg	0.00		0		4		0.00		
Vitamin A, IU.....IU	0		1		1		0		
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0		
Retinol.....mcg	0		0	Z	7		0		
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.304		0	FLA	4		2.281		
Fatty acids, total monounsaturated.....g	0.111		0	FLA	4		0.110		
Fatty acids, total polyunsaturated.....g	0.029		0	FLA	4		0.029		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 99g: .5 cup (4 fl oz)

NDB No. 19387

Ice novelties, pineapple-coconut

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19283
Ice novelties, pop

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	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 = 52g: 1 bar (1.75 fl oz)
- Measure 2 = 128g: 1 double stick
- Measure 3 = 88g: 1 single stick

Calories Factors: Protein

Fat

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19717

Ice novelties, pop, with added ascorbic acid

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.00		1		4		41.60	102.40	70.40
Energy.....kcal	72		0		4		37	92	63
Energy.....kj	301				4		157	386	265
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	0.00
Total lipid (fat).....g	0.00		1		4		0.00	0.00	0.00
Ash.....g	1.10		1		4		0.57	1.41	0.97
Carbohydrate, by difference.....g	18.90		0	NC	4		9.83	24.19	16.63
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		1		4		0	0	0
Iron, Fe.....mg	0.00		1		4		0.00	0.00	0.00
Magnesium, Mg.....mg	1		1		4		1	1	1
Phosphorus, P.....mg	0		1		4		0	0	0
Potassium, K.....mg	4	1.888	3		1		2	5	4
Sodium, Na.....mg	12	0.628	3		1		6	15	11
Zinc, Zn.....mg	0.02		1		4		0.01	0.03	0.02
Copper, Cu.....mg	0.009		1		4		0.005	0.012	0.008
Manganese, Mn.....mg	0.006		1		4		0.003	0.008	0.005
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	10.7		0		1		5.6	13.7	9.4
Thiamin.....mg	0.000		1		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		1		4		0.000	0.000	0.000
Niacin.....mg	0.000		1		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.001		1		4		0.001	0.001	0.001
Vitamin B-6.....mg	0.000		1		4		0.000	0.000	0.000
Folate, total.....mcg	0		1		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		1		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	0.00
Vitamin A, IU.....IU	0		1		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	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 = 52g: 1 bar (1.75 fl oz)

NDB No. 19717

Ice novelties, pop, with added ascorbic acid

Measure 2 = 128g: 1 double stick

Measure 3 = 88g: 1 single stick

Calories Factors: Protein

Fat

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 43514

Ice novelties, pop, with low calorie sweetener

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.032				4		0.010	0.041	0.028
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.032				4		0.010	0.041	0.028
20:1.....g	0.000				4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000				4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050				4		0.016	0.064	0.044
18:2 undifferentiated.....g	0.050				4		0.016	0.064	0.044
18:3 undifferentiated.....g	0.000				4		0.000	0.000	0.000
18:4.....g	0.000				4		0.000	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	0.000
20:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:5 n-3.....g	0.000				4		0.000	0.000	0.000
22:6 n-3.....g	0.000				4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFSN	4		0	0	0
Theobromine.....mg	0		0	BFSN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 32.0g: 1 fl oz
- Measure 2 = 128g: 1 double stick
- Measure 3 = 88g: 1 single stick

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19297
Jams and preserves

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
Fatty acids, total monounsaturated.....g	0.038		0	BFFN	4		0.008	0.005	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.007		0	BFFN	4		0.001	0.001	
20:1.....g	0.018		0	BFFN	4		0.004	0.003	
22:1 undifferentiated.....g	0.014		0	BFFN	4		0.003	0.002	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
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	FLC	4		0	0	
Phytosterols.....mg	12		0	FLC	4		2	2	
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.002	0.001	
Threonine.....g	0.023		0		1		0.005	0.003	
Isoleucine.....g	0.017		0		1		0.003	0.002	
Leucine.....g	0.037		0		1		0.007	0.005	
Lysine.....g	0.030		0		1		0.006	0.004	
Methionine.....g	0.001		0		1		0.000	0.000	
Cystine.....g	0.006		0		1		0.001	0.001	
Phenylalanine.....g	0.021		0		1		0.004	0.003	
Tyrosine.....g	0.025		0		1		0.005	0.004	
Valine.....g	0.021		0		1		0.004	0.003	
Arginine.....g	0.032		0		1		0.006	0.004	
Histidine.....g	0.014		0		1		0.003	0.002	
Alanine.....g	0.037		0		1		0.007	0.005	
Aspartic acid.....g	0.166		0		1		0.033	0.023	
Glutamic acid.....g	0.109		0		1		0.022	0.015	
Glycine.....g	0.029		0		1		0.006	0.004	
Proline.....g	0.023		0		1		0.005	0.003	
Serine.....g	0.028		0		1		0.006	0.004	
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		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

NDB No. 19297
Jams and preserves

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19719
Jams and preserves, apricot

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.110		0		1		0.022	0.015	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.020		1		1		0.004	0.003	
20:1.....g	0.050		1		1		0.010	0.007	
22:1 undifferentiated.....g	0.040		1		1		0.008	0.006	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		1		0.000	0.000	
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	FLM	4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.002	0.001	
Threonine.....g	0.023		0		1		0.005	0.003	
Isoleucine.....g	0.017		0		1		0.003	0.002	
Leucine.....g	0.037		0		1		0.007	0.005	
Lysine.....g	0.030		0		1		0.006	0.004	
Methionine.....g	0.001		0		1		0.000	0.000	
Cystine.....g	0.006		0		1		0.001	0.001	
Phenylalanine.....g	0.021		0		1		0.004	0.003	
Tyrosine.....g	0.025		0		1		0.005	0.004	
Valine.....g	0.021		0		1		0.004	0.003	
Arginine.....g	0.032		0		1		0.006	0.004	
Histidine.....g	0.014		0		1		0.003	0.002	
Alanine.....g	0.037		0		1		0.007	0.005	
Aspartic acid.....g	0.166		0		1		0.033	0.023	
Glutamic acid.....g	0.109		0		1		0.022	0.015	
Glycine.....g	0.029		0		1		0.006	0.004	
Proline.....g	0.023		0		1		0.005	0.003	
Serine.....g	0.028		0		1		0.006	0.004	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLM	4		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	116		0	FLM	4		23.285	16.299	
Carotene, alpha.....mcg	2		0	FLM	4		0.405	0.283	
Cryptoxanthin, beta.....mcg	11		0	FLM	4		2.224	1.557	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	9		0	FLM	4		1.895	1.326	

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Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

NDB No. 19719
Jams and preserves, apricot

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 43028

Jams and preserves, dietetic (with sodium saccharin), any flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.042				4		0.094	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001				4		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.041				4		0.092	0.006	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.151				4		0.338	0.021	
18:2 undifferentiated.....g	0.088				4		0.197	0.012	
18:3 undifferentiated.....g	0.063				4		0.141	0.009	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein 0

Fat 0

Carbohydrate 2.47

Food Group: 19 Sweets

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

NDB No. 19300

Jellies

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001		0	FLA	4		0.000	0.000	
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	0.001		0	FLA	4		0.000	0.000	
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	0.004		0	FLA	4		0.001	0.001	
18:2 undifferentiated.....g	0.003		0	FLA	4		0.001	0.000	
18:3 undifferentiated.....g	0.001		0	FLA	4		0.000	0.000	
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									
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	3		0	FLA	4		0.618	0.412	
Carotene, alpha.....mcg	0		0	FLA	4		0.009	0.006	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.008	0.005	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	22		0	FLA	4		4.529	3.019	

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

Common Measures:

Measure 1 = 21g: 1 serving 1 tbsp

Measure 2 = 14.0g: 1 packet (0.5 oz)

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 44110

Jellies, reduced sugar or no sugar, home preserved

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.001				4		0.003	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.001				4		0.003	0.000	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.008				4		0.024	0.002	
18:2 undifferentiated.....g	0.006				4		0.018	0.001	
18:3 undifferentiated.....g	0.002				4		0.006	0.000	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	BFSN	4		5.904	0.374	
Carotene, alpha.....mcg	0		0	BFSN	4		0.089	0.006	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.075	0.005	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	14		0	BFSN	4		43.296	2.742	

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

Common Measures:

Measure 1 = 300g: 1 cup

Measure 2 = 19g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19303
Marmalade, orange

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	0
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.003		0		1		0.010	0.001	0.000
Threonine.....g	0.005		0		1		0.016	0.001	0.001
Isoleucine.....g	0.008		0		1		0.026	0.002	0.001
Leucine.....g	0.007		0		1		0.022	0.001	0.001
Lysine.....g	0.015		0		1		0.048	0.003	0.002
Methionine.....g	0.006		0		1		0.019	0.001	0.001
Cystine.....g	0.003		0		1		0.010	0.001	0.000
Phenylalanine.....g	0.010		0		1		0.032	0.002	0.001
Tyrosine.....g	0.005		0		1		0.016	0.001	0.001
Valine.....g	0.013		0		1		0.042	0.003	0.002
Arginine.....g	0.021		0		1		0.067	0.004	0.003
Histidine.....g	0.006		0		1		0.019	0.001	0.001
Alanine.....g	0.016		0		1		0.051	0.003	0.002
Aspartic acid.....g	0.036		0		1		0.115	0.007	0.005
Glutamic acid.....g	0.030		0		1		0.096	0.006	0.004
Glycine.....g	0.030		0		1		0.096	0.006	0.004
Proline.....g	0.015		0		1		0.048	0.003	0.002
Serine.....g	0.010		0		1		0.032	0.002	0.001
Hydroxyproline.....g									
<u>Others:</u>									
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
<u>Carotenoids:</u>									
Carotene, beta.....mcg	15		0	FLC	4		49.298	3.081	2.157
Carotene, alpha.....mcg	5		0	FLC	4		16.838	1.052	0.737
Cryptoxanthin, beta.....mcg	38		0	FLC	4		121.699	7.606	5.324
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	58		0	FLC	4		186.539	11.659	8.161

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Common Measures:

Measure 1 = 320g: 1 cup

Measure 2 = 20g: 1 tbsp

Measure 3 = 14.0g: 1 package (0.5 oz)

NDB No. 19303
Marmalade, orange

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 42131

Milk dessert, frozen, milk-fat free, chocolate

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	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				4		0.451		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002				4		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.326				4		0.447		
20:1.....g	0.000				4		0.000		
22:1 undifferentiated.....g	0.000				4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.030				4		0.041		
18:2 undifferentiated.....g	0.028				4		0.038		
18:3 undifferentiated.....g	0.001				4		0.001		
18:4.....g	0.000				4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000		
20:5 n-3.....g	0.000				4		0.000		
22:5 n-3.....g	0.000				4		0.000		
22:6 n-3.....g	0.000				4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0		
Caffeine.....mg	3		0	BFZN	4		4		
Theobromine.....mg	62		0	BFZN	4		85		
Carotenoids:									
Carotene, beta.....mcg	18		0	NR	4		24.660		
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 = 137g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19304

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
16:0.....g	0.018		0		4		0.061	0.004	
17:0.....g									
18:0.....g	0.002		0		4		0.007	0.000	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		4		0.108	0.006	
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	0.032		0		4		0.108	0.006	
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	0.050		0		4		0.169	0.010	
18:2 undifferentiated.....g	0.050		0		4		0.169	0.010	
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		1	LC	8		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	NR	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	NR	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	
Lycopene.....mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

Common Measures:

Measure 1 = 337g: 1 cup

Measure 2 = 20g: 1 serving 1 Tablespoon

Calories Factors: Protein

Fat 8.37

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19305
Molasses, blackstrap

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	28.70		1		1		94.14	5.74	
Energy.....kcal	235		0	NC	4		771	47	
Energy.....kj	983				4		3225	197	
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	8.20		1		1		26.90	1.64	
Carbohydrate, by difference.....g	60.80		0	NC	4		199.42	12.16	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	860		1		1		2821	172	
Iron, Fe.....mg	17.50		1		1		57.40	3.50	
Magnesium, Mg.....mg	215		1		1		705	43	
Phosphorus, P.....mg	40		1		1		131	8	
Potassium, K.....mg	2492		1		1		8174	498	
Sodium, Na.....mg	55		1		1		180	11	
Zinc, Zn.....mg	1.00		1		1		3.28	0.20	
Copper, Cu.....mg	2.040		1		1		6.691	0.408	
Manganese, Mn.....mg	2.610		1		1		8.561	0.522	
Selenium, Se.....mcg	17.8		0	BFZN	4		58.4	3.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.033		1		1		0.108	0.007	
Riboflavin.....mg	0.052		1		1		0.171	0.010	
Niacin.....mg	1.080		1		1		3.542	0.216	
Pantothenic acid.....mg	0.880		1		1		2.886	0.176	
Vitamin B-6.....mg	0.700		1		1		2.296	0.140	
Folate, total.....mcg	1		1		1		3	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		1		1		3	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		3	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

NDB No. 19305

Molasses, blackstrap

Common Measures:

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein

Fat 8.37

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19257
POLANER ALL-FRUIT Strawberry Spread
B&G 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	41.70		1	A	1		7.51		
Energy.....kcal	231		0	NC	4		42		
Energy.....kj	966				4		174		
Protein.....g	0.70		1	A	1		0.13		
Total lipid (fat).....g	0.00		1	A	1		0.00		
Ash.....g	0.60		1	A	1		0.11		
Carbohydrate, by difference.....g	57.00		0	NC	4		10.26		
Fiber, total dietary.....g									
Sugars, total.....g	42.10		1	A	1		7.58		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	20		1	A	1		4		
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 = 18g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 42063
Pectin, liquid

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

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19310
Pectin, unsweetened, 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	0.010		0		4		0.005		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		4		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		4		0.006		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.090		0		4		0.045		
18:2 undifferentiated.....g	0.072		0		4		0.036		
18:3 undifferentiated.....g	0.015		0		4		0.008		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 50g: 1 package (1.75 oz)

Calories Factors: Protein

Fat

Carbohydrate 3.6

Food Group: 19 Sweets

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

NDB No. 19312
Pie fillings, apple, 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	0.000		0		1		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
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	0.030		0		1		0.179	0.022	
18:2 undifferentiated.....g	0.020		1		1		0.119	0.015	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.001		0		1		0.006	0.001	
Threonine.....g	0.003		0		1		0.018	0.002	
Isoleucine.....g	0.003		0		1		0.018	0.002	
Leucine.....g	0.005		0		1		0.030	0.004	
Lysine.....g	0.005		0		1		0.030	0.004	
Methionine.....g	0.001		0		1		0.006	0.001	
Cystine.....g	0.001		0		1		0.006	0.001	
Phenylalanine.....g	0.002		0		1		0.012	0.001	
Tyrosine.....g	0.002		0		1		0.012	0.001	
Valine.....g	0.004		0		1		0.024	0.003	
Arginine.....g	0.002		0		1		0.012	0.001	
Histidine.....g	0.001		0		1		0.006	0.001	
Alanine.....g	0.003		0		1		0.018	0.002	
Aspartic acid.....g	0.028		0		1		0.167	0.021	
Glutamic acid.....g	0.008		0		1		0.048	0.006	
Glycine.....g	0.003		0		1		0.018	0.002	
Proline.....g	0.003		0		1		0.018	0.002	
Serine.....g	0.003		0		1		0.018	0.002	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 595g: 1 can (21 oz)

Measure 2 = 74g: .125 can

NDB No. 19312
Pie fillings, apple, canned

Calories Factors: Protein 3.4

Fat 8.4

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 44158
Pie fillings, blueberry, 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	0.000		1	LC	8		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:1.....g	0.000		0	FLC	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLC	4		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0	0	
Phytosterols.....mg									
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	13		0	FLC	4		35.030	20.189	
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	33		0	FLC	4		86.058	49.598	

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Common Measures:

Measure 1 = 262g: 1 cup

Measure 2 = 151g: 1 serving

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19314
Pie fillings, canned, 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	0.021		0	BFFN	4		0.125	0.016	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.021		0	BFFN	4		0.125	0.016	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.021		0	BFFN	4		0.125	0.016	
18:2 undifferentiated.....g	0.010		0	BFFN	4		0.060	0.007	
18:3 undifferentiated.....g	0.010		0	BFFN	4		0.060	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.002		0		1		0.012	0.001	
Threonine.....g	0.009		0		1		0.054	0.007	
Isoleucine.....g	0.009		0		1		0.054	0.007	
Leucine.....g	0.013		0		1		0.077	0.010	
Lysine.....g	0.016		0		1		0.095	0.012	
Methionine.....g	0.002		0		1		0.012	0.001	
Cystine.....g	0.002		0		1		0.012	0.001	
Phenylalanine.....g	0.008		0		1		0.048	0.006	
Tyrosine.....g	0.005		0		1		0.030	0.004	
Valine.....g	0.012		0		1		0.071	0.009	
Arginine.....g	0.007		0		1		0.042	0.005	
Histidine.....g	0.006		0		1		0.036	0.004	
Alanine.....g	0.013		0		1		0.077	0.010	
Aspartic acid.....g	0.247		0		1		1.470	0.183	
Glutamic acid.....g	0.017		0		1		0.101	0.013	
Glycine.....g	0.010		0		1		0.060	0.007	
Proline.....g	0.014		0		1		0.083	0.010	
Serine.....g	0.014		0		1		0.083	0.010	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 595g: 1 can (21 oz)
 Measure 2 = 74g: .125 can

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

NDB No. 43098
Pie fillings, cherry, low calorie

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000		1	LC	8		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:1.....g	0.000		0	FLC	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		1	LC	8		0.000		
18:2 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLC	4		0.000		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	FLC	4		0		
Theobromine.....mg	0		0	FLC	4		0		
Carotenoids:									
Carotene, beta.....mcg	125		0	NR	4		330.000		
Carotene, alpha.....mcg	0		0	FLC	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000		
Lycopene.....mcg	0		0	FLC	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000		

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Common Measures:

Measure 1 = 264g: 1 cup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19286

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder

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	3.60		0	MC	9		0.90		
Energy.....kcal	360		0	MC	9		90		
Energy.....kj	1506						377		
Protein.....g	1.70		0	MC	9		0.43		
Total lipid (fat).....g	1.00		0	NR	4		0.25		
Ash.....g	2.10		0	MC	9		0.53		
Carbohydrate, by difference.....g	91.00		0	MC	9		22.75		
Fiber, total dietary.....g	1.3		0	MC	9		0.3		
Sugars, total.....g	60.10		0	MC	9		15.03		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	MC	9		5		
Iron, Fe.....mg	2.68		0	MC	9		0.67		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	72		0	MC	9		18		
Potassium, K.....mg	351		0	MC	9		88		
Sodium, Na.....mg	426		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									
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	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	0.600		0	MC	9		0.150		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19286

