

NDB No. 20001
Amaranth

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.433		0		1		2.794		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	1.433		7		1		2.794		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.891		0		1		5.637		
18:2 undifferentiated.....g	2.834		7		1		5.526		
18:3 undifferentiated.....g	0.057		7		1		0.111		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg	24		1		1		47		
<u>Amino Acids:</u>									
Tryptophan.....g	0.181		10		1		0.353		
Threonine.....g	0.558		38		1		1.088		
Isoleucine.....g	0.582		38		1		1.135		
Leucine.....g	0.879		38		1		1.714		
Lysine.....g	0.747		38		1		1.457		
Methionine.....g	0.226		32		1		0.441		
Cystine.....g	0.191		28		1		0.372		
Phenylalanine.....g	0.542		32		1		1.057		
Tyrosine.....g	0.329		32		1		0.642		
Valine.....g	0.679		38		1		1.324		
Arginine.....g	1.060		30		1		2.067		
Histidine.....g	0.389		32		1		0.759		
Alanine.....g	0.799		30		1		1.558		
Aspartic acid.....g	1.261		30		1		2.459		
Glutamic acid.....g	2.259		30		1		4.405		
Glycine.....g	1.636		32		1		3.190		
Proline.....g	0.698		28		1		1.361		
Serine.....g	1.148		32		1		2.239		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20003
Arrowroot flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.002		0		1		0.003		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.002		1		1		0.003		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.045		0		1		0.058		
18:2 undifferentiated.....g	0.036		1		1		0.046		
18:3 undifferentiated.....g	0.009		1		1		0.012		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.004		1		1		0.005		
Threonine.....g	0.012		1		1		0.015		
Isoleucine.....g	0.010		1		1		0.013		
Leucine.....g	0.019		1		1		0.024		
Lysine.....g	0.013		1		1		0.017		
Methionine.....g	0.006		0		1		0.008		
Cystine.....g	0.006		1		1		0.008		
Phenylalanine.....g	0.012		1		1		0.015		
Tyrosine.....g	0.009		1		1		0.012		
Valine.....g	0.014		1		1		0.018		
Arginine.....g	0.012		1		1		0.015		
Histidine.....g	0.004		1		1		0.005		
Alanine.....g	0.014		1		1		0.018		
Aspartic acid.....g	0.047		1		1		0.060		
Glutamic acid.....g	0.050		1		1		0.064		
Glycine.....g	0.014		1		1		0.018		
Proline.....g	0.009		1		1		0.012		
Serine.....g	0.013		1		1		0.017		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 128g: 1 cup

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20004

Barley

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.295		0		1		0.543		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		299		1		0.011		
17:1.....g									
18:1 undifferentiated.....g	0.241		299		1		0.443		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.108		0		1		2.039		
18:2 undifferentiated.....g	0.999		299		1		1.838		
18:3 undifferentiated.....g	0.110		299		1		0.202		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.208		28		1		0.383		
Threonine.....g	0.424		60		1		0.780		
Isoleucine.....g	0.456		60		1		0.839		
Leucine.....g	0.848		60		1		1.560		
Lysine.....g	0.465		65		1		0.856		
Methionine.....g	0.240		61		1		0.442		
Cystine.....g	0.276		38		1		0.508		
Phenylalanine.....g	0.700		60		1		1.288		
Tyrosine.....g	0.358		58		1		0.659		
Valine.....g	0.612		60		1		1.126		
Arginine.....g	0.625		60		1		1.150		
Histidine.....g	0.281		60		1		0.517		
Alanine.....g	0.486		58		1		0.894		
Aspartic acid.....g	0.779		58		1		1.433		
Glutamic acid.....g	3.261		58		1		6.000		
Glycine.....g	0.452		58		1		0.832		
Proline.....g	1.484		58		1		2.731		
Serine.....g	0.527		54		1		0.970		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	13		0	O	4		24.288		
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	160		0	BFZN	4		294.400		

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Common Measures:

Measure 1 = 184g: 1 cup

NDB No. 20004
Barley

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20130
Barley flour or meal

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.205		0	BFFN	4		0.303		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFFN	4		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.168		0	BFFN	4		0.249		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.771		0	BFFN	4		1.141		
18:2 undifferentiated.....g	0.695		0	BFFN	4		1.029		
18:3 undifferentiated.....g	0.077		0	BFFN	4		0.114		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.175		0		1		0.259		
Threonine.....g	0.356		0		1		0.527		
Isoleucine.....g	0.383		0		1		0.567		
Leucine.....g	0.713		0		1		1.055		
Lysine.....g	0.391		0		1		0.579		
Methionine.....g	0.202		0		1		0.299		
Cystine.....g	0.232		0		1		0.343		
Phenylalanine.....g	0.589		0		1		0.872		
Tyrosine.....g	0.301		0		1		0.445		
Valine.....g	0.515		0		1		0.762		
Arginine.....g	0.526		0		1		0.778		
Histidine.....g	0.236		0		1		0.349		
Alanine.....g	0.409		0		1		0.605		
Aspartic acid.....g	0.655		0		1		0.969		
Glutamic acid.....g	2.741		0		1		4.057		
Glycine.....g	0.380		0		1		0.562		
Proline.....g	1.247		0		1		1.846		
Serine.....g	0.443		0		1		0.656		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0	0.000	3	A	1		0.000		
Carotene, alpha.....mcg	0		2	A	1		0.000		
Cryptoxanthin, beta.....mcg	0		2	A	1		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	160		1	A	1		236.800		

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Common Measures:

Measure 1 = 148g: 1 cup

NDB No. 20130
Barley flour or meal

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20131
Barley malt flour

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.254		0	BFFN	4		0.411		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0	BFFN	4		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.207		0	BFFN	4		0.335		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.953		0	BFFN	4		1.544		
18:2 undifferentiated.....g	0.859		0	BFFN	4		1.392		
18:3 undifferentiated.....g	0.095		0	BFFN	4		0.154		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.132		0		1		0.214		
Threonine.....g	0.407		0		1		0.659		
Isoleucine.....g	0.361		0		1		0.585		
Leucine.....g	0.746		0		1		1.209		
Lysine.....g	0.535		0		1		0.867		
Methionine.....g	0.294		0		1		0.476		
Cystine.....g	0.157		0		1		0.254		
Phenylalanine.....g	0.225		0		1		0.365		
Tyrosine.....g	0.341		0		1		0.552		
Valine.....g	0.503		0		1		0.815		
Arginine.....g	0.836		0		1		1.354		
Histidine.....g	0.275		0		1		0.446		
Alanine.....g	0.516		0		1		0.836		
Aspartic acid.....g	0.776		0		1		1.257		
Glutamic acid.....g	1.825		0		1		2.957		
Glycine.....g	0.440		0		1		0.713		
Proline.....g	1.123		0		1		1.819		
Serine.....g	0.465		0		1		0.753		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	11		0	O	4		18.468		
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	160		0	BFFN	4		259.200		

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Common Measures:

Measure 1 = 162g: 1 cup

NDB No. 20131
Barley malt flour

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20006
Barley, pearled, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.057		0		1		0.089		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.047		0		1		0.074		
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	0.214		0		1		0.336		
18:2 undifferentiated.....g	0.193		0		1		0.303		
18:3 undifferentiated.....g	0.021		0		1		0.033		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.038		0		1		0.060		
Threonine.....g	0.077		0		1		0.121		
Isoleucine.....g	0.083		0		1		0.130		
Leucine.....g	0.154		0		1		0.242		
Lysine.....g	0.084		0		1		0.132		
Methionine.....g	0.043		0		1		0.068		
Cystine.....g	0.050		0		1		0.079		
Phenylalanine.....g	0.127		0		1		0.199		
Tyrosine.....g	0.065		0		1		0.102		
Valine.....g	0.111		0		1		0.174		
Arginine.....g	0.113		0		1		0.177		
Histidine.....g	0.051		0		1		0.080		
Alanine.....g	0.088		0		1		0.138		
Aspartic acid.....g	0.141		0		1		0.221		
Glutamic acid.....g	0.591		0		1		0.928		
Glycine.....g	0.082		0		1		0.129		
Proline.....g	0.269		0		1		0.422		
Serine.....g	0.095		0		1		0.149		
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	BFSN	4		7.083		
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	56		0	BFSN	4		87.170		

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Common Measures:

Measure 1 = 157g: 1 cup

NDB No. 20006
Barley, pearled, cooked

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20005
Barley, pearled, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.149		0		1		0.298		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.122		0		1		0.244		
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	0.560		0		1		1.120		
18:2 undifferentiated.....g	0.505		0		1		1.010		
18:3 undifferentiated.....g	0.055		0		1		0.110