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, powder

Food Group: 19 Sweets

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

NDB No. 19287

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder

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	3.10		0	MC	9		0.71		
Energy.....kcal	374		0	MC	9		86		
Energy.....kj	1565						360		
Protein.....g	0.10		0	MC	9		0.02		
Total lipid (fat).....g	0.10		0	NR	4		0.02		
Ash.....g	2.20		0	MC	9		0.51		
Carbohydrate, by difference.....g	94.30		0	MC	9		21.69		
Fiber, total dietary.....g	0.3		0	MC	9		0.1		
Sugars, total.....g	69.70		0	MC	9		16.03		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	10		0	MC	9		2		
Iron, Fe.....mg	0.18		0	MC	9		0.04		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	7		0	MC	9		2		
Potassium, K.....mg	12		0	MC	9		3		
Sodium, Na.....mg	599		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									
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	0.100		0	MC	9		0.023		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 23g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19287

Puddings, KRAFT, JELL-O Brand Fat Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, powder

Food Group: 19 Sweets

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

NDB No. 19288

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat

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	75.70		0	MC	9		85.54		
Energy.....kcal	90		0	MC	9		102		
Energy.....kj	377						426		
Protein.....g	2.50		0	MC	9		2.83		
Total lipid (fat).....g	0.40		0	NR	4		0.45		
Ash.....g	1.10		0	MC	9		1.24		
Carbohydrate, by difference.....g	20.10		0	MC	9		22.71		
Fiber, total dietary.....g	0.8		0	MC	9		0.9		
Sugars, total.....g	15.30		0	MC	9		17.29		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	79		0	MC	9		89		
Iron, Fe.....mg	0.53		0	MC	9		0.60		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	76		0	MC	9		86		
Potassium, K.....mg	208		0	MC	9		235		
Sodium, Na.....mg	170		0	MC	9		192		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	MC	9		0.3		
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	154		0	MC	9		174		
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		0.339		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		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 = 113g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19288

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Chocolate, ready-to-eat

Food Group: 19 Sweets

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

NDB No. 19289

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, ready-to-eat

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	75.90		0	MC	9		85.77		
Energy.....kcal	92		0	MC	9		104		
Energy.....kj	385						435		
Protein.....g	2.10		0	MC	9		2.37		
Total lipid (fat).....g	0.20		0	NR	4		0.23		
Ash.....g	1.00		0	MC	9		1.13		
Carbohydrate, by difference.....g	20.50		0	MC	9		23.17		
Fiber, total dietary.....g	0.1		0	MC	9		0.1		
Sugars, total.....g	15.80		0	MC	9		17.85		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	76		0	MC	9		86		
Iron, Fe.....mg	0.04		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	102		0	MC	9		115		
Potassium, K.....mg	109		0	MC	9		123		
Sodium, Na.....mg	213		0	MC	9		241		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	MC	9		0.3		
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	154		0	MC	9		174		
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		0.226		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2		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 = 113g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19289

Puddings, KRAFT, JELL-O Brand Fat Free Pudding Snacks Vanilla, ready-to-eat

Food Group: 19 Sweets

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

NDB No. 19275

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame and acesulfame potassium sweetener, powder

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	4.50		0	MC	9		0.50		
Energy.....kcal	310		0	MC	9		34		
Energy.....kj	1297				9		143		
Protein.....g	4.90		0	MC	9		0.54		
Total lipid (fat).....g	2.40		0	NR	4		0.26		
Ash.....g	9.90		0	MC	9		1.09		
Carbohydrate, by difference (1).....g	74.60		0	MC	9		8.21		
Fiber, total dietary.....g	7.9		0	MC	9		0.9		
Sugars, total.....g	0.70		0	MC	9		0.08		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	126		0	MC	9		14		
Iron, Fe.....mg	7.17		0	MC	9		0.79		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	1717		0	MC	9		189		
Potassium, K.....mg	1105		0	MC	9		122		
Sodium, Na.....mg	2887		0	MC	9		318		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.1		0	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	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	1.000		0	MC	9		0.110		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 11.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 19275

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Chocolate, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19276

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

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	5.70		0	MC	9		0.46		
Energy.....kcal	331		0	MC	9		26		
Energy.....kj	1385				9		111		
Protein.....g	0.80		0	MC	9		0.06		
Total lipid (fat).....g	0.90		0	NR	4		0.07		
Ash.....g	11.40		0	MC	9		0.91		
Carbohydrate, by difference (1).....g	77.90		0	MC	9		6.23		
Fiber, total dietary.....g	1.3		0	MC	9		0.1		
Sugars, total.....g	0.90		0	MC	9		0.07		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	147		0	MC	9		12		
Iron, Fe.....mg	0.08		0	MC	9		0.01		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	2368		0	MC	9		189		
Potassium, K.....mg	31		0	MC	9		2		
Sodium, Na.....mg	4154		0	MC	9		332		
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	0.100		0	MC	9		0.008		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 8.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 19276

Puddings, KRAFT, JELL-O Brand Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling Vanilla, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19284

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

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	1.60		0	MC	9		0.45		
Energy.....kcal	355		0	MC	9		99		
Energy.....kj	1485						416		
Protein.....g	1.50		0	MC	9		0.42		
Total lipid (fat).....g	1.20		0	NR	4		0.34		
Ash.....g	4.80		0	MC	9		1.34		
Carbohydrate, by difference (1).....g	89.60		0	MC	9		25.09		
Fiber, total dietary.....g	2.4		0	MC	9		0.7		
Sugars, total.....g	66.70		0	MC	9		18.68		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	16		0	MC	9		4		
Iron, Fe.....mg	2.13		0	MC	9		0.60		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	938		0	MC	9		263		
Potassium, K.....mg	290		0	MC	9		81		
Sodium, Na.....mg	1477		0	MC	9		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		
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	0.500		0	MC	9		0.140		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 28g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 19284

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Chocolate, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19285

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Vanilla, powder

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	1.10		0	MC	9		0.28		
Energy.....kcal	375		0	MC	9		94		
Energy.....kj	1569						392		
Protein.....g	0.10		0	MC	9		0.03		
Total lipid (fat).....g	0.80		0	NR	4		0.20		
Ash.....g	3.60		0	MC	9		0.90		
Carbohydrate, by difference.....g	93.50		0	MC	9		23.38		
Fiber, total dietary.....g	0.1		0	MC	9		0.0		
Sugars, total.....g	74.90		0	MC	9		18.73		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	MC	9		1		
Iron, Fe.....mg	0.12		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	795		0	MC	9		199		
Potassium, K.....mg	5		0	MC	9		1		
Sodium, Na.....mg	1411		0	MC	9		353		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	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		0.050		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 25g: 1 NLEA Serving

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19285

Puddings, KRAFT, JELL-O Brand Instant Pudding & Pie Filling Vanilla, powder

Food Group: 19 Sweets

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

NDB No. 19277

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

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	8.30		0	MC	9		0.83		
Energy.....kcal	310		0	MC	9		31		
Energy.....kj	1297				9		130		
Protein.....g	6.10		0	MC	9		0.61		
Total lipid (fat).....g	3.00		0	NR	4		0.30		
Ash.....g	6.00		0	MC	9		0.60		
Carbohydrate, by difference (1).....g	74.50		0	MC	9		7.45		
Fiber, total dietary.....g	9.3		0	MC	9		0.9		
Sugars, total.....g	0.70		0	MC	9		0.07		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	69		0	MC	9		7		
Iron, Fe.....mg	11.83		0	MC	9		1.18		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	212		0	MC	9		21		
Potassium, K.....mg	1390		0	MC	9		139		
Sodium, Na.....mg	1085		0	MC	9		109		
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	1.600		0	MC	9		0.160		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 10.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 19277

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Chocolate, regular, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19278

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

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	10.10		0	MC	9		0.61		
Energy.....kcal	349		0	MC	9		21		
Energy.....kj	1460				9		88		
Protein.....g	1.00		0	MC	9		0.06		
Total lipid (fat).....g	0.30		0	NR	4		0.02		
Ash.....g	5.20		0	MC	9		0.31		
Carbohydrate, by difference (1).....g	82.30		0	MC	9		4.94		
Fiber, total dietary.....g	0.9		0	MC	9		0.1		
Sugars, total.....g	2.90		0	MC	9		0.17		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		0	MC	9		3		
Iron, Fe.....mg	0.36		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	29		0	MC	9		2		
Potassium, K.....mg	38		0	MC	9		2		
Sodium, Na.....mg	1887		0	MC	9		113		
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	0.100		0	MC	9		0.006		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 6.0g: 1 NLEA Serving

Footnotes

1 Contains other proximate components.

NDB No. 19278

Puddings, KRAFT, JELL-O Brand Sugar Free Cook & Serve Reduced Calorie Pudding & Pie Filling Vanilla, regular, with aspartame and acesulfame potassium sweetener, powder

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 44260

Puddings, all flavors except chocolate, low calorie, instant, 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	0.240						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						4		
17:1.....g									
18:1 undifferentiated.....g	0.240						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.318						4		
18:2 undifferentiated.....g	0.305						4		
18:3 undifferentiated.....g	0.013						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	FLM			4		
Theobromine.....mg	0		0	FLM			4		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM			4		
Carotene, alpha.....mcg	0		0	FLM			4		
Cryptoxanthin, beta.....mcg	0		0	FLM			4		
Lycopene.....mcg	0		0	FLM			4		
Lutein + zeaxanthin.....mcg	0		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: 19 Sweets

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

NDB No. 44259

Puddings, all flavors except chocolate, low calorie, regular, 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	0.032						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						4		
17:1.....g									
18:1 undifferentiated.....g	0.032						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050						4		
18:2 undifferentiated.....g	0.050						4		
18:3 undifferentiated.....g	0.000						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	0		0	BFSN			4		
Theobromine.....mg	0		0	BFSN			4		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN			4		
Carotene, alpha.....mcg	0		0	BFSN			4		
Cryptoxanthin, beta.....mcg	0		0	BFSN			4		
Lycopene.....mcg	0		0	BFSN			4		
Lutein + zeaxanthin.....mcg	0		0	BFSN			4		

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19318
Puddings, banana, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		0.139	0.035	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.140		1		1		0.139	0.035	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350		0		1		0.347	0.088	
18:2 undifferentiated.....g	0.310		1		1		0.307	0.078	
18:3 undifferentiated.....g	0.040		1		1		0.040	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		1		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19121

Puddings, banana, dry mix, instant, prepared with 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	0.460		0	RPA		1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	RPA		1			
17:1.....g									
18:1 undifferentiated.....g	0.425		0	RPA		1			
20:1.....g	0.000		0	RPA		1			
22:1 undifferentiated.....g	0.000		0	RPA		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.118		0	RPA		1			
18:2 undifferentiated.....g	0.088		0	RPA		1			
18:3 undifferentiated.....g	0.030		0	RPA		1			
18:4.....g	0.000		0	RPA		1			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA		1			
20:5 n-3.....g	0.000		0	RPA		1			
22:5 n-3.....g	0.000		0	RPA		1			
22:6 n-3.....g	0.000		0	RPA		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RPI		6			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0	RPA		1			
Threonine.....g	0.125		0	RPA		1			
Isoleucine.....g	0.167		0	RPA		1			
Leucine.....g	0.271		0	RPA		1			
Lysine.....g	0.219		0	RPA		1			
Methionine.....g	0.070		0	RPA		1			
Cystine.....g	0.026		0	RPA		1			
Phenylalanine.....g	0.134		0	RPA		1			
Tyrosine.....g	0.134		0	RPA		1			
Valine.....g	0.185		0	RPA		1			
Arginine.....g	0.100		0	RPA		1			
Histidine.....g	0.075		0	RPA		1			
Alanine.....g	0.095		0	RPA		1			
Aspartic acid.....g	0.210		0	RPA		1			
Glutamic acid.....g	0.579		0	RPA		1			
Glycine.....g	0.058		0	RPA		1			
Proline.....g	0.268		0	RPA		1			
Serine.....g	0.150		0	RPA		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI		6			
Caffeine.....mg	0		0	RPI		6			
Theobromine.....mg	0		0	RPI		6			
Carotenoids:									
Carotene, beta.....mcg	10		0	O		4			
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19121

Puddings, banana, dry mix, instant, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19319

Puddings, banana, dry mix, instant, prepared with whole 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	0.783		0	RPA		1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.062		0	RPA		1			
17:1.....g									
18:1 undifferentiated.....g	0.721		0	RPA		1			
20:1.....g	0.000		0	RPA		1			
22:1 undifferentiated.....g	0.000		0	RPA		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.162		0	RPA		1			
18:2 undifferentiated.....g	0.115		0	RPA		1			
18:3 undifferentiated.....g	0.047		0	RPA		1			
18:4.....g	0.000		0	RPA		1			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA		1			
20:5 n-3.....g	0.000		0	RPA		1			
22:5 n-3.....g	0.000		0	RPA		1			
22:6 n-3.....g	0.000		0	RPA		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RPI		6			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.038		0	RPA		1			
Threonine.....g	0.124		0	RPA		1			
Isoleucine.....g	0.165		0	RPA		1			
Leucine.....g	0.267		0	RPA		1			
Lysine.....g	0.217		0	RPA		1			
Methionine.....g	0.069		0	RPA		1			
Cystine.....g	0.025		0	RPA		1			
Phenylalanine.....g	0.132		0	RPA		1			
Tyrosine.....g	0.132		0	RPA		1			
Valine.....g	0.183		0	RPA		1			
Arginine.....g	0.099		0	RPA		1			
Histidine.....g	0.074		0	RPA		1			
Alanine.....g	0.094		0	RPA		1			
Aspartic acid.....g	0.208		0	RPA		1			
Glutamic acid.....g	0.572		0	RPA		1			
Glycine.....g	0.058		0	RPA		1			
Proline.....g	0.265		0	RPA		1			
Serine.....g	0.149		0	RPA		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI		6			
Caffeine.....mg	0		0	RPI		6			
Theobromine.....mg	0		0	RPI		6			
Carotenoids:									
Carotene, beta.....mcg	15		0	O		4			
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19319

Puddings, banana, dry mix, instant, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19705

Puddings, banana, dry mix, instant, with added oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.300		0		4		1.287	0.325	
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	1.290		0		4		1.277	0.323	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.120		0		4		2.099	0.530	
18:2 undifferentiated.....g	1.990		0		4		1.970	0.498	
18:3 undifferentiated.....g	0.120		0		4		0.119	0.030	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19320
Puddings, banana, 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	0.030		0		1		0.026	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.030		1		1		0.026	0.007	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160		0		1		0.141	0.035	
18:2 undifferentiated.....g	0.160		1		1		0.141	0.035	
18:3 undifferentiated.....g	0.010		1		1		0.009	0.002	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.001		0		1		0.001	0.000	
Isoleucine.....g	0.001		0		1		0.001	0.000	
Leucine.....g	0.005		0		1		0.004	0.001	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	
Phenylalanine.....g	0.002		0		1		0.002	0.000	
Tyrosine.....g	0.001		0		1		0.001	0.000	
Valine.....g	0.002		0		1		0.002	0.000	
Arginine.....g	0.002		0		1		0.002	0.000	
Histidine.....g	0.001		0		1		0.001	0.000	
Alanine.....g	0.003		0		1		0.003	0.001	
Aspartic acid.....g	0.003		0		1		0.003	0.001	
Glutamic acid.....g	0.007		0		1		0.006	0.002	
Glycine.....g	0.001		0		1		0.001	0.000	
Proline.....g	0.003		0		1		0.003	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19122

Puddings, banana, dry mix, regular, prepared with 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	0.462		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.425		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	RP	4				
18:2 undifferentiated.....g	0.062		0	RP	4				
18:3 undifferentiated.....g	0.026		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP	4				
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.041		0	RP	4				
Threonine.....g	0.131		0	RP	4				
Isoleucine.....g	0.175		0	RP	4				
Leucine.....g	0.284		0	RP	4				
Lysine.....g	0.230		0	RP	4				
Methionine.....g	0.073		0	RP	4				
Cystine.....g	0.027		0	RP	4				
Phenylalanine.....g	0.140		0	RP	4				
Tyrosine.....g	0.140		0	RP	4				
Valine.....g	0.194		0	RP	4				
Arginine.....g	0.106		0	RP	4				
Histidine.....g	0.078		0	RP	4				
Alanine.....g	0.100		0	RP	4				
Aspartic acid.....g	0.221		0	RP	4				
Glutamic acid.....g	0.607		0	RP	4				
Glycine.....g	0.061		0	RP	4				
Proline.....g	0.281		0	RP	4				
Serine.....g	0.158		0	RP	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	10		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19122

Puddings, banana, dry mix, regular, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19321

Puddings, banana, dry mix, regular, prepared with whole 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	0.800		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.065		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.735		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.134		0	RP	4				
18:2 undifferentiated.....g	0.090		0	RP	4				
18:3 undifferentiated.....g	0.044		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP	4				
Phytosterols.....mg	0		0	RP	4				
<u>Amino Acids:</u>									
Tryptophan.....g	0.040		0	RP	4				
Threonine.....g	0.130		0	RP	4				
Isoleucine.....g	0.173		0	RP	4				
Leucine.....g	0.281		0	RP	4				
Lysine.....g	0.227		0	RP	4				
Methionine.....g	0.072		0	RP	4				
Cystine.....g	0.026		0	RP	4				
Phenylalanine.....g	0.139		0	RP	4				
Tyrosine.....g	0.138		0	RP	4				
Valine.....g	0.192		0	RP	4				
Arginine.....g	0.104		0	RP	4				
Histidine.....g	0.078		0	RP	4				
Alanine.....g	0.099		0	RP	4				
Aspartic acid.....g	0.218		0	RP	4				
Glutamic acid.....g	0.600		0	RP	4				
Glycine.....g	0.061		0	RP	4				
Proline.....g	0.278		0	RP	4				
Serine.....g	0.156		0	RP	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	16		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19321

Puddings, banana, dry mix, regular, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19706

Puddings, banana, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.480		0		1		1.302	0.326	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.470		0		1		1.294	0.323	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.410		0		1		2.121	0.530	
18:2 undifferentiated.....g	2.270		0		1		1.998	0.499	
18:3 undifferentiated.....g	0.140		0		1		0.123	0.031	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.001		0		1		0.001	0.000	
Isoleucine.....g	0.001		0		1		0.001	0.000	
Leucine.....g	0.005		0		1		0.004	0.001	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	
Phenylalanine.....g	0.002		0		1		0.002	0.000	
Tyrosine.....g	0.001		0		1		0.001	0.000	
Valine.....g	0.002		0		1		0.002	0.000	
Arginine.....g	0.002		0		1		0.002	0.000	
Histidine.....g	0.001		0		1		0.001	0.000	
Alanine.....g	0.003		0		1		0.003	0.001	
Aspartic acid.....g	0.003		0		1		0.003	0.001	
Glutamic acid.....g	0.007		0		1		0.006	0.002	
Glycine.....g	0.001		0		1		0.001	0.000	
Proline.....g	0.003		0		1		0.003	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19311
Puddings, banana, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.530		0		1		0.434	2.173	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.028	
17:1.....g									
18:1 undifferentiated.....g	1.520		1		1		0.431	2.158	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.330		0		1		0.377	1.889	
18:2 undifferentiated.....g	1.240		1		1		0.352	1.761	
18:3 undifferentiated.....g	0.090		1		1		0.026	0.128	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....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		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.031		0		1		0.009	0.044	
Threonine.....g	0.101		0		1		0.029	0.143	
Isoleucine.....g	0.136		0		1		0.039	0.193	
Leucine.....g	0.222		0		1		0.063	0.315	
Lysine.....g	0.177		0		1		0.050	0.251	
Methionine.....g	0.056		0		1		0.016	0.080	
Cystine.....g	0.021		0		1		0.006	0.030	
Phenylalanine.....g	0.109		0		1		0.031	0.155	
Tyrosine.....g	0.108		0		1		0.031	0.153	
Valine.....g	0.151		0		1		0.043	0.214	
Arginine.....g	0.082		0		1		0.023	0.116	
Histidine.....g	0.061		0		1		0.017	0.087	
Alanine.....g	0.079		0		1		0.022	0.112	
Aspartic acid.....g	0.171		0		1		0.048	0.243	
Glutamic acid.....g	0.472		0		1		0.134	0.670	
Glycine.....g	0.048		0		1		0.014	0.068	
Proline.....g	0.218		0		1		0.062	0.310	
Serine.....g	0.122		0		1		0.035	0.173	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 142g: 1 can (5 oz)

Calories Factors: Protein 4.3

Fat 8.8

Carbohydrate 4

Food Group: 19 Sweets

NDB No. 44061

Puddings, chocolate flavor, low calorie, instant, 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	0.938						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						4		
17:1.....g									
18:1 undifferentiated.....g	0.938						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.145						4		
18:2 undifferentiated.....g	0.144						4		
18:3 undifferentiated.....g	0.001						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						7		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	6		0	BFCN			4		
Theobromine.....mg	198		0	BFCN			4		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM			4		
Carotene, alpha.....mcg	0		0	FLM			4		
Cryptoxanthin, beta.....mcg	0		0	FLM			4		
Lycopene.....mcg	0		0	FLM			4		
Lutein + zeaxanthin.....mcg	9		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: 19 Sweets

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

NDB No. 44258

Puddings, chocolate flavor, low calorie, regular, 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	0.934						4		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000						4		
17:1.....g									
18:1 undifferentiated.....g	0.934						4		
20:1.....g	0.000						4		
22:1 undifferentiated.....g	0.000						4		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.110						4		
18:2 undifferentiated.....g	0.110						4		
18:3 undifferentiated.....g	0.000						4		
18:4.....g	0.000						4		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000						4		
20:5 n-3.....g	0.000						4		
22:5 n-3.....g	0.000						4		
22:6 n-3.....g	0.000						4		
Fatty acids, total trans.....g									
Cholesterol.....mg	0						4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0						7		
Caffeine.....mg	9		0	BFCN			4		
Theobromine.....mg	304		0	BFCN			4		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN			4		
Carotene, alpha.....mcg	0		0	BFSN			4		
Cryptoxanthin, beta.....mcg	0		0	BFSN			4		
Lycopene.....mcg	0		0	BFSN			4		
Lutein + zeaxanthin.....mcg	9		0	BFSN			4		

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19184

Puddings, chocolate, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.720		0		1		0.713	0.180	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.010	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.720		1		1		0.713	0.180	
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	0.420		0		1		0.416	0.105	
18:2 undifferentiated.....g	0.400		1		1		0.396	0.100	
18:3 undifferentiated.....g	0.030		1		1		0.030	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	FLC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.032		0		1		0.032	0.008	
Threonine.....g	0.087		0		1		0.086	0.022	
Isoleucine.....g	0.089		0		1		0.088	0.022	
Leucine.....g	0.142		0		1		0.141	0.036	
Lysine.....g	0.114		0		1		0.113	0.029	
Methionine.....g	0.025		0		1		0.025	0.006	
Cystine.....g	0.027		0		1		0.027	0.007	
Phenylalanine.....g	0.105		0		1		0.104	0.026	
Tyrosine.....g	0.084		0		1		0.083	0.021	
Valine.....g	0.132		0		1		0.131	0.033	
Arginine.....g	0.120		0		1		0.119	0.030	
Histidine.....g	0.040		0		1		0.040	0.010	
Alanine.....g	0.100		0		1		0.099	0.025	
Aspartic acid.....g	0.213		0		1		0.211	0.053	
Glutamic acid.....g	0.341		0		1		0.338	0.085	
Glycine.....g	0.093		0		1		0.092	0.023	
Proline.....g	0.105		0		1		0.104	0.026	
Serine.....g	0.096		0		1		0.095	0.024	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	7		0	FLC	4		7	2	
Theobromine.....mg	245		0	FLC	4		243	61	
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	4		0	FLC	4		3.485	0.880	

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Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

NDB No. 19184

Puddings, chocolate, dry mix, instant

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19123

Puddings, chocolate, dry mix, instant, prepared with 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	0.561		0	RPA		1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RPA		1			
17:1.....g									
18:1 undifferentiated.....g	0.523		0	RPA		1			
20:1.....g	0.000		0	RPA		1			
22:1 undifferentiated.....g	0.000		0	RPA		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.132		0	RPA		1			
18:2 undifferentiated.....g	0.104		0	RPA		1			
18:3 undifferentiated.....g	0.028		0	RPA		1			
18:4.....g	0.000		0	RPA		1			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA		1			
20:5 n-3.....g	0.000		0	RPA		1			
22:5 n-3.....g	0.000		0	RPA		1			
22:6 n-3.....g	0.000		0	RPA		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RPI		6			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.044		0	RPA		1			
Threonine.....g	0.139		0	RPA		1			
Isoleucine.....g	0.182		0	RPA		1			
Leucine.....g	0.295		0	RPA		1			
Lysine.....g	0.239		0	RPA		1			
Methionine.....g	0.074		0	RPA		1			
Cystine.....g	0.030		0	RPA		1			
Phenylalanine.....g	0.151		0	RPA		1			
Tyrosine.....g	0.148		0	RPA		1			
Valine.....g	0.208		0	RPA		1			
Arginine.....g	0.121		0	RPA		1			
Histidine.....g	0.082		0	RPA		1			
Alanine.....g	0.112		0	RPA		1			
Aspartic acid.....g	0.246		0	RPA		1			
Glutamic acid.....g	0.636		0	RPA		1			
Glycine.....g	0.074		0	RPA		1			
Proline.....g	0.286		0	RPA		1			
Serine.....g	0.167		0	RPA		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI		6			
Caffeine.....mg	1		0	RPI		6			
Theobromine.....mg	39		0	RPI		6			
Carotenoids:									
Carotene, beta.....mcg	10		0	O		4			
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19123

Puddings, chocolate, dry mix, instant, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19185

Puddings, chocolate, dry mix, instant, prepared with whole 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	0.920		0		1		1.352	5.400	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.103	0.411	
17:1.....g									
18:1 undifferentiated.....g	0.850		0		1		1.250	4.990	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		1		0.265	1.057	
18:2 undifferentiated.....g	0.130		0		1		0.191	0.763	
18:3 undifferentiated.....g	0.050		0		1		0.074	0.294	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		16	65	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.042		0		1		0.062	0.247	
Threonine.....g	0.132		0		1		0.194	0.775	
Isoleucine.....g	0.173		0		1		0.254	1.016	
Leucine.....g	0.279		0		1		0.410	1.638	
Lysine.....g	0.226		0		1		0.332	1.327	
Methionine.....g	0.069		0		1		0.101	0.405	
Cystine.....g	0.029		0		1		0.043	0.170	
Phenylalanine.....g	0.143		0		1		0.210	0.839	
Tyrosine.....g	0.140		0		1		0.206	0.822	
Valine.....g	0.197		0		1		0.290	1.156	
Arginine.....g	0.115		0		1		0.169	0.675	
Histidine.....g	0.078		0		1		0.115	0.458	
Alanine.....g	0.107		0		1		0.157	0.628	
Aspartic acid.....g	0.234		0		1		0.344	1.374	
Glutamic acid.....g	0.603		0		1		0.886	3.540	
Glycine.....g	0.071		0		1		0.104	0.417	
Proline.....g	0.270		0		1		0.397	1.585	
Serine.....g	0.158		0		1		0.232	0.927	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	2		0	BFZN	4		3	12	
Theobromine.....mg	62		0	BFZN	4		91	364	
Carotenoids:									
Carotene, beta.....mcg	24		0	O	4		35.280	140.880	
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 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

NDB No. 19185

Puddings, chocolate, dry mix, instant, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19188

Puddings, 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	0.690		0		1		0.683	0.173	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.680		1		1		0.673	0.170	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.069	0.018	
18:2 undifferentiated.....g	0.070		1		1		0.069	0.018	
18:3 undifferentiated.....g	0.000		1		1		0.000	0.000	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		4		1	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.037		0		1		0.037	0.009	
Threonine.....g	0.101		0		1		0.100	0.025	
Isoleucine.....g	0.099		0		1		0.098	0.025	
Leucine.....g	0.158		0		1		0.156	0.040	
Lysine.....g	0.127		0		1		0.126	0.032	
Methionine.....g	0.027		0		1		0.027	0.007	
Cystine.....g	0.032		0		1		0.032	0.008	
Phenylalanine.....g	0.122		0		1		0.121	0.031	
Tyrosine.....g	0.096		0		1		0.095	0.024	
Valine.....g	0.153		0		1		0.151	0.038	
Arginine.....g	0.144		0		1		0.143	0.036	
Histidine.....g	0.044		0		1		0.044	0.011	
Alanine.....g	0.118		0		1		0.117	0.030	
Aspartic acid.....g	0.253		0		1		0.250	0.063	
Glutamic acid.....g	0.385		0		1		0.381	0.096	
Glycine.....g	0.114		0		1		0.113	0.029	
Proline.....g	0.111		0		1		0.110	0.028	
Serine.....g	0.110		0		1		0.109	0.028	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	11		0	FLA	4		11	3	
Theobromine.....mg	362		0	FLA	4		359	91	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 serving amount to make 1/2 cup

NDB No. 19188

Puddings, chocolate, dry mix, regular

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19190

Puddings, chocolate, dry mix, regular, prepared with 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	0.565		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.528		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0	RP	4				
18:2 undifferentiated.....g	0.049		0	RP	4				
18:3 undifferentiated.....g	0.024		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.046		0	RP	4				
Threonine.....g	0.145		0	RP	4				
Isoleucine.....g	0.188		0	RP	4				
Leucine.....g	0.304		0	RP	4				
Lysine.....g	0.246		0	RP	4				
Methionine.....g	0.076		0	RP	4				
Cystine.....g	0.032		0	RP	4				
Phenylalanine.....g	0.158		0	RP	4				
Tyrosine.....g	0.153		0	RP	4				
Valine.....g	0.216		0	RP	4				
Arginine.....g	0.128		0	RP	4				
Histidine.....g	0.084		0	RP	4				
Alanine.....g	0.118		0	RP	4				
Aspartic acid.....g	0.259		0	RP	4				
Glutamic acid.....g	0.659		0	RP	4				
Glycine.....g	0.079		0	RP	4				
Proline.....g	0.293		0	RP	4				
Serine.....g	0.173		0	RP	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	2		0	RP	4				
Theobromine.....mg	63		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	10		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19190

Puddings, chocolate, dry mix, regular, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole milk

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.30		0	RP	4		104.08	417.78	
Energy.....kcal	119		0	RP	4		169	677	
Energy.....kj	497		0	RP	4		706	2834	
Protein.....g	3.21		0	RP	4		4.56	18.32	
Total lipid (fat).....g	3.15		0	RP	4		4.47	17.96	
Ash.....g	0.94		0	RP	4		1.33	5.35	
Carbohydrate, by difference.....g	19.40		0	RP	4		27.55	110.59	
Fiber, total dietary.....g	0.8		0	RP	4		1.1	4.4	
Sugars, total.....g	11.92		0	RP	4		16.93	67.95	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	96		0	RP	4		136	546	
Iron, Fe.....mg	0.35		0	RP	4		0.49	1.97	
Magnesium, Mg.....mg	20		0	RP	4		29	116	
Phosphorus, P.....mg	87		0	RP	4		124	497	
Potassium, K.....mg	150		0	RP	4		213	856	
Sodium, Na.....mg	98		0	RP	4		140	561	
Zinc, Zn.....mg	0.48		0	RP	4		0.69	2.76	
Copper, Cu.....mg	0.110		0	RP	4		0.156	0.625	
Manganese, Mn.....mg	0.096		0	RP	4		0.136	0.548	
Selenium, Se.....mcg	3.7		0	RP	4		5.3	21.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4		0.0	0.0	
Thiamin.....mg	0.036		0	RP	4		0.052	0.207	
Riboflavin.....mg	0.192		0	RP	4		0.272	1.093	
Niacin.....mg	0.149		0	RP	4		0.212	0.852	
Pantothenic acid.....mg	0.317		0	RP	4		0.449	1.804	
Vitamin B-6.....mg	0.031		0	RP	4		0.044	0.176	
Folate, total.....mcg	4		0	RP	4		6	25	
Folic acid.....mcg	0		0	RP	4		0	0	
Folate, food.....mcg	4		0	RP	4		6	25	
Folate, DFE.....mcg_DFE	4		0	NC	4		6	25	
Vitamin B-12.....mcg	0.30		0	RP	4		0.43	1.71	
Vitamin A, IU.....IU	88		0	RP	4		125	501	
Vitamin A, RAE.....mcg_RAE	24		0	RP	4		35	139	
Retinol.....mcg	24		0	RP	4		34	137	
Vitamin E (alpha-tocopherol).....mg	0.05		0	RP	4		0.07	0.28	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RP	4		0.3	1.1	
Lipids:									
Fatty acids, total saturated.....g	1.809		0	RP	4		2.569	10.311	
4:0.....g	0.064		0	RP	4		0.091	0.364	
6:0.....g	0.064		0	RP	4		0.091	0.364	
8:0.....g	0.064		0	RP	4		0.091	0.364	
10:0.....g	0.064		0	RP	4		0.091	0.364	
12:0.....g	0.066		0	RP	4		0.093	0.374	
13:0.....g	0.000		0	RP	4		0.000	0.000	
14:0.....g	0.254		0	RP	4		0.361	1.450	
15:0.....g	0.000		0	RP	4		0.000	0.000	
16:0.....g	0.803		0	RP	4		1.140	4.575	
17:0.....g	0.000		0	RP	4		0.000	0.000	
18:0.....g	0.431		0	RP	4		0.612	2.456	
20:0.....g	0.000		0	RP	4		0.000	0.000	
22:0.....g	0.000		0	RP	4		0.000	0.000	
24:0.....g	0.000		0	RP	4		0.000	0.000	

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole 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	0.814		0	RP	4		1.157	4.642	
14:1.....g	0.000		0	RP	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.814		0	RP	4		1.157	4.642	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.179		0	RP	4		0.254	1.020	
18:2 undifferentiated.....g	0.115		0	RP	4		0.163	0.656	
18:3 undifferentiated.....g	0.064		0	RP	4		0.091	0.364	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RP	4		13	52	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.071		0	RP	4		0.100	0.402	
Threonine.....g	0.140		0	RP	4		0.199	0.798	
Isoleucine.....g	0.159		0	RP	4		0.225	0.904	
Leucine.....g	0.255		0	RP	4		0.362	1.453	
Lysine.....g	0.142		0	RP	4		0.202	0.811	
Methionine.....g	0.069		0	RP	4		0.098	0.392	
Cystine.....g	0.020		0	RP	4		0.028	0.114	
Phenylalanine.....g	0.147		0	RP	4		0.209	0.839	
Tyrosine.....g	0.147		0	RP	4		0.208	0.836	
Valine.....g	0.191		0	RP	4		0.272	1.090	
Arginine.....g	0.089		0	RP	4		0.127	0.508	
Histidine.....g	0.072		0	RP	4		0.102	0.409	
Alanine.....g	0.109		0	RP	4		0.154	0.619	
Aspartic acid.....g	0.247		0	RP	4		0.351	1.410	
Glutamic acid.....g	0.622		0	RP	4		0.884	3.548	
Glycine.....g	0.084		0	RP	4		0.119	0.478	
Proline.....g	0.312		0	RP	4		0.443	1.780	
Serine.....g	0.111		0	RP	4		0.157	0.631	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	2		0	RP	4		3	11	
Theobromine.....mg	63		0	RP	4		89	359	
Carotenoids:									
Carotene, beta.....mcg	4		0	RP	4		6.326	25.395	
Carotene, alpha.....mcg	0		0	RP	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RP	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 = 142g: .5 cup

Measure 2 = 570g: 1 package yield (2 cups)

NDB No. 19189

Puddings, chocolate, dry mix, regular, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19183

Puddings, chocolate, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.700		0		1		0.482	2.414	1.921
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.028	0.023
17:1.....g									
18:1 undifferentiated.....g	1.690		1		1		0.479	2.400	1.910
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	1.430		0		1		0.405	2.031	1.616
18:2 undifferentiated.....g	1.330		1		1		0.377	1.889	1.503
18:3 undifferentiated.....g	0.100		1		1		0.028	0.142	0.113
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	3		2		1		1	4	3
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.010	0.051	0.041
Threonine.....g	0.115		0		1		0.033	0.163	0.130
Isoleucine.....g	0.148		0		1		0.042	0.210	0.167
Leucine.....g	0.240		0		1		0.068	0.341	0.271
Lysine.....g	0.192		0		1		0.054	0.273	0.217
Methionine.....g	0.059		0		1		0.017	0.084	0.067
Cystine.....g	0.026		0		1		0.007	0.037	0.029
Phenylalanine.....g	0.126		0		1		0.036	0.179	0.142
Tyrosine.....g	0.121		0		1		0.034	0.172	0.137
Valine.....g	0.171		0		1		0.048	0.243	0.193
Arginine.....g	0.104		0		1		0.029	0.148	0.118
Histidine.....g	0.066		0		1		0.019	0.094	0.075
Alanine.....g	0.095		0		1		0.027	0.135	0.107
Aspartic acid.....g	0.208		0		1		0.059	0.295	0.235
Glutamic acid.....g	0.519		0		1		0.147	0.737	0.586
Glycine.....g	0.067		0		1		0.019	0.095	0.076
Proline.....g	0.228		0		1		0.065	0.324	0.258
Serine.....g	0.136		0		1		0.039	0.193	0.154
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	0.0
Caffeine.....mg	5		1		1		1	7	6
Theobromine.....mg	62		1		1		18	88	70
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		0.520	2.605	2.073
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	12		0	FLA	4		3.467	17.364	13.818

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

NDB No. 19183

Puddings, chocolate, ready-to-eat

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19235

Puddings, chocolate, ready-to-eat, 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	0.122		0	FLA		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	FLA		4			
17:1.....g									
18:1 undifferentiated.....g	0.119		0	FLA		4			
20:1.....g	0.000		0	FLA		4			
22:1 undifferentiated.....g	0.000		0	FLA		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.013		0	FLA		4			
18:2 undifferentiated.....g	0.013		0	FLA		4			
18:3 undifferentiated.....g	0.001		0	FLA		4			
18:4.....g	0.000		0	FLA		4			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA		4			
20:5 n-3.....g	0.000		0	FLA		4			
22:5 n-3.....g	0.000		0	FLA		4			
22:6 n-3.....g	0.000		0	FLA		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA		4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA		4			
Caffeine.....mg	2		0	FLA		4			
Theobromine.....mg	68		0	FLA		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA		4			
Carotene, alpha.....mcg	0		0	FLA		4			
Cryptoxanthin, beta.....mcg	0		0	FLA		4			
Lycopene.....mcg	0		0	FLA		4			
Lutein + zeaxanthin.....mcg	1		0	FLA		4			

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

Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19322

Puddings, coconut cream, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	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	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
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	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
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	0.010		0		1		0.010	0.003	
Threonine.....g	0.031		0		1		0.031	0.008	
Isoleucine.....g	0.035		0		1		0.035	0.009	
Leucine.....g	0.066		0		1		0.065	0.017	
Lysine.....g	0.039		0		1		0.039	0.010	
Methionine.....g	0.016		0		1		0.016	0.004	
Cystine.....g	0.015		0		1		0.015	0.004	
Phenylalanine.....g	0.041		0		1		0.041	0.010	
Tyrosine.....g	0.028		0		1		0.028	0.007	
Valine.....g	0.050		0		1		0.050	0.013	
Arginine.....g	0.117		0		1		0.116	0.029	
Histidine.....g	0.020		0		1		0.020	0.005	
Alanine.....g	0.041		0		1		0.041	0.010	
Aspartic acid.....g	0.078		0		1		0.077	0.020	
Glutamic acid.....g	0.185		0		1		0.183	0.046	
Glycine.....g	0.036		0		1		0.036	0.009	
Proline.....g	0.042		0		1		0.042	0.011	
Serine.....g	0.043		0		1		0.043	0.011	
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	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

*Vitamin or mineral added for enrichment or fortification

NDB No. 19322

Puddings, coconut cream, dry mix, instant

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19191

Puddings, coconut cream, dry mix, instant, prepared with 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	0.620		0		1		0.911	3.639	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.059	0.235	
17:1.....g									
18:1 undifferentiated.....g	0.580		0		1		0.853	3.405	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.190		0		1		0.279	1.115	
18:2 undifferentiated.....g	0.160		0		1		0.235	0.939	
18:3 undifferentiated.....g	0.030		0		1		0.044	0.176	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		9	35	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.038		0		1		0.056	0.223	
Threonine.....g	0.124		0		1		0.182	0.728	
Isoleucine.....g	0.165		0		1		0.243	0.969	
Leucine.....g	0.269		0		1		0.395	1.579	
Lysine.....g	0.216		0		1		0.318	1.268	
Methionine.....g	0.069		0		1		0.101	0.405	
Cystine.....g	0.027		0		1		0.040	0.158	
Phenylalanine.....g	0.134		0		1		0.197	0.787	
Tyrosine.....g	0.132		0		1		0.194	0.775	
Valine.....g	0.185		0		1		0.272	1.086	
Arginine.....g	0.115		0		1		0.169	0.675	
Histidine.....g	0.075		0		1		0.110	0.440	
Alanine.....g	0.098		0		1		0.144	0.575	
Aspartic acid.....g	0.213		0		1		0.313	1.250	
Glutamic acid.....g	0.583		0		1		0.857	3.422	
Glycine.....g	0.062		0		1		0.091	0.364	
Proline.....g	0.262		0		1		0.385	1.538	
Serine.....g	0.150		0		1		0.221	0.881	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	O	4		0.000	0.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

NDB No. 19191

Puddings, coconut cream, dry mix, instant, prepared with 2% milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole 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	0.960		0		1		1.411	5.635	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.103	0.411	
17:1.....g									
18:1 undifferentiated.....g	0.890		0		1		1.308	5.224	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.240		0		1		0.353	1.409	
18:2 undifferentiated.....g	0.190		0		1		0.279	1.115	
18:3 undifferentiated.....g	0.050		0		1		0.074	0.294	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		16	65	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.038		0		1		0.056	0.223	
Threonine.....g	0.123		0		1		0.181	0.722	
Isoleucine.....g	0.164		0		1		0.241	0.963	
Leucine.....g	0.266		0		1		0.391	1.561	
Lysine.....g	0.213		0		1		0.313	1.250	
Methionine.....g	0.068		0		1		0.100	0.399	
Cystine.....g	0.027		0		1		0.040	0.158	
Phenylalanine.....g	0.133		0		1		0.196	0.781	
Tyrosine.....g	0.130		0		1		0.191	0.763	
Valine.....g	0.183		0		1		0.269	1.074	
Arginine.....g	0.114		0		1		0.168	0.669	
Histidine.....g	0.074		0		1		0.109	0.434	
Alanine.....g	0.097		0		1		0.143	0.569	
Aspartic acid.....g	0.211		0		1		0.310	1.239	
Glutamic acid.....g	0.577		0		1		0.848	3.387	
Glycine.....g	0.061		0		1		0.090	0.358	
Proline.....g	0.259		0		1		0.381	1.520	
Serine.....g	0.149		0		1		0.219	0.875	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	15		0	0	4		21.962	87.698	
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 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19323

Puddings, coconut cream, dry mix, instant, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19324

Puddings, coconut cream, 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	0.000		0	Z	7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:1.....g	0.000		0	Z	7		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	0.000		0	Z	7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
18:3 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
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	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	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	0.011		0		1		0.010	0.003	
Threonine.....g	0.034		0		1		0.030	0.009	
Isoleucine.....g	0.036		0		1		0.032	0.009	
Leucine.....g	0.071		0		1		0.062	0.018	
Lysine.....g	0.040		0		1		0.035	0.010	
Methionine.....g	0.018		0		1		0.016	0.005	
Cystine.....g	0.019		0		1		0.017	0.005	
Phenylalanine.....g	0.047		0		1		0.041	0.012	
Tyrosine.....g	0.029		0		1		0.026	0.007	
Valine.....g	0.056		0		1		0.049	0.014	
Arginine.....g	0.147		0		1		0.129	0.037	
Histidine.....g	0.022		0		1		0.019	0.006	
Alanine.....g	0.048		0		1		0.042	0.012	
Aspartic acid.....g	0.090		0		1		0.079	0.023	
Glutamic acid.....g	0.211		0		1		0.186	0.053	
Glycine.....g	0.043		0		1		0.038	0.011	
Proline.....g	0.041		0		1		0.036	0.010	
Serine.....g	0.048		0		1		0.042	0.012	
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	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

*Vitamin or mineral added for enrichment or fortification

NDB No. 19324

Puddings, coconut cream, dry mix, regular

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19219

Puddings, coconut cream, dry mix, regular, prepared with 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	0.520		0		1		0.728	2.907	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.056	0.224	
17:1.....g									
18:1 undifferentiated.....g	0.470		0		1		0.658	2.627	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.070		0		1		0.098	0.391	
18:2 undifferentiated.....g	0.050		0		1		0.070	0.280	
18:3 undifferentiated.....g	0.030		0		1		0.042	0.168	
18:4.....g	0.000		0		7		0.000	0.000	
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		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0		1		10	39	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0		1		0.057	0.229	
Threonine.....g	0.131		0		1		0.183	0.732	
Isoleucine.....g	0.174		0		1		0.244	0.973	
Leucine.....g	0.283		0		1		0.396	1.582	
Lysine.....g	0.227		0		1		0.318	1.269	
Methionine.....g	0.072		0		1		0.101	0.402	
Cystine.....g	0.028		0		1		0.039	0.157	
Phenylalanine.....g	0.141		0		1		0.197	0.788	
Tyrosine.....g	0.138		0		1		0.193	0.771	
Valine.....g	0.195		0		1		0.273	1.090	
Arginine.....g	0.123		0		1		0.172	0.688	
Histidine.....g	0.079		0		1		0.111	0.442	
Alanine.....g	0.103		0		1		0.144	0.576	
Aspartic acid.....g	0.225		0		1		0.315	1.258	
Glutamic acid.....g	0.614		0		1		0.860	3.432	
Glycine.....g	0.066		0		1		0.092	0.369	
Proline.....g	0.275		0		1		0.385	1.537	
Serine.....g	0.158		0		1		0.221	0.883	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	12		0	0	4		16.800	67.080	
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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

NDB No. 19219

Puddings, coconut cream, dry mix, regular, prepared with 2% milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole 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	0.880		0		1		1.232	4.919	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.098	0.391	
17:1.....g									
18:1 undifferentiated.....g	0.810		0		1		1.134	4.528	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.120		0		1		0.168	0.671	
18:2 undifferentiated.....g	0.080		0		1		0.112	0.447	
18:3 undifferentiated.....g	0.050		0		1		0.070	0.280	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0		1		17	67	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.040		0		1		0.056	0.224	
Threonine.....g	0.129		0		1		0.181	0.721	
Isoleucine.....g	0.172		0		1		0.241	0.961	
Leucine.....g	0.280		0		1		0.392	1.565	
Lysine.....g	0.224		0		1		0.314	1.252	
Methionine.....g	0.072		0		1		0.101	0.402	
Cystine.....g	0.028		0		1		0.039	0.157	
Phenylalanine.....g	0.140		0		1		0.196	0.783	
Tyrosine.....g	0.137		0		1		0.192	0.766	
Valine.....g	0.193		0		1		0.270	1.079	
Arginine.....g	0.122		0		1		0.171	0.682	
Histidine.....g	0.078		0		1		0.109	0.436	
Alanine.....g	0.102		0		1		0.143	0.570	
Aspartic acid.....g	0.223		0		1		0.312	1.247	
Glutamic acid.....g	0.608		0		1		0.851	3.399	
Glycine.....g	0.065		0		1		0.091	0.363	
Proline.....g	0.272		0		1		0.381	1.520	
Serine.....g	0.157		0		1		0.220	0.878	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	16		0	0	4		21.911	87.489	
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 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19325

Puddings, coconut cream, dry mix, regular, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19330
Puddings, lemon, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		1		0.277	0.070	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.280		1		1		0.277	0.070	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.250		0		1		0.248	0.063	
18:2 undifferentiated.....g	0.230		1		1		0.228	0.058	
18:3 undifferentiated.....g	0.020		1		1		0.020	0.005	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19204

Puddings, lemon, dry mix, instant, prepared with 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	0.484		0	RPA		1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	RPA		1			
17:1.....g									
18:1 undifferentiated.....g	0.448		0	RPA		1			
20:1.....g	0.000		0	RPA		1			
22:1 undifferentiated.....g	0.000		0	RPA		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.101		0	RPA		1			
18:2 undifferentiated.....g	0.075		0	RPA		1			
18:3 undifferentiated.....g	0.027		0	RPA		1			
18:4.....g	0.000		0	RPA		1			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA		1			
20:5 n-3.....g	0.000		0	RPA		1			
22:5 n-3.....g	0.000		0	RPA		1			
22:6 n-3.....g	0.000		0	RPA		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RPI		6			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0	RPA		1			
Threonine.....g	0.125		0	RPA		1			
Isoleucine.....g	0.167		0	RPA		1			
Leucine.....g	0.271		0	RPA		1			
Lysine.....g	0.219		0	RPA		1			
Methionine.....g	0.070		0	RPA		1			
Cystine.....g	0.026		0	RPA		1			
Phenylalanine.....g	0.134		0	RPA		1			
Tyrosine.....g	0.134		0	RPA		1			
Valine.....g	0.185		0	RPA		1			
Arginine.....g	0.100		0	RPA		1			
Histidine.....g	0.075		0	RPA		1			
Alanine.....g	0.095		0	RPA		1			
Aspartic acid.....g	0.210		0	RPA		1			
Glutamic acid.....g	0.579		0	RPA		1			
Glycine.....g	0.058		0	RPA		1			
Proline.....g	0.268		0	RPA		1			
Serine.....g	0.150		0	RPA		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI		6			
Caffeine.....mg	0		0	RPI		6			
Theobromine.....mg	0		0	RPI		6			
Carotenoids:									
Carotene, beta.....mcg	10		0	O		4			
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19204

Puddings, lemon, dry mix, instant, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19331

Puddings, lemon, dry mix, instant, prepared with whole 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	0.850		0		1		1.250	4.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.103	0.411	
17:1.....g									
18:1 undifferentiated.....g	0.780		0		1		1.147	4.579	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.150		0		1		0.221	0.881	
18:2 undifferentiated.....g	0.100		0		1		0.147	0.587	
18:3 undifferentiated.....g	0.050		0		1		0.074	0.294	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		16	65	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.053	0.211	
Threonine.....g	0.117		0		1		0.172	0.687	
Isoleucine.....g	0.158		0		1		0.232	0.927	
Leucine.....g	0.255		0		1		0.375	1.497	
Lysine.....g	0.207		0		1		0.304	1.215	
Methionine.....g	0.065		0		1		0.096	0.382	
Cystine.....g	0.024		0		1		0.035	0.141	
Phenylalanine.....g	0.126		0		1		0.185	0.740	
Tyrosine.....g	0.126		0		1		0.185	0.740	
Valine.....g	0.174		0		1		0.256	1.021	
Arginine.....g	0.094		0		1		0.138	0.552	
Histidine.....g	0.071		0		1		0.104	0.417	
Alanine.....g	0.090		0		1		0.132	0.528	
Aspartic acid.....g	0.198		0		1		0.291	1.162	
Glutamic acid.....g	0.545		0		1		0.801	3.199	
Glycine.....g	0.055		0		1		0.081	0.323	
Proline.....g	0.252		0		1		0.370	1.479	
Serine.....g	0.141		0		1		0.207	0.828	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	15		0	0	4		21.962	87.698	
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 = 147g: .5 cup

Measure 2 = 587g: 1 package yield (2 cups)

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19331

Puddings, lemon, dry mix, instant, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19332

Puddings, lemon, dry mix, regular

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	5.20		2		1		4.42	1.09	
Energy.....kcal	363		0	NC	4		309	76	
Energy.....kj	1519				4		1291	319	
Protein (N x 6.25).....g	0.10		2		1		0.09	0.02	
Total lipid (fat).....g	0.50		1		4		0.43	0.11	
Ash.....g	2.40		2		1		2.04	0.50	
Carbohydrate, by difference.....g	91.80		0	NC	4		78.03	19.28	
Fiber, total dietary.....g	0.1		0	FLM	4		0.1	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		1		4		4	1	
Iron, Fe.....mg	0.17		1		4		0.14	0.04	
Magnesium, Mg.....mg	4		1		4		3	1	
Phosphorus, P.....mg	3		1		4		3	1	
Potassium, K.....mg	5		1		4		4	1	
Sodium, Na.....mg	506		1		4		430	106	
Zinc, Zn.....mg	0.02		1		4		0.02	0.00	
Copper, Cu.....mg	0.024		1		4		0.020	0.005	
Manganese, Mn.....mg	0.025		1		4		0.021	0.005	
Selenium, Se.....mcg	1.1		0	BFFN	4		0.9	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.005		1		4		0.004	0.001	
Riboflavin.....mg	0.024		1		4		0.020	0.005	
Niacin.....mg	0.019		1		4		0.016	0.004	
Pantothenic acid.....mg	0.030		1		4		0.026	0.006	
Vitamin B-6.....mg	0.005		1		4		0.004	0.001	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		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									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.002		0		1		0.002	0.000	
Isoleucine.....g	0.002		0		1		0.002	0.000	
Leucine.....g	0.008		0		1		0.007	0.002	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	

NDB No. 19332
Puddings, lemon, dry mix, regular

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
Phenylalanine.....g	0.003		0		1		0.003	0.001	
Tyrosine.....g	0.002		0		1		0.002	0.000	
Valine.....g	0.003		0		1		0.003	0.001	
Arginine.....g	0.003		0		1		0.003	0.001	
Histidine.....g	0.002		0		1		0.002	0.000	
Alanine.....g	0.004		0		1		0.003	0.001	
Aspartic acid.....g	0.004		0		1		0.003	0.001	
Glutamic acid.....g	0.011		0		1		0.009	0.002	
Glycine.....g	0.002		0		1		0.002	0.000	
Proline.....g	0.005		0		1		0.004	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19333

Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water

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	72.90		0	RP		4			
Energy.....kcal	113		0	RP		4			
Energy.....kj	474		0	RP		4			
Protein.....g	0.70		0	RP		4			
Total lipid (fat).....g	1.32		0	RP		4			
Ash.....g	0.43		0	RP		4			
Carbohydrate, by difference.....g	24.64		0	RP		4			
Fiber, total dietary.....g	0.0		0	RP		4			
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		0	RP		4			
Iron, Fe.....mg	0.18		0	RP		4			
Magnesium, Mg.....mg	2		0	RP		4			
Phosphorus, P.....mg	21		0	RP		4			
Potassium, K.....mg	5		0	RP		4			
Sodium, Na.....mg	64		0	RP		4			
Zinc, Zn.....mg	0.16		0	RP		4			
Copper, Cu.....mg	0.014		0	RP		4			
Manganese, Mn.....mg	0.007		0	RP		4			
Selenium, Se.....mcg	2.1		0	RP		4			
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP		4			
Thiamin.....mg	0.006		0	RP		4			
Riboflavin.....mg	0.028		0	RP		4			
Niacin.....mg	0.003		0	RP		4			
Pantothenic acid.....mg	0.159		0	RP		4			
Vitamin B-6.....mg	0.014		0	RP		4			
Folate, total.....mcg	4		0	RP		4			
Folic acid.....mcg	0		0	RP		4			
Folate, food.....mcg	4		0	RP		4			
Folate, DFE.....mcg_DFE	4		0	NC		4			
Vitamin B-12.....mcg	0.10		0	RP		4			
Vitamin A, IU.....IU	79		0	RP		4			
Vitamin A, RAE.....mcg_RAE	23		0	NC		4			
Retinol.....mcg	23		0	RP		4			
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	0.390		0	RP		4			
4:0.....g	0.000		0	RP		4			
6:0.....g	0.000		0	RP		4			
8:0.....g	0.000		0	RP		4			
10:0.....g	0.000		0	RP		4			
12:0.....g	0.000		0	RP		4			
13:0.....g									
14:0.....g	0.004		0	RP		4			
15:0.....g	0.001		0	RP		4			
16:0.....g	0.280		0	RP		4			
17:0.....g	0.002		0	RP		4			
18:0.....g	0.099		0	RP		4			
20:0.....g	0.001		0	RP		4			
22:0.....g	0.002		0	RP		4			
24:0.....g	0.000		0	RP		4			

NDB No. 19333

Puddings, lemon, dry mix, regular, prepared with sugar, egg yolk and water

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.480		0	RP		4			
14:1.....g	0.001		0	RP		4			
15:1.....g									
16:1 undifferentiated.....g	0.038		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.437		0	RP		4			
20:1.....g	0.004		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.172		0	RP		4			
18:2 undifferentiated.....g	0.145		0	RP		4			
18:3 undifferentiated.....g	0.004		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.018		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.005		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	52		0	RP		4			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.008		0	RP		4			
Threonine.....g	0.037		0	RP		4			
Isoleucine.....g	0.035		0	RP		4			
Leucine.....g	0.061		0	RP		4			
Lysine.....g	0.054		0	RP		4			
Methionine.....g	0.017		0	RP		4			
Cystine.....g	0.012		0	RP		4			
Phenylalanine.....g	0.030		0	RP		4			
Tyrosine.....g	0.031		0	RP		4			
Valine.....g	0.038		0	RP		4			
Arginine.....g	0.049		0	RP		4			
Histidine.....g	0.018		0	RP		4			
Alanine.....g	0.036		0	RP		4			
Aspartic acid.....g	0.067		0	RP		4			
Glutamic acid.....g	0.088		0	RP		4			
Glycine.....g	0.021		0	RP		4			
Proline.....g	0.029		0	RP		4			
Serine.....g	0.059		0	RP		4			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		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: 19 Sweets

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

NDB No. 19708

Puddings, lemon, dry mix, regular, with added oil, potassium, 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	0.440		0		1		0.374	0.092	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.009	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.440		0		1		0.374	0.092	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.720		0		1		0.612	0.151	
18:2 undifferentiated.....g	0.680		0		1		0.578	0.143	
18:3 undifferentiated.....g	0.040		0		1		0.034	0.008	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.002		0		1		0.002	0.000	
Isoleucine.....g	0.002		0		1		0.002	0.000	
Leucine.....g	0.008		0		1		0.007	0.002	
Lysine.....g	0.001		0		1		0.001	0.000	
Methionine.....g	0.001		0		1		0.001	0.000	
Cystine.....g	0.001		0		1		0.001	0.000	
Phenylalanine.....g	0.003		0		1		0.003	0.001	
Tyrosine.....g	0.002		0		1		0.002	0.000	
Valine.....g	0.003		0		1		0.003	0.001	
Arginine.....g	0.003		0		1		0.003	0.001	
Histidine.....g	0.002		0		1		0.002	0.000	
Alanine.....g	0.004		0		1		0.003	0.001	
Aspartic acid.....g	0.004		0		1		0.003	0.001	
Glutamic acid.....g	0.011		0		1		0.009	0.002	
Glycine.....g	0.002		0		1		0.002	0.000	
Proline.....g	0.005		0		1		0.004	0.001	
Serine.....g	0.002		0		1		0.002	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 85g: 1 package (3 oz)

Measure 2 = 21g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19380
Puddings, lemon, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.300		0		1		0.369	1.846	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.003	0.014	
17:1.....g									
18:1 undifferentiated.....g	1.280		1		1		0.363	1.818	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.140		0		1		0.323	1.619	
18:2 undifferentiated.....g	1.060		1		1		0.301	1.505	
18:3 undifferentiated.....g	0.080		1		1		0.023	0.114	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.002		0		1		0.001	0.003	
Isoleucine.....g	0.003		0		1		0.001	0.004	
Leucine.....g	0.009		0		1		0.003	0.013	
Lysine.....g	0.002		0		1		0.001	0.003	
Methionine.....g	0.001		0		1		0.000	0.001	
Cystine.....g	0.002		0		1		0.001	0.003	
Phenylalanine.....g	0.004		0		1		0.001	0.006	
Tyrosine.....g	0.003		0		1		0.001	0.004	
Valine.....g	0.004		0		1		0.001	0.006	
Arginine.....g	0.004		0		1		0.001	0.006	
Histidine.....g	0.002		0		1		0.001	0.003	
Alanine.....g	0.005		0		1		0.001	0.007	
Aspartic acid.....g	0.005		0		1		0.001	0.007	
Glutamic acid.....g	0.014		0		1		0.004	0.020	
Glycine.....g	0.002		0		1		0.001	0.003	
Proline.....g	0.007		0		1		0.002	0.010	
Serine.....g	0.003		0		1		0.001	0.004	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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

Common Measures:

Measure 1 = 28.35g: 1 oz
 Measure 2 = 142g: 1 can (5 oz)

Calories Factors: Protein 3.4

Fat 8.8

Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19194
Puddings, rice, dry mix

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	4.80		1		4		5.09	1.30	
Energy.....kcal	376		0		4		399	102	
Energy.....kj	1573				4		1668	425	
Protein (N x 6).....g	2.70		1		4		2.86	0.73	
Total lipid (fat).....g	0.10		1		4		0.11	0.03	
Ash.....g	1.10		1		4		1.17	0.30	
Carbohydrate, by difference.....g	91.20		0	NC	4		96.67	24.62	
Fiber, total dietary.....g	0.7		0	FLM	4		0.7	0.2	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	14		1		4		15	4	
Iron, Fe.....mg	1.79		1		4		1.90	0.48	
Magnesium, Mg.....mg	8		1		4		8	2	
Phosphorus, P.....mg	39		1		4		41	11	
Potassium, K.....mg	5		1		4		5	1	
Sodium, Na.....mg	366		1		4		388	99	
Zinc, Zn.....mg	0.31		1		1		0.33	0.08	
Copper, Cu.....mg	0.062		1		4		0.066	0.017	
Manganese, Mn.....mg	0.300		1		4		0.318	0.081	
Selenium, Se.....mcg	0.5		0	FLM	4		0.5	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.248		1		4		0.263	0.067	
Riboflavin.....mg	0.012		1		4		0.013	0.003	
Niacin.....mg	2.013		1		4		2.134	0.544	
Pantothenic acid.....mg	0.108		1		4		0.114	0.029	
Vitamin B-6.....mg	0.013		1		4		0.014	0.004	
Folate, total.....mcg	1		1		4		1	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		1		4		1	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		1	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		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									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		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 = 106g: 1 package

NDB No. 19194

Puddings, rice, dry mix

Measure 2 = 27g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.8

Fat 8.4

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19208

Puddings, rice, dry mix, prepared with 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	0.441		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.036		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.405		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0	RP	4				
18:2 undifferentiated.....g	0.036		0	RP	4				
18:3 undifferentiated.....g	0.023		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.039		0	RP	4				
Threonine.....g	0.126		0	RP	4				
Isoleucine.....g	0.169		0	RP	4				
Leucine.....g	0.273		0	RP	4				
Lysine.....g	0.221		0	RP	4				
Methionine.....g	0.070		0	RP	4				
Cystine.....g	0.026		0	RP	4				
Phenylalanine.....g	0.135		0	RP	4				
Tyrosine.....g	0.135		0	RP	4				
Valine.....g	0.187		0	RP	4				
Arginine.....g	0.101		0	RP	4				
Histidine.....g	0.075		0	RP	4				
Alanine.....g	0.096		0	RP	4				
Aspartic acid.....g	0.212		0	RP	4				
Glutamic acid.....g	0.584		0	RP	4				
Glycine.....g	0.059		0	RP	4				
Proline.....g	0.271		0	RP	4				
Serine.....g	0.152		0	RP	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	10		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19208

Puddings, rice, dry mix, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19195

Puddings, rice, dry mix, prepared with whole 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	0.767		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.704		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.104		0	RP	4				
18:2 undifferentiated.....g	0.063		0	RP	4				
18:3 undifferentiated.....g	0.041		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	RP	4				
Phytosterols.....mg	0		0	RP	4				
<u>Amino Acids:</u>									
Tryptophan.....g	0.039		0	RP	4				
Threonine.....g	0.125		0	RP	4				
Isoleucine.....g	0.167		0	RP	4				
Leucine.....g	0.270		0	RP	4				
Lysine.....g	0.219		0	RP	4				
Methionine.....g	0.070		0	RP	4				
Cystine.....g	0.025		0	RP	4				
Phenylalanine.....g	0.133		0	RP	4				
Tyrosine.....g	0.133		0	RP	4				
Valine.....g	0.184		0	RP	4				
Arginine.....g	0.100		0	RP	4				
Histidine.....g	0.075		0	RP	4				
Alanine.....g	0.095		0	RP	4				
Aspartic acid.....g	0.210		0	RP	4				
Glutamic acid.....g	0.577		0	RP	4				
Glycine.....g	0.059		0	RP	4				
Proline.....g	0.267		0	RP	4				
Serine.....g	0.150		0	RP	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	15		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19195

Puddings, rice, dry mix, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19193
Puddings, rice, ready-to-eat

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	3.210		0		1		0.910	4.558	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		1		1		0.009	0.043	
17:1.....g									
18:1 undifferentiated.....g	3.170		1		1		0.899	4.501	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.790		0		1		0.791	3.962	
18:2 undifferentiated.....g	2.590		1		1		0.734	3.678	
18:3 undifferentiated.....g	0.190		1		1		0.054	0.270	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1		4		0	1	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.026		0		1		0.007	0.037	
Threonine.....g	0.084		0		1		0.024	0.119	
Isoleucine.....g	0.112		0		1		0.032	0.159	
Leucine.....g	0.186		0		1		0.053	0.264	
Lysine.....g	0.142		0		1		0.040	0.202	
Methionine.....g	0.048		0		1		0.014	0.068	
Cystine.....g	0.019		0		1		0.005	0.027	
Phenylalanine.....g	0.094		0		1		0.027	0.133	
Tyrosine.....g	0.091		0		1		0.026	0.129	
Valine.....g	0.127		0		1		0.036	0.180	
Arginine.....g	0.080		0		1		0.023	0.114	
Histidine.....g	0.051		0		1		0.014	0.072	
Alanine.....g	0.072		0		1		0.020	0.102	
Aspartic acid.....g	0.150		0		1		0.043	0.213	
Glutamic acid.....g	0.399		0		1		0.113	0.567	
Glycine.....g	0.046		0		1		0.013	0.065	
Proline.....g	0.176		0		1		0.050	0.250	
Serine.....g	0.104		0		1		0.029	0.148	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	0	4		0.000	0.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Calories Factors: Protein 4.2

Fat 8.8

Carbohydrate 4

NDB No. 19193
Puddings, rice, ready-to-eat

Food Group: 19 Sweets

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

NDB No. 19198
Puddings, tapioca, dry mix

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	4.00	0.043	6		1		3.68	0.92	
Energy.....kcal	369		0		4		339	85	
Energy.....kj	1544				4		1420	355	
Protein (N x 6.25).....g	0.10		0		4		0.09	0.02	
Total lipid (fat).....g	0.10		0		4		0.09	0.02	
Ash.....g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference.....g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary.....g	0.2		0	FLM	4		0.2	0.0	
Sugars, total.....g	65.00		0	LC	8		59.80	14.95	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0		4		4	1	
Iron, Fe.....mg	0.12		0		4		0.11	0.03	
Magnesium, Mg.....mg	2		0		4		2	0	
Phosphorus, P.....mg	4		0		4		4	1	
Potassium, K.....mg	5		0		4		5	1	
Sodium, Na.....mg	477		0		4		439	110	
Zinc, Zn.....mg	0.08		0		4		0.07	0.02	
Copper, Cu.....mg	0.029		0		4		0.027	0.007	
Manganese, Mn.....mg	0.033		0		4		0.030	0.008	
Selenium, Se.....mcg	0.9		0	FLM	4		0.8	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.001		0		4		0.001	0.000	
Riboflavin.....mg	0.006		0		4		0.006	0.001	
Niacin.....mg	0.004		0		4		0.004	0.001	
Pantothenic acid.....mg	0.015		0		4		0.014	0.003	
Vitamin B-6.....mg	0.001		0	FLM	4		0.001	0.000	
Folate, total.....mcg	0		0		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	
Vitamin A, IU.....IU	0		0		4		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									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.002	0.000	
Threonine.....g	0.004		0		1		0.004	0.001	
Isoleucine.....g	0.004		0		1		0.004	0.001	
Leucine.....g	0.009		0		1		0.008	0.002	
Lysine.....g	0.004		0		1		0.004	0.001	
Methionine.....g	0.002		0		1		0.002	0.000	
Cystine.....g	0.003		0		1		0.003	0.001	

NDB No. 19198
Puddings, tapioca, 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
Phenylalanine.....g	0.004		0		1		0.004	0.001	
Tyrosine.....g	0.003		0		1		0.003	0.001	
Valine.....g	0.005		0		1		0.005	0.001	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.003		0		1		0.003	0.001	
Alanine.....g	0.006		0		1		0.006	0.001	
Aspartic acid.....g	0.009		0		1		0.008	0.002	
Glutamic acid.....g	0.024		0		1		0.022	0.006	
Glycine.....g	0.004		0		1		0.004	0.001	
Proline.....g	0.007		0		1		0.006	0.002	
Serine.....g	0.004		0		1		0.004	0.001	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19209

Puddings, tapioca, dry mix, prepared with 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	0.452		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.415		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.061		0	RP	4				
18:2 undifferentiated.....g	0.037		0	RP	4				
18:3 undifferentiated.....g	0.024		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	RP	4				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.041		0	RP	4				
Threonine.....g	0.130		0	RP	4				
Isoleucine.....g	0.173		0	RP	4				
Leucine.....g	0.282		0	RP	4				
Lysine.....g	0.228		0	RP	4				
Methionine.....g	0.073		0	RP	4				
Cystine.....g	0.027		0	RP	4				
Phenylalanine.....g	0.139		0	RP	4				
Tyrosine.....g	0.139		0	RP	4				
Valine.....g	0.192		0	RP	4				
Arginine.....g	0.106		0	RP	4				
Histidine.....g	0.078		0	RP	4				
Alanine.....g	0.100		0	RP	4				
Aspartic acid.....g	0.219		0	RP	4				
Glutamic acid.....g	0.603		0	RP	4				
Glycine.....g	0.061		0	RP	4				
Proline.....g	0.279		0	RP	4				
Serine.....g	0.156		0	RP	4				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
Carotenoids:									
Carotene, beta.....mcg	10		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19209

Puddings, tapioca, dry mix, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19199

Puddings, tapioca, dry mix, prepared with whole 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	0.786		0	RP	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.064		0	RP	4				
17:1.....g									
18:1 undifferentiated.....g	0.722		0	RP	4				
20:1.....g	0.000		0	RP	4				
22:1 undifferentiated.....g	0.000		0	RP	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.107		0	RP	4				
18:2 undifferentiated.....g	0.064		0	RP	4				
18:3 undifferentiated.....g	0.042		0	RP	4				
18:4.....g	0.000		0	RP	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4				
20:5 n-3.....g	0.000		0	RP	4				
22:5 n-3.....g	0.000		0	RP	4				
22:6 n-3.....g	0.000		0	RP	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RP	4				
Phytosterols.....mg	0		0	RP	4				
<u>Amino Acids:</u>									
Tryptophan.....g	0.040		0	RP	4				
Threonine.....g	0.129		0	RP	4				
Isoleucine.....g	0.172		0	RP	4				
Leucine.....g	0.278		0	RP	4				
Lysine.....g	0.225		0	RP	4				
Methionine.....g	0.072		0	RP	4				
Cystine.....g	0.026		0	RP	4				
Phenylalanine.....g	0.137		0	RP	4				
Tyrosine.....g	0.137		0	RP	4				
Valine.....g	0.190		0	RP	4				
Arginine.....g	0.104		0	RP	4				
Histidine.....g	0.077		0	RP	4				
Alanine.....g	0.098		0	RP	4				
Aspartic acid.....g	0.216		0	RP	4				
Glutamic acid.....g	0.596		0	RP	4				
Glycine.....g	0.061		0	RP	4				
Proline.....g	0.275		0	RP	4				
Serine.....g	0.154		0	RP	4				
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP	4				
Caffeine.....mg	0		0	RP	4				
Theobromine.....mg	0		0	RP	4				
<u>Carotenoids:</u>									
Carotene, beta.....mcg	15		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19199

Puddings, tapioca, dry mix, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19709

Puddings, tapioca, dry mix, with no added salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	4.00	0.043	6		1		3.68	0.92	
Energy.....kcal	369		0		4		339	85	
Energy.....kj	1544				4		1420	355	
Protein (N x 6.25).....g	0.10		1		4		0.09	0.02	
Total lipid (fat).....g	0.10		1		4		0.09	0.02	
Ash.....g	1.40	0.040	6		1		1.29	0.32	
Carbohydrate, by difference.....g	94.30		0	NC	4		86.76	21.69	
Fiber, total dietary.....g	0.2		0	BFZN	4		0.2	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		1		4		4	1	
Iron, Fe.....mg	0.12		1		4		0.11	0.03	
Magnesium, Mg.....mg	2		1		4		2	0	
Phosphorus, P.....mg	4		1		4		4	1	
Potassium, K.....mg	5		1		4		5	1	
Sodium, Na.....mg	8		0		1		7	2	
Zinc, Zn.....mg	0.08		1		4		0.07	0.02	
Copper, Cu.....mg	0.029		1		4		0.027	0.007	
Manganese, Mn.....mg	0.033		1		4		0.030	0.008	
Selenium, Se.....mcg	0.1		0	BFZN	4		0.1	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.001		1		4		0.001	0.000	
Riboflavin.....mg	0.006		1		4		0.006	0.001	
Niacin.....mg	0.004		1		4		0.004	0.001	
Pantothenic acid.....mg	0.015		1		4		0.014	0.003	
Vitamin B-6.....mg	0.032		1		4		0.029	0.007	
Folate, total.....mcg	0		1		4		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1		4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		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									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.002		0		1		0.002	0.000	
Threonine.....g	0.004		0		1		0.004	0.001	
Isoleucine.....g	0.004		0		1		0.004	0.001	
Leucine.....g	0.009		0		1		0.008	0.002	
Lysine.....g	0.004		0		1		0.004	0.001	
Methionine.....g	0.002		0		1		0.002	0.000	
Cystine.....g	0.003		0		1		0.003	0.001	

NDB No. 19709

Puddings, tapioca, dry mix, with no 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
Phenylalanine.....g	0.004		0		1		0.004	0.001	
Tyrosine.....g	0.003		0		1		0.003	0.001	
Valine.....g	0.005		0		1		0.005	0.001	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.003		0		1		0.003	0.001	
Alanine.....g	0.006		0		1		0.006	0.001	
Aspartic acid.....g	0.009		0		1		0.008	0.002	
Glutamic acid.....g	0.024		0		1		0.022	0.006	
Glycine.....g	0.004		0		1		0.004	0.001	
Proline.....g	0.007		0		1		0.006	0.002	
Serine.....g	0.004		0		1		0.004	0.001	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	z	7		0	0	
Theobromine.....mg	0		0	z	7		0	0	

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

Common Measures:

Measure 1 = 92g: 1 package (3.5 oz)

Measure 2 = 23g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19218
Puddings, tapioca, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.580		0		1		0.448	2.244	1.785
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.028	0.023
17:1.....g									
18:1 undifferentiated.....g	1.570		1		1		0.445	2.229	1.774
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	1.360		0		1		0.386	1.931	1.537
18:2 undifferentiated.....g	1.270		1		1		0.360	1.803	1.435
18:3 undifferentiated.....g	0.100		1		1		0.028	0.142	0.113
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLC	4		0	1	1
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.008	0.038	0.031
Threonine.....g	0.085		0		1		0.024	0.121	0.096
Isoleucine.....g	0.114		0		1		0.032	0.162	0.129
Leucine.....g	0.185		0		1		0.052	0.263	0.209
Lysine.....g	0.149		0		1		0.042	0.212	0.168
Methionine.....g	0.048		0		1		0.014	0.068	0.054
Cystine.....g	0.019		0		1		0.005	0.027	0.021
Phenylalanine.....g	0.092		0		1		0.026	0.131	0.104
Tyrosine.....g	0.091		0		1		0.026	0.129	0.103
Valine.....g	0.127		0		1		0.036	0.180	0.144
Arginine.....g	0.073		0		1		0.021	0.104	0.082
Histidine.....g	0.052		0		1		0.015	0.074	0.059
Alanine.....g	0.067		0		1		0.019	0.095	0.076
Aspartic acid.....g	0.145		0		1		0.041	0.206	0.164
Glutamic acid.....g	0.399		0		1		0.113	0.567	0.451
Glycine.....g	0.041		0		1		0.012	0.058	0.046
Proline.....g	0.182		0		1		0.052	0.258	0.206
Serine.....g	0.103		0		1		0.029	0.146	0.116
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	FLC	4		0.018	0.093	0.074
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		0.000	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 = 28.35g: 1 oz

Measure 2 = 142g: 1 can (5 oz)

Measure 3 = 113g: 1 snack size (4 oz)

NDB No. 19218
Puddings, tapioca, ready-to-eat

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19234

Puddings, tapioca, ready-to-eat, 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	0.000		0	FLA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4				
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLA	4				
20:1.....g	0.000		0	FLA	4				
22:1 undifferentiated.....g	0.000		0	FLA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLA	4				
18:2 undifferentiated.....g	0.000		0	FLA	4				
18:3 undifferentiated.....g	0.000		0	FLA	4				
18:4.....g	0.000		0	FLA	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4				
20:5 n-3.....g	0.000		0	FLA	4				
22:5 n-3.....g	0.000		0	FLA	4				
22:6 n-3.....g	0.000		0	FLA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4				
Carotene, alpha.....mcg	0		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	0		0	FLA	4				

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

Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19202
Puddings, vanilla, dry mix, instant

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.270		0		1		0.267	0.068	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.270		1		1		0.267	0.068	
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	0.240		0		1		0.238	0.060	
18:2 undifferentiated.....g	0.220		1		1		0.218	0.055	
18:3 undifferentiated.....g	0.020		1		1		0.020	0.005	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.000		0		1		0.000	0.000	
Isoleucine.....g	0.000		0		1		0.000	0.000	
Leucine.....g	0.000		0		1		0.000	0.000	
Lysine.....g	0.000		0		1		0.000	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.000		0		1		0.000	0.000	
Tyrosine.....g	0.000		0		1		0.000	0.000	
Valine.....g	0.000		0		1		0.000	0.000	
Arginine.....g	0.000		0		1		0.000	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.000		0		1		0.000	0.000	
Aspartic acid.....g	0.000		0		1		0.000	0.000	
Glutamic acid.....g	0.000		0		1		0.000	0.000	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.000		0		1		0.000	0.000	
Serine.....g	0.000		0		1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLA	4		0.108	0.027	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 99g: 1 package (3.5 oz)

Measure 2 = 25g: 1 portion, amount to make 1/2 cup

NDB No. 19202

Puddings, vanilla, dry mix, instant

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19203

Puddings, vanilla, dry mix, instant, prepared with whole 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	0.840		0		1		1.193	4.780	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.070		0		1		0.099	0.398	
17:1.....g									
18:1 undifferentiated.....g	0.780		0		1		1.108	4.438	
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	0.150		0		1		0.213	0.854	
18:2 undifferentiated.....g	0.100		0		1		0.142	0.569	
18:3 undifferentiated.....g	0.050		0		1		0.071	0.285	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0		1		16	63	
Phytosterols.....mg	0		0		1		0	0	
Amino Acids:									
Tryptophan.....g	0.036		0		1		0.051	0.205	
Threonine.....g	0.117		0		1		0.166	0.666	
Isoleucine.....g	0.158		0		1		0.224	0.899	
Leucine.....g	0.255		0		1		0.362	1.451	
Lysine.....g	0.207		0		1		0.294	1.178	
Methionine.....g	0.065		0		1		0.092	0.370	
Cystine.....g	0.024		0		1		0.034	0.137	
Phenylalanine.....g	0.126		0		1		0.179	0.717	
Tyrosine.....g	0.126		0		1		0.179	0.717	
Valine.....g	0.174		0		1		0.247	0.990	
Arginine.....g	0.094		0		1		0.133	0.535	
Histidine.....g	0.071		0		1		0.101	0.404	
Alanine.....g	0.090		0		1		0.128	0.512	
Aspartic acid.....g	0.198		0		1		0.281	1.127	
Glutamic acid.....g	0.545		0		1		0.774	3.101	
Glycine.....g	0.055		0		1		0.078	0.313	
Proline.....g	0.252		0		1		0.358	1.434	
Serine.....g	0.141		0		1		0.200	0.802	
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	18		0		o 4		25.560	102.420	
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 = 142g: .5 cup

Measure 2 = 569g: 1 package yield (2 cups)

NDB No. 19203

Puddings, vanilla, dry mix, instant, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19206
Puddings, vanilla, 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	0.030		0		1		0.026	0.007	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.030		1		1		0.026	0.007	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.170		0		1		0.150	0.037	
18:2 undifferentiated.....g	0.160		1		1		0.141	0.035	
18:3 undifferentiated.....g	0.010		1		1		0.009	0.002	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.001	0.000	
Threonine.....g	0.009		0		1		0.008	0.002	
Isoleucine.....g	0.010		0		1		0.009	0.002	
Leucine.....g	0.035		0		1		0.031	0.008	
Lysine.....g	0.006		0		1		0.005	0.001	
Methionine.....g	0.005		0		1		0.004	0.001	
Cystine.....g	0.006		0		1		0.005	0.001	
Phenylalanine.....g	0.013		0		1		0.011	0.003	
Tyrosine.....g	0.010		0		1		0.009	0.002	
Valine.....g	0.013		0		1		0.011	0.003	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.008		0		1		0.007	0.002	
Alanine.....g	0.019		0		1		0.017	0.004	
Aspartic acid.....g	0.020		0		1		0.018	0.004	
Glutamic acid.....g	0.052		0		1		0.046	0.011	
Glycine.....g	0.009		0		1		0.008	0.002	
Proline.....g	0.024		0		1		0.021	0.005	
Serine.....g	0.011		0		1		0.010	0.002	
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	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

NDB No. 19206

Puddings, vanilla, dry mix, regular

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19212

Puddings, vanilla, dry mix, regular, prepared with 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	0.462		0	RP		4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	RP		4			
17:1.....g									
18:1 undifferentiated.....g	0.425		0	RP		4			
20:1.....g	0.000		0	RP		4			
22:1 undifferentiated.....g	0.000		0	RP		4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.088		0	RP		4			
18:2 undifferentiated.....g	0.062		0	RP		4			
18:3 undifferentiated.....g	0.026		0	RP		4			
18:4.....g	0.000		0	RP		4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP		4			
20:5 n-3.....g	0.000		0	RP		4			
22:5 n-3.....g	0.000		0	RP		4			
22:6 n-3.....g	0.000		0	RP		4			
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RP		4			
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.041		0	RP		4			
Threonine.....g	0.132		0	RP		4			
Isoleucine.....g	0.176		0	RP		4			
Leucine.....g	0.289		0	RP		4			
Lysine.....g	0.231		0	RP		4			
Methionine.....g	0.074		0	RP		4			
Cystine.....g	0.028		0	RP		4			
Phenylalanine.....g	0.142		0	RP		4			
Tyrosine.....g	0.142		0	RP		4			
Valine.....g	0.196		0	RP		4			
Arginine.....g	0.107		0	RP		4			
Histidine.....g	0.080		0	RP		4			
Alanine.....g	0.103		0	RP		4			
Aspartic acid.....g	0.223		0	RP		4			
Glutamic acid.....g	0.614		0	RP		4			
Glycine.....g	0.062		0	RP		4			
Proline.....g	0.285		0	RP		4			
Serine.....g	0.159		0	RP		4			
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	RP		4			
Caffeine.....mg	0		0	RP		4			
Theobromine.....mg	0		0	RP		4			
<u>Carotenoids:</u>									
Carotene, beta.....mcg	10		0	O		4			
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19212

Puddings, vanilla, dry mix, regular, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19207

Puddings, vanilla, dry mix, regular, prepared with whole milk

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	74.66		0	RP	4		104.52	417.35	
Energy.....kcal	112		0	RP	4		157	628	
Energy.....kj	470		0	RP	4		658	2626	
Protein.....g	2.86		0	RP	4		4.01	16.00	
Total lipid (fat).....g	2.90		0	RP	4		4.06	16.22	
Ash.....g	0.92		0	RP	4		1.28	5.12	
Carbohydrate, by difference.....g	18.68		0	RP	4		26.15	104.40	
Fiber, total dietary.....g	0.1		0	RP	4		0.1	0.5	
Sugars, total.....g	16.05		0	RP	4		22.47	89.71	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	89		0	RP	4		125	497	
Iron, Fe.....mg	0.04		0	RP	4		0.06	0.23	
Magnesium, Mg.....mg	9		0	RP	4		12	50	
Phosphorus, P.....mg	74		0	RP	4		103	411	
Potassium, K.....mg	119		0	RP	4		167	666	
Sodium, Na.....mg	156		0	RP	4		219	875	
Zinc, Zn.....mg	0.34		0	RP	4		0.47	1.88	
Copper, Cu.....mg	0.023		0	RP	4		0.033	0.130	
Manganese, Mn.....mg	0.004		0	RP	4		0.006	0.022	
Selenium, Se.....mcg	3.3		0	RP	4		4.7	18.7	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	RP	4		0.0	0.0	
Thiamin.....mg	0.034		0	RP	4		0.048	0.192	
Riboflavin.....mg	0.162		0	RP	4		0.226	0.903	
Niacin.....mg	0.094		0	RP	4		0.131	0.525	
Pantothenic acid.....mg	0.316		0	RP	4		0.443	1.769	
Vitamin B-6.....mg	0.029		0	RP	4		0.040	0.160	
Folate, total.....mcg	4		0	RP	4		5	21	
Folic acid.....mcg	0		0	RP	4		0	0	
Folate, food.....mcg	4		0	RP	4		5	21	
Folate, DFE.....mcg_DFE	4		0	NC	4		5	21	
Vitamin B-12.....mcg	0.31		0	RP	4		0.43	1.71	
Vitamin A, IU.....IU	89		0	RP	4		125	498	
Vitamin A, RAE.....mcg_RAE	25		0	RP	4		35	139	
Retinol.....mcg	24		0	RP	4		34	137	
Vitamin E (alpha-tocopherol).....mg	0.05		0	RP	4		0.07	0.28	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.2		0	RP	4		0.3	1.1	
Lipids:									
Fatty acids, total saturated.....g	1.643		0	RP	4		2.301	9.186	
4:0.....g	0.065		0	RP	4		0.091	0.364	
6:0.....g	0.065		0	RP	4		0.091	0.364	
8:0.....g	0.065		0	RP	4		0.091	0.364	
10:0.....g	0.065		0	RP	4		0.091	0.364	
12:0.....g	0.067		0	RP	4		0.094	0.374	
13:0.....g	0.000		0	RP	4		0.000	0.000	
14:0.....g	0.259		0	RP	4		0.363	1.449	
15:0.....g	0.000		0	RP	4		0.000	0.000	
16:0.....g	0.738		0	RP	4		1.033	4.126	
17:0.....g	0.000		0	RP	4		0.000	0.000	
18:0.....g	0.319		0	RP	4		0.446	1.781	
20:0.....g	0.000		0	RP	4		0.000	0.000	
22:0.....g	0.000		0	RP	4		0.000	0.000	
24:0.....g	0.000		0	RP	4		0.000	0.000	

NDB No. 19207

Puddings, vanilla, dry mix, regular, prepared with whole 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	0.714		0	RP	4		1.000	3.993	
14:1.....g	0.000		0	RP	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.714		0	RP	4		1.000	3.993	
20:1.....g	0.000		0	RP	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.197		0	RP	4		0.275	1.100	
18:2 undifferentiated.....g	0.130		0	RP	4		0.182	0.727	
18:3 undifferentiated.....g	0.067		0	RP	4		0.093	0.373	
18:4.....g	0.000		0	RP	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RP	4		0.000	0.000	
20:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:5 n-3.....g	0.000		0	RP	4		0.000	0.000	
22:6 n-3.....g	0.000		0	RP	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	RP	4		13	51	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.066		0	RP	4		0.092	0.366	
Threonine.....g	0.126		0	RP	4		0.177	0.706	
Isoleucine.....g	0.146		0	RP	4		0.204	0.815	
Leucine.....g	0.237		0	RP	4		0.332	1.327	
Lysine.....g	0.123		0	RP	4		0.173	0.690	
Methionine.....g	0.066		0	RP	4		0.093	0.370	
Cystine.....g	0.016		0	RP	4		0.022	0.087	
Phenylalanine.....g	0.130		0	RP	4		0.183	0.729	
Tyrosine.....g	0.134		0	RP	4		0.188	0.749	
Valine.....g	0.170		0	RP	4		0.238	0.950	
Arginine.....g	0.067		0	RP	4		0.094	0.376	
Histidine.....g	0.067		0	RP	4		0.093	0.372	
Alanine.....g	0.093		0	RP	4		0.130	0.518	
Aspartic acid.....g	0.210		0	RP	4		0.295	1.176	
Glutamic acid.....g	0.574		0	RP	4		0.804	3.210	
Glycine.....g	0.067		0	RP	4		0.093	0.373	
Proline.....g	0.302		0	RP	4		0.423	1.690	
Serine.....g	0.095		0	RP	4		0.133	0.531	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RP	4		0.0	0.0	
Caffeine.....mg	0		0	RP	4		0	0	
Theobromine.....mg	0		0	RP	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	5		0	RP	4		6.356	25.381	
Carotene, alpha.....mcg	0		0	RP	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RP	4		0.000	0.000	
Lycopene.....mcg	0		0	RP	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RP	4		0.000	0.000	

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Common Measures:

Measure 1 = 140g: .5 cup

Measure 2 = 559g: 1 package yield (2 cups)

NDB No. 19207

Puddings, vanilla, dry mix, regular, prepared with whole milk

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 19710

Puddings, vanilla, dry mix, regular, with added oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.320		0		1		0.282	0.070	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.320		0		1		0.282	0.070	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.530		0		1		0.466	0.117	
18:2 undifferentiated.....g	0.500		0		1		0.440	0.110	
18:3 undifferentiated.....g	0.030		0		1		0.026	0.007	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.001		0		1		0.001	0.000	
Threonine.....g	0.009		0		1		0.008	0.002	
Isoleucine.....g	0.010		0		1		0.009	0.002	
Leucine.....g	0.035		0		1		0.031	0.008	
Lysine.....g	0.006		0		1		0.005	0.001	
Methionine.....g	0.005		0		1		0.004	0.001	
Cystine.....g	0.006		0		1		0.005	0.001	
Phenylalanine.....g	0.013		0		1		0.011	0.003	
Tyrosine.....g	0.010		0		1		0.009	0.002	
Valine.....g	0.013		0		1		0.011	0.003	
Arginine.....g	0.012		0		1		0.011	0.003	
Histidine.....g	0.008		0		1		0.007	0.002	
Alanine.....g	0.019		0		1		0.017	0.004	
Aspartic acid.....g	0.020		0		1		0.018	0.004	
Glutamic acid.....g	0.052		0		1		0.046	0.011	
Glycine.....g	0.009		0		1		0.008	0.002	
Proline.....g	0.024		0		1		0.021	0.005	
Serine.....g	0.011		0		1		0.010	0.002	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g									
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

Measure 1 = 88g: 1 package (3.12 oz)

Measure 2 = 22g: 1 portion, amount to make 1/2 cup

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

NDB No. 19201
Puddings, vanilla, ready-to-eat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.540		0		1		0.437	1.740	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		1		1		0.006	0.023	
17:1.....g									
18:1 undifferentiated.....g	1.530		1		1		0.434	1.729	
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	1.340		0		1		0.380	1.514	
18:2 undifferentiated.....g	1.240		1		1		0.352	1.401	
18:3 undifferentiated.....g	0.090		1		1		0.026	0.102	
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	7		2		1		2	8	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.030		0		1		0.009	0.034	
Threonine.....g	0.099		0		1		0.028	0.112	
Isoleucine.....g	0.132		0		1		0.037	0.149	
Leucine.....g	0.216		0		1		0.061	0.244	
Lysine.....g	0.173		0		1		0.049	0.195	
Methionine.....g	0.055		0		1		0.016	0.062	
Cystine.....g	0.020		0		1		0.006	0.023	
Phenylalanine.....g	0.106		0		1		0.030	0.120	
Tyrosine.....g	0.105		0		1		0.030	0.119	
Valine.....g	0.146		0		1		0.041	0.165	
Arginine.....g	0.080		0		1		0.023	0.090	
Histidine.....g	0.060		0		1		0.017	0.068	
Alanine.....g	0.076		0		1		0.022	0.086	
Aspartic acid.....g	0.166		0		1		0.047	0.188	
Glutamic acid.....g	0.459		0		1		0.130	0.519	
Glycine.....g	0.047		0		1		0.013	0.053	
Proline.....g	0.212		0		1		0.060	0.240	
Serine.....g	0.119		0		1		0.034	0.134	
Hydroxyproline.....g									
<u>Others:</u>									
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	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	FLA	4		0.332	1.325	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 113g: 1 snack size (4 oz)

NDB No. 19201
Puddings, vanilla, ready-to-eat

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19233

Puddings, vanilla, ready-to-eat, 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	0.022		0	NC	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0	FLA	4				
17:1.....g									
18:1 undifferentiated.....g	0.019		0	FLA	4				
20:1.....g	0.000		0	FLA	4				
22:1 undifferentiated.....g	0.000		0	FLA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.005		0	NC	4				
18:2 undifferentiated.....g	0.004		0	FLA	4				
18:3 undifferentiated.....g	0.001		0	FLA	4				
18:4.....g	0.000		0	FLA	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4				
20:5 n-3.....g	0.000		0	FLA	4				
22:5 n-3.....g	0.000		0	FLA	4				
22:6 n-3.....g	0.000		0	FLA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	FLA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			FLC	4				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4				
Carotene, alpha.....mcg	0		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	0		0	FLA	4				
Lutein + zeaxanthin.....mcg	0		0	FLA	4				

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

Common Measures:

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19213

Rennin, chocolate, dry mix, prepared with 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	0.581		0	RPA		1			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0	RPA		1			
17:1.....g									
18:1 undifferentiated.....g	0.542		0	RPA		1			
20:1.....g	0.000		0	RPA		1			
22:1 undifferentiated.....g	0.000		0	RPA		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0	RPA		1			
18:2 undifferentiated.....g	0.048		0	RPA		1			
18:3 undifferentiated.....g	0.025		0	RPA		1			
18:4.....g	0.000		0	RPA		1			
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA		1			
20:5 n-3.....g	0.000		0	RPA		1			
22:5 n-3.....g	0.000		0	RPA		1			
22:6 n-3.....g	0.000		0	RPA		1			
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RPI		6			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.045		0	RPA		1			
Threonine.....g	0.144		0	RPA		1			
Isoleucine.....g	0.189		0	RPA		1			
Leucine.....g	0.307		0	RPA		1			
Lysine.....g	0.250		0	RPA		1			
Methionine.....g	0.078		0	RPA		1			
Cystine.....g	0.030		0	RPA		1			
Phenylalanine.....g	0.156		0	RPA		1			
Tyrosine.....g	0.153		0	RPA		1			
Valine.....g	0.214		0	RPA		1			
Arginine.....g	0.124		0	RPA		1			
Histidine.....g	0.085		0	RPA		1			
Alanine.....g	0.117		0	RPA		1			
Aspartic acid.....g	0.251		0	RPA		1			
Glutamic acid.....g	0.662		0	RPA		1			
Glycine.....g	0.082		0	RPA		1			
Proline.....g	0.306		0	RPA		1			
Serine.....g	0.173		0	RPA		1			
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI		6			
Caffeine.....mg	1		0	RPI		6			
Theobromine.....mg	42		0	RPI		6			
Carotenoids:									
Carotene, beta.....mcg	11		0	O		4			
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19213

Rennin, chocolate, dry mix, prepared with 2% milk

Food Group: 19 Sweets

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

NDB No. 19221

Rennin, chocolate, dry mix, prepared with whole 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	0.932		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.863		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.121		0	RPA	1				
18:2 undifferentiated.....g	0.077		0	RPA	1				
18:3 undifferentiated.....g	0.044		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	RPI	6				
Phytosterols.....mg	0		0	RPA	1				
Amino Acids:									
Tryptophan.....g	0.044		0	RPA	1				
Threonine.....g	0.143		0	RPA	1				
Isoleucine.....g	0.188		0	RPA	1				
Leucine.....g	0.303		0	RPA	1				
Lysine.....g	0.247		0	RPA	1				
Methionine.....g	0.077		0	RPA	1				
Cystine.....g	0.030		0	RPA	1				
Phenylalanine.....g	0.154		0	RPA	1				
Tyrosine.....g	0.151		0	RPA	1				
Valine.....g	0.211		0	RPA	1				
Arginine.....g	0.122		0	RPA	1				
Histidine.....g	0.084		0	RPA	1				
Alanine.....g	0.115		0	RPA	1				
Aspartic acid.....g	0.248		0	RPA	1				
Glutamic acid.....g	0.655		0	RPA	1				
Glycine.....g	0.082		0	RPA	1				
Proline.....g	0.302		0	RPA	1				
Serine.....g	0.171		0	RPA	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	1		0	RPI	6				
Theobromine.....mg	42		0	RPI	6				
Carotenoids:									
Carotene, beta.....mcg	16		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19221

Rennin, chocolate, dry mix, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19214

Rennin, vanilla, dry mix, prepared with 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	0.484		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.444		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.065		0	RPA	1				
18:2 undifferentiated.....g	0.040		0	RPA	1				
18:3 undifferentiated.....g	0.026		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	7		0	RPI	6				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.043		0	RPA	1				
Threonine.....g	0.138		0	RPA	1				
Isoleucine.....g	0.185		0	RPA	1				
Leucine.....g	0.300		0	RPA	1				
Lysine.....g	0.243		0	RPA	1				
Methionine.....g	0.077		0	RPA	1				
Cystine.....g	0.029		0	RPA	1				
Phenylalanine.....g	0.148		0	RPA	1				
Tyrosine.....g	0.148		0	RPA	1				
Valine.....g	0.205		0	RPA	1				
Arginine.....g	0.111		0	RPA	1				
Histidine.....g	0.083		0	RPA	1				
Alanine.....g	0.106		0	RPA	1				
Aspartic acid.....g	0.233		0	RPA	1				
Glutamic acid.....g	0.641		0	RPA	1				
Glycine.....g	0.064		0	RPA	1				
Proline.....g	0.297		0	RPA	1				
Serine.....g	0.167		0	RPA	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				

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

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

NDB No. 19223

Rennin, vanilla, dry mix, prepared with whole 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	0.842		0	RPA	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.069		0	RPA	1				
17:1.....g									
18:1 undifferentiated.....g	0.773		0	RPA	1				
20:1.....g	0.000		0	RPA	1				
22:1 undifferentiated.....g	0.000		0	RPA	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.114		0	RPA	1				
18:2 undifferentiated.....g	0.069		0	RPA	1				
18:3 undifferentiated.....g	0.045		0	RPA	1				
18:4.....g	0.000		0	RPA	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RPA	1				
20:5 n-3.....g	0.000		0	RPA	1				
22:5 n-3.....g	0.000		0	RPA	1				
22:6 n-3.....g	0.000		0	RPA	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	13		0	RPI	6				
Phytosterols.....mg	0		0	RPA	1				
Amino Acids:									
Tryptophan.....g	0.042		0	RPA	1				
Threonine.....g	0.137		0	RPA	1				
Isoleucine.....g	0.183		0	RPA	1				
Leucine.....g	0.296		0	RPA	1				
Lysine.....g	0.240		0	RPA	1				
Methionine.....g	0.076		0	RPA	1				
Cystine.....g	0.028		0	RPA	1				
Phenylalanine.....g	0.146		0	RPA	1				
Tyrosine.....g	0.146		0	RPA	1				
Valine.....g	0.202		0	RPA	1				
Arginine.....g	0.109		0	RPA	1				
Histidine.....g	0.082		0	RPA	1				
Alanine.....g	0.104		0	RPA	1				
Aspartic acid.....g	0.230		0	RPA	1				
Glutamic acid.....g	0.634		0	RPA	1				
Glycine.....g	0.064		0	RPA	1				
Proline.....g	0.293		0	RPA	1				
Serine.....g	0.165		0	RPA	1				
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RPI	6				
Caffeine.....mg	0		0	RPI	6				
Theobromine.....mg	0		0	RPI	6				
Carotenoids:									
Carotene, beta.....mcg	17		0	O	4				
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:

Calories Factors: Protein

Fat

Carbohydrate

NDB No. 19223

Rennin, vanilla, dry mix, prepared with whole milk

Food Group: 19 Sweets

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

NDB No. 19251
SOKOL, SOLO Poppy Seed 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 = 36g: 2 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19097
Sherbet, orange

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.530		0		1		0.392	0.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050		1		1		0.037	0.033	
17:1.....g									
18:1 undifferentiated.....g	0.490		1		1		0.363	0.323	
20:1.....g	0.000		1		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.080		0		1		0.059	0.053	
18:2 undifferentiated.....g	0.050		1		1		0.037	0.033	
18:3 undifferentiated.....g	0.030		1		1		0.022	0.020	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		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	0.014		0		1		0.010	0.009	
Threonine.....g	0.044		0		1		0.033	0.029	
Isoleucine.....g	0.059		0		1		0.044	0.039	
Leucine.....g	0.096		0		1		0.071	0.063	
Lysine.....g	0.077		0		1		0.057	0.051	
Methionine.....g	0.024		0		1		0.018	0.016	
Cystine.....g	0.010		0		1		0.007	0.007	
Phenylalanine.....g	0.048		0		1		0.036	0.032	
Tyrosine.....g	0.047		0		1		0.035	0.031	
Valine.....g	0.066		0		1		0.049	0.044	
Arginine.....g	0.042		0		1		0.031	0.028	
Histidine.....g	0.027		0		1		0.020	0.018	
Alanine.....g	0.035		0		1		0.026	0.023	
Aspartic acid.....g	0.085		0		1		0.063	0.056	
Glutamic acid.....g	0.206		0		1		0.152	0.136	
Glycine.....g	0.022		0		1		0.016	0.015	
Proline.....g	0.100		0		1		0.074	0.066	
Serine.....g	0.054		0		1		0.040	0.036	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	3		0	FLA	4		1.954	1.742	
Carotene, alpha.....mcg	0		0	FLA	4		0.322	0.287	
Cryptoxanthin, beta.....mcg	13		0	FLA	4		9.876	8.808	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	17		0	FLA	4		12.551	11.194	

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Common Measures:

Measure 1 = 74g: .5 cup (4 fl oz)

Measure 2 = 66g: 1 bar (2.75 fl oz)

NDB No. 19097
Sherbet, orange

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19011
Snacks, fruit leather, 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	0.630		0		4		0.145		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.630		1		4		0.145		
20:1.....g	0.000		1		4		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.180		0		4		0.041		
18:2 undifferentiated.....g	0.180		1		4		0.041		
18:3 undifferentiated.....g	0.000		1		4		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0		4		0.005		
Threonine.....g	0.050		0		4		0.012		
Isoleucine.....g	0.062		0		4		0.014		
Leucine.....g	0.121		0		4		0.028		
Lysine.....g	0.047		0		4		0.011		
Methionine.....g	0.030		0		4		0.007		
Cystine.....g	0.036		0		4		0.008		
Phenylalanine.....g	0.085		0		4		0.020		
Tyrosine.....g	0.050		0		4		0.012		
Valine.....g	0.073		0		4		0.017		
Arginine.....g	0.069		0		4		0.016		
Histidine.....g	0.038		0		4		0.009		
Alanine.....g	0.059		0		4		0.014		
Aspartic acid.....g	0.111		0		4		0.026		
Glutamic acid.....g	0.546		0		4		0.126		
Glycine.....g	0.064		0		4		0.015		
Proline.....g	0.188		0		4		0.043		
Serine.....g	0.087		0		4		0.020		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 23g: 1 bar

Calories Factors: Protein 3.8

Fat 8.6

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19013
Snacks, fruit leather, pieces

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.522		0	NC	4		0.148	0.141	0.110
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.522		0	BFZN	4		0.148	0.141	0.110
20:1.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.194		0	NC	4		0.055	0.052	0.041
18:2 undifferentiated.....g	0.152		0	BFZN	4		0.043	0.041	0.032
18:3 undifferentiated.....g	0.042		0	BFZN	4		0.012	0.011	0.009
18:4.....g	0.000		0	BFZN	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	BFZN	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	4	LC	8		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	34		0	BFZN	4		9.698	9.236	7.184
Carotene, alpha.....mcg	1		0	BFZN	4		0.227	0.216	0.168
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.133	0.126	0.098
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	51		0	BFZN	4		14.351	13.668	10.630

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

Measure 3 = 21g: 1 packet (.75 oz)

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19014
Snacks, fruit leather, rolls

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.480		0		4		0.311	0.207	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.480		1		4		0.311	0.207	
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	0.540		0		4		0.113	0.076	
18:2 undifferentiated.....g	0.430		1		4		0.090	0.060	
18:3 undifferentiated.....g	0.120		1		4		0.025	0.017	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		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									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g	0.041		0		4		0.009	0.006	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.1		0	FLA	4		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	34		0	FLA	4		7.184	4.789	
Carotene, alpha.....mcg	1		0	FLA	4		0.168	0.112	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.098	0.066	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	51		0	FLA	4		10.630	7.087	

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

Common Measures:

Measure 1 = 21g: 1 large

Measure 2 = 14.0g: 1 small

*Vitamin or mineral added for enrichment or fortification

NDB No. 19014
Snacks, fruit leather, rolls

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19334
Sugars, brown

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

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

Common Measures:

- Measure 1 = 220g: 1 cup, packed packed
- Measure 2 = 145g: 1 cup, unpacked unpacked
- Measure 3 = 3.2g: 1 tsp brownulated

Calories Factors: Protein 0

Fat 0

Carbohydrate 3.87

Food Group: 19 Sweets

NDB No. 19335
Sugars, granulated

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

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

Common Measures:

- Measure 1 = 2.8g: 1 serving packet
- Measure 2 = 4.2g: 1 tsp
- Measure 3 = 200g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19340
Sugars, maple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.064		0		4		0.002	0.018	0.018
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.064		0		4		0.002	0.018	0.018
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	0.100		0		4		0.003	0.028	0.028
18:2 undifferentiated.....g	0.100		0		4		0.003	0.028	0.028
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	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	0		0	FLA	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 3.0g: 1 tsp

Measure 2 = 28.35g: 1 oz

Measure 3 = 28g: 1 piece (1-3/4" x 1-1/4" x 1/2")

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19336
Sugars, powdered

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.018		0		4		0.022	0.018	0.001
17:0.....g									
18:0.....g	0.002		0		4		0.002	0.002	0.000
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.032		0		4		0.038	0.032	0.003
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.032		0		4		0.038	0.032	0.003
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	0.050		0		4		0.060	0.050	0.004
18:2 undifferentiated.....g	0.050		0		4		0.060	0.050	0.004
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLA	4		0	0	0
Phytosterols.....mg									
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		0.000	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	0		0	FLA	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 120g: 1 cup unsifted
- Measure 2 = 100g: 1 cup sifted
- Measure 3 = 8.0g: 1 tbsp unsifted

Calories Factors: Protein 3.5

Fat 8.4

Carbohydrate 3.9

Food Group: 19 Sweets

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

NDB No. 19345

Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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	FLM	4		0.000		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	FLM	4		0.000		
18:2 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0			LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	3		0	FLM	4		1		
Theobromine.....mg	104		0	FLM	4		36		
Carotenoids:									
Carotene, beta.....mcg	0		0	FLM	4		0.000		
Carotene, alpha.....mcg	0		0	FLM	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000		
Lycopene.....mcg	0		0	FLM	4		0.000		
Lutein + zeaxanthin.....mcg	1		0	FLM	4		0.521		

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

Common Measures:

Measure 1 = 35g: 2 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19348
Syrups, chocolate, fudge-type

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	21.80		2	A	1		66.27	8.28	
Energy.....kcal	350		0	NC	4		1064	133	
Energy.....kj	1465		0	NC	4		4453	557	
Protein (N x 6.25).....g	4.60		1	A	1		13.98	1.75	
Total lipid (fat).....g	8.90		1	A	1		27.06	3.38	
Ash.....g	1.80		1	A	1		5.47	0.68	
Carbohydrate, by difference.....g	62.90		0	NC	4		191.22	23.90	
Fiber, total dietary.....g	2.8		1	A	1		8.5	1.1	
Sugars, total.....g	58.77		0	FLM	4		178.66	22.33	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	100		0	FLM	4		305	38	
Iron, Fe.....mg	1.57		0	FLM	4		4.78	0.60	
Magnesium, Mg.....mg	64		0	FLM	4		193	24	
Phosphorus, P.....mg	168		0	FLM	4		511	64	
Potassium, K.....mg	451		0	FLM	4		1371	171	
Sodium, Na.....mg	346		1	A	1		1052	131	
Zinc, Zn.....mg	0.84		0	FLM	4		2.57	0.32	
Copper, Cu.....mg	0.353		0	FLM	4		1.074	0.134	
Manganese, Mn.....mg	0.394		0	FLM	4		1.199	0.150	
Selenium, Se.....mcg	4.7		0	FLM	4		14.3	1.8	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	FLM	4		0.4	0.1	
Thiamin.....mg	0.070		0	FLM	4		0.213	0.027	
Riboflavin.....mg	0.282		0	FLM	4		0.856	0.107	
Niacin.....mg	0.367		0	FLM	4		1.117	0.140	
Pantothenic acid.....mg	0.611		0	FLM	4		1.857	0.232	
Vitamin B-6.....mg	0.075		0	FLM	4		0.228	0.029	
Folate, total.....mcg	5		0	FLM	4		14	2	
Folic acid.....mcg	0		0	FLM	4		0	0	
Folate, food.....mcg	5		0	FLM	4		14	2	
Folate, DFE.....mcg_DFE	5		0	NC	4		14	2	
Vitamin B-12.....mcg	0.28		0	FLM	4		0.85	0.11	
Vitamin A, IU.....IU	16		0	FLM	4		49	6	
Vitamin A, RAE.....mcg_RAE	5		0	FLM	4		14	2	
Retinol.....mcg	4		0	FLM	4		13	2	
Vitamin E (alpha-tocopherol).....mg	2.49		0	FLM	4		7.57	0.95	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	2.2		0	FLM	4		6.8	0.9	
Lipids:									
Fatty acids, total saturated.....g	3.980		1	A	1		12.099	1.512	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.018		1	A	1		0.055	0.007	
10:0.....g	0.047		1	A	1		0.143	0.018	
12:0.....g	0.056		1	A	1		0.170	0.021	
13:0.....g	0.000		0	FLM	4		0.000	0.000	
14:0.....g	0.237		1	A	1		0.720	0.090	
15:0.....g	0.000		0	FLM	4		0.000	0.000	
16:0.....g	1.801		1	A	1		5.475	0.684	
17:0.....g	0.000		0	FLM	4		0.000	0.000	
18:0.....g	0.756		1	A	1		2.298	0.287	
20:0.....g	0.000		0	FLM	4		0.000	0.000	
22:0.....g	0.000		0	FLM	4		0.000	0.000	
24:0.....g	0.000		0	FLM	4		0.000	0.000	

NDB No. 19348
Syrups, chocolate, fudge-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	3.857		0		4		11.725	1.466	
14:1.....g	0.000		0	FLM	4		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.067		1	A	1		0.204	0.025	
17:1.....g									
18:1 undifferentiated.....g	3.780		1	A	1		11.491	1.436	
20:1.....g	0.010		1	A	1		0.030	0.004	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.278		0		4		0.845	0.106	
18:2 undifferentiated.....g	0.249		1	A	1		0.757	0.095	
18:3 undifferentiated.....g	0.024		1	A	1		0.073	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	0.005		1	A	1		0.015	0.002	
20:5 n-3.....g	0.000		0	A	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		1	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0	FLM	4		6	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.070		0	FLA	4		0.213	0.027	
Threonine.....g	0.226		0	FLA	4		0.687	0.086	
Isoleucine.....g	0.219		0	FLA	4		0.666	0.083	
Leucine.....g	0.352		0	FLA	4		1.070	0.134	
Lysine.....g	0.296		0	FLA	4		0.900	0.112	
Methionine.....g	0.070		0	FLA	4		0.213	0.027	
Cystine.....g	0.066		0	FLA	4		0.201	0.025	
Phenylalanine.....g	0.192		0	FLA	4		0.584	0.073	
Tyrosine.....g	0.161		0	FLA	4		0.489	0.061	
Valine.....g	0.269		0	FLA	4		0.818	0.102	
Arginine.....g	0.203		0	FLA	4		0.617	0.077	
Histidine.....g	0.086		0	FLA	4		0.261	0.033	
Alanine.....g	0.206		0	FLA	4		0.626	0.078	
Aspartic acid.....g	0.444		0	FLA	4		1.350	0.169	
Glutamic acid.....g	0.761		0	FLA	4		2.313	0.289	
Glycine.....g	0.154		0	FLA	4		0.468	0.059	
Proline.....g	0.255		0	FLA	4		0.775	0.097	
Serine.....g	0.213		0	FLA	4		0.648	0.081	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0	0.0	
Caffeine.....mg	7		0	FLM	4		22	3	
Theobromine.....mg	247		0	FLM	4		752	94	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLM	4		2.570	0.321	
Carotene, alpha.....mcg	0		0	FLM	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLM	4		0.000	0.000	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	FLM	4		10.796	1.350	

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Common Measures:

Measure 1 = 304g: 1 cup
 Measure 2 = 38g: 2 tbsp

NDB No. 19348
Syrups, chocolate, fudge-type

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19349
Syrups, corn, dark

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

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Common Measures:

Measure 1 = 328g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 0

Fat 0

Carbohydrate 3.68

Food Group: 19 Sweets

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

NDB No. 19351
Syrups, corn, high-fructose

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		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	NR	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	
Lycopene.....mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

Common Measures:

Measure 1 = 310g: 1 cup

Measure 2 = 19g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19350
Syrups, corn, 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	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		1		4		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	NR	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	NR	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	
Lycopene.....mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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Common Measures:

Measure 1 = 328g: 1 cup
 Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 0

Fat 0

Carbohydrate 3.68

Food Group: 19 Sweets

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

NDB No. 43026
Syrups, dietetic

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

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Common Measures:

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

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

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

NDB No. 42040
Syrups, grenadine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.000				4		0.000	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				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				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 20g: 1 tbsp

Measure 2 = 6.7g: 1 tsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19352
Syrups, malt

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	21.10		1		1		81.02	5.06	
Energy.....kcal	318		0	NC	4		1221	76	
Energy.....kj	1331				4		5109	319	
Protein (N x 6.25).....g	6.20		1		1		23.81	1.49	
Total lipid (fat).....g	0.00		1		1		0.00	0.00	
Ash.....g	1.30		1		1		4.99	0.31	
Carbohydrate, by difference.....g	71.30		0	NC	4		273.79	17.11	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	61		1		1		234	15	
Iron, Fe.....mg	0.96		1		1		3.69	0.23	
Magnesium, Mg.....mg	72		1		1		276	17	
Phosphorus, P.....mg	236		1		1		906	57	
Potassium, K.....mg	320		1		1		1229	77	
Sodium, Na.....mg	35		1		1		134	8	
Zinc, Zn.....mg	0.14		1		1		0.54	0.03	
Copper, Cu.....mg	0.200		1		1		0.768	0.048	
Manganese, Mn.....mg	0.100		1		1		0.384	0.024	
Selenium, Se.....mcg	12.3		0	BFSN	4		47.2	3.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		1		0.0	0.0	
Thiamin.....mg	0.011		1		4		0.042	0.003	
Riboflavin.....mg	0.393		1		1		1.509	0.094	
Niacin.....mg	8.120		1		1		31.181	1.949	
Pantothenic acid.....mg	0.171		1		1		0.657	0.041	
Vitamin B-6.....mg	0.500		1		1		1.920	0.120	
Folate, total.....mcg	12		1		1		46	3	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		1		1		46	3	
Folate, DFE.....mcg_DFE	12		0	NC	4		46	3	
Vitamin B-12.....mcg	0.00		1		1		0.00	0.00	
Vitamin A, IU.....IU	0		1		1		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total monounsaturated.....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total polyunsaturated.....g	0.000		0	CAFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.075		0		1		0.288	0.018	
Threonine.....g	0.208		0		1		0.799	0.050	
Isoleucine.....g	0.210		0		1		0.806	0.050	
Leucine.....g	0.378		0		1		1.452	0.091	
Lysine.....g	0.267		0		1		1.025	0.064	
Methionine.....g	0.110		0		1		0.422	0.026	
Cystine.....g	0.065		0		1		0.250	0.016	

NDB No. 19352
Syrups, malt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Phenylalanine.....g	0.260		0		1		0.998	0.062	
Tyrosine.....g	0.169		0		1		0.649	0.041	
Valine.....g	0.304		0		1		1.167	0.073	
Arginine.....g	0.283		0		1		1.087	0.068	
Histidine.....g	0.132		0		1		0.507	0.032	
Alanine.....g	0.271		0		1		1.041	0.065	
Aspartic acid.....g	0.558		0		1		2.143	0.134	
Glutamic acid.....g	1.006		0		1		3.863	0.241	
Glycine.....g	0.252		0		1		0.968	0.060	
Proline.....g	0.459		0		1		1.763	0.110	
Serine.....g	0.232		0		1		0.891	0.056	
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 = 384g: 1 cup

Measure 2 = 24g: 1 tbsp

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 19 Sweets

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

NDB No. 19353
Syrups, maple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.036		0		4		0.116	0.007	
17:0.....g									
18:0.....g	0.004		0		4		0.013	0.001	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.064		0		4		0.206	0.013	
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	0.064		0		4		0.206	0.013	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.100		0		4		0.322	0.020	
18:2 undifferentiated.....g	0.100		0		4		0.322	0.020	
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		2	LC	8		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	NR	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	NR	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	NR	4		0.000	0.000	
Lycopene.....mcg	0		0	NR	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

Common Measures:

Measure 1 = 322g: 1 cup
 Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36 Fat 8.37 Carbohydrate 3.87

Food Group: 19 Sweets

NDB No. 19355
Syrups, sorghum

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	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		7		0.000	0.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		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 = 330g: 1 cup

Measure 2 = 21g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate 3.87

Food Group: 19 Sweets

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

NDB No. 19361

Syrups, table blends, cane and 15% maple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.032		0	FLA	4		0.101	0.006	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLA	4		0.001	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.031		0	FLA	4		0.098	0.006	
20:1.....g	0.000		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	0.050		0	FLA	4		0.157	0.010	
18:2 undifferentiated.....g	0.046		0	FLA	4		0.144	0.009	
18:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
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		0.001	0.000	
20:5 n-3.....g	0.004		0	FLA	4		0.012	0.001	
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									
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	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19362

Syrups, table blends, corn, refiner, and sugar

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	15.60		1		1		49.30	3.12	
Energy.....kcal	319		0		4		1008	64	
Energy.....kj	1335				4		4218	267	
Protein (N x 6.25).....g	0.00		1		4		0.00	0.00	
Total lipid (fat).....g	0.00		1		4		0.00	0.00	
Ash.....g	0.50		1		1		1.58	0.10	
Carbohydrate, by difference.....g	83.90		0	NC	4		265.12	16.78	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	23		1		1		73	5	
Iron, Fe.....mg	0.74		1		1		2.34	0.15	
Magnesium, Mg.....mg	9		1		1		28	2	
Phosphorus, P.....mg	8		1		1		25	2	
Potassium, K.....mg	63		1		1		199	13	
Sodium, Na.....mg	71		1		1		224	14	
Zinc, Zn.....mg	0.03		1		1		0.09	0.01	
Copper, Cu.....mg	0.060		1		1		0.190	0.012	
Manganese, Mn.....mg	0.088		1		4		0.278	0.018	
Selenium, Se.....mcg	0.8		0	BFSN	4		2.5	0.2	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.006		1		1		0.019	0.001	
Riboflavin.....mg	0.047		1		1		0.149	0.009	
Niacin.....mg	0.020		1		1		0.063	0.004	
Pantothenic acid.....mg	0.035		1		1		0.111	0.007	
Vitamin B-6.....mg	0.009		1		4		0.028	0.002	
Folate, total.....mcg	3		1		1		9	1	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	3		1		1		9	1	
Folate, DFE.....mcg_DFE	3		0	NC	4		9	1	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		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 = 316g: 1 cup

NDB No. 19362

Syrups, table blends, corn, refiner, and sugar

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19129
Syrups, table blends, pancake

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	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		1	LC	8		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		1	LC	8		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		1	LC	8		0	0	
Phytosterols.....mg									
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		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 314g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19128

Syrups, table blends, pancake, 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	0.000		0		7		0.000	0.000	0.000
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		7		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		4		0	0	0
Phytosterols.....mg									
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		0.090	0.006	0.011
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	1		0	FLC	4		1.263	0.079	0.149

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 = 240g: 1 cup
- Measure 2 = 15.0g: 1 tbsp
- Measure 3 = 28.35g: 1 oz

Calories Factors: Protein

Fat

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19360

Syrups, table blends, pancake, with 2% maple

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.032		0		4		0.101	0.006	
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	0.032		0		4		0.101	0.006	
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	0.050		0		4		0.158	0.010	
18:2 undifferentiated.....g	0.050		0		4		0.158	0.010	
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		1	LC	8		0	0	
Phytosterols.....mg									
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		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19720

Syrups, table blends, pancake, with 2% maple, with added potassium

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	30.10	1.274	3		1		94.82	6.02	
Energy.....kcal	265		0	NC	4		835	53	
Energy.....kj	1109				4		3493	222	
Protein (N x 6.25).....g	0.00		1		1		0.00	0.00	
Total lipid (fat).....g	0.10	0.060	3		1		0.32	0.02	
Ash.....g	0.20	0.064	3		1		0.63	0.04	
Carbohydrate, by difference.....g	69.60		0	NC	4		219.24	13.92	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		2		1		16	1	
Iron, Fe.....mg	0.07		2		1		0.22	0.01	
Magnesium, Mg.....mg	2		2		1		6	0	
Phosphorus, P.....mg	10		2		1		32	2	
Potassium, K.....mg	22		0		1		69	4	
Sodium, Na.....mg	61	10.136	7		1		192	12	
Zinc, Zn.....mg	0.23		2		1		0.72	0.05	
Copper, Cu.....mg	0.045		2		1		0.142	0.009	
Manganese, Mn.....mg	0.185		2		1		0.583	0.037	
Selenium, Se.....mcg	0.6		0	BFSN	4		1.9	0.1	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1		4		0.0	0.0	
Thiamin.....mg	0.005		2		1		0.016	0.001	
Riboflavin.....mg	0.017		2		1		0.054	0.003	
Niacin.....mg	0.020		1		4		0.063	0.004	
Pantothenic acid.....mg	0.008		2		1		0.025	0.002	
Vitamin B-6.....mg	0.000		2		1		0.000	0.000	
Folate, total.....mcg	0		2		1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		2		1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1		4		0.00	0.00	
Vitamin A, IU.....IU	0		1		4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	
Retinol.....mcg	0		0	Z	7		0	0	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.000		0		4		0.000	0.000	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		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 = 315g: 1 cup

NDB No. 19720

Syrups, table blends, pancake, with 2% maple, with added potassium

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19113

Syrups, table blends, pancake, 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	0.470		0		1		1.481	0.094	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		1		0.126	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.410		0		1		1.292	0.082	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.060		0		1		0.189	0.012	
18:2 undifferentiated.....g	0.040		0		1		0.126	0.008	
18:3 undifferentiated.....g	0.020		0		1		0.063	0.004	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		1		13	1	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	
Threonine.....g	0.001		0		1		0.003	0.000	
Isoleucine.....g	0.001		0		1		0.003	0.000	
Leucine.....g	0.002		0		1		0.006	0.000	
Lysine.....g	0.001		0		1		0.003	0.000	
Methionine.....g	0.000		0		1		0.000	0.000	
Cystine.....g	0.000		0		1		0.000	0.000	
Phenylalanine.....g	0.001		0		1		0.003	0.000	
Tyrosine.....g	0.001		0		1		0.003	0.000	
Valine.....g	0.001		0		1		0.003	0.000	
Arginine.....g	0.001		0		1		0.003	0.000	
Histidine.....g	0.000		0		1		0.000	0.000	
Alanine.....g	0.001		0		1		0.003	0.000	
Aspartic acid.....g	0.001		0		1		0.003	0.000	
Glutamic acid.....g	0.004		0		1		0.013	0.001	
Glycine.....g	0.000		0		1		0.000	0.000	
Proline.....g	0.002		0		1		0.006	0.000	
Serine.....g	0.001		0		1		0.003	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 315g: 1 cup

Measure 2 = 20g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 19 Sweets

NDB No. 19364

Toppings, butterscotch or caramel

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.020		0		1		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.020		1		1		0.008		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000		
18:2 undifferentiated.....g	0.000		1		1		0.000		
18:3 undifferentiated.....g	0.000		1		1		0.000		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 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		1		4		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.020		0		1		0.008		
Threonine.....g	0.066		0		1		0.027		
Isoleucine.....g	0.088		0		1		0.036		
Leucine.....g	0.143		0		1		0.059		
Lysine.....g	0.116		0		1		0.048		
Methionine.....g	0.036		0		1		0.015		
Cystine.....g	0.013		0		1		0.005		
Phenylalanine.....g	0.070		0		1		0.029		
Tyrosine.....g	0.070		0		1		0.029		
Valine.....g	0.098		0		1		0.040		
Arginine.....g	0.053		0		1		0.022		
Histidine.....g	0.040		0		1		0.016		
Alanine.....g	0.050		0		1		0.021		
Aspartic acid.....g	0.111		0		1		0.046		
Glutamic acid.....g	0.305		0		1		0.125		
Glycine.....g	0.031		0		1		0.013		
Proline.....g	0.141		0		1		0.058		
Serine.....g	0.079		0		1		0.032		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 41g: 2 tbsp

Calories Factors: Protein 4.27

Fat 8.8

Carbohydrate 3.7

Food Group: 19 Sweets

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

NDB No. 19365
Toppings, marshmallow cream

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.080		0	BFFN	4		0.023	0.158	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFFN	4		0.001	0.008	
17:1.....g									
18:1 undifferentiated.....g	0.076		0	BFFN	4		0.022	0.150	
20:1.....g	0.000		0	BFFN	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.047		0	BFFN	4		0.013	0.093	
18:2 undifferentiated.....g	0.045		0	BFFN	4		0.013	0.089	
18:3 undifferentiated.....g	0.001		0	BFFN	4		0.000	0.002	
18:4.....g	0.000		0	BFFN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	BFFN	4		0.000	0.002	
20:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFFN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFSN	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.034		0		4		0.010	0.067	
Isoleucine.....g	0.028		0		4		0.008	0.055	
Leucine.....g	0.064		0		4		0.018	0.127	
Lysine.....g	0.075		0		4		0.021	0.149	
Methionine.....g	0.015		0		4		0.004	0.030	
Cystine.....g	0.002		0		4		0.001	0.004	
Phenylalanine.....g	0.041		0		4		0.012	0.081	
Tyrosine.....g	0.010		0		4		0.003	0.020	
Valine.....g	0.049		0		4		0.014	0.097	
Arginine.....g	0.144		0		4		0.041	0.285	
Histidine.....g	0.017		0		4		0.005	0.034	
Alanine.....g	0.176		0		4		0.050	0.348	
Aspartic acid.....g	0.118		0		4		0.033	0.234	
Glutamic acid.....g	0.203		0		4		0.058	0.402	
Glycine.....g	0.407		0		4		0.115	0.806	
Proline.....g	0.269		0		4		0.076	0.533	
Serine.....g	0.059		0		4		0.017	0.117	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFSN	4		0	0	
Theobromine.....mg	0		0	BFSN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFSN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFSN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 28.35g: 1 oz

Measure 2 = 198g: 1 jar

NDB No. 19365
Toppings, marshmallow cream

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19367
Toppings, nuts in syrup

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.970		0		1		16.302	2.038	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.060		1		1		0.197	0.025	
17:1.....g									
18:1 undifferentiated.....g	4.730		1		1		15.514	1.939	
20:1.....g	0.190		1		1		0.623	0.078	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.730		0		1		45.034	5.629	
18:2 undifferentiated.....g	11.300		1		1		37.064	4.633	
18:3 undifferentiated.....g	2.420		1		1		7.938	0.992	
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	0.010		1		1		0.033	0.004	
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									
Amino Acids:									
Tryptophan.....g	0.059		0		1		0.194	0.024	
Threonine.....g	0.139		0		1		0.456	0.057	
Isoleucine.....g	0.176		0		1		0.577	0.072	
Leucine.....g	0.309		0		1		1.014	0.127	
Lysine.....g	0.121		0		1		0.397	0.050	
Methionine.....g	0.087		0		1		0.285	0.036	
Cystine.....g	0.108		0		1		0.354	0.044	
Phenylalanine.....g	0.196		0		1		0.643	0.080	
Tyrosine.....g	0.137		0		1		0.449	0.056	
Valine.....g	0.225		0		1		0.738	0.092	
Arginine.....g	0.655		0		1		2.148	0.269	
Histidine.....g	0.112		0		1		0.367	0.046	
Alanine.....g	0.190		0		1		0.623	0.078	
Aspartic acid.....g	0.459		0		1		1.506	0.188	
Glutamic acid.....g	0.875		0		1		2.870	0.359	
Glycine.....g	0.235		0		1		0.771	0.096	
Proline.....g	0.172		0		1		0.564	0.071	
Serine.....g	0.244		0		1		0.800	0.100	
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	4		0	FLA	4		12.885	1.611	
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	3		0	FLA	4		9.476	1.185	

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Common Measures:

Measure 1 = 328g: 1 cup
 Measure 2 = 41g: 2 tbsp

NDB No. 19367
Toppings, nuts in syrup

Calories Factors: Protein 4

Fat 9

Carbohydrate 4

Food Group: 19 Sweets

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

NDB No. 19366
Toppings, pineapple

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.032		0		4		0.109	0.013	
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	0.032		0		4		0.109	0.013	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		4		0.170	0.021	
18:2 undifferentiated.....g	0.050		0		4		0.170	0.021	
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	FLC	4		0	0	
Phytosterols.....mg									
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	10		0	FLC	4		34.000	4.200	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 19 Sweets

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

NDB No. 19137
Toppings, 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	0.014		0		4		0.048	0.006	
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	0.014		0		4		0.048	0.006	
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	0.050		0		4		0.170	0.021	
18:2 undifferentiated.....g	0.029		0		4		0.099	0.012	
18:3 undifferentiated.....g	0.021		0		4		0.071	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		0	FLC	4		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	9		0	FLC	4		30.600	3.780	
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	9		0	FLC	4		29.844	3.687	

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

Common Measures:

Measure 1 = 340g: 1 cup

Measure 2 = 42g: 2 tbsp

Calories Factors: Protein 3.36

Fat 8.37

Carbohydrate 3.8

Food Group: 19 Sweets

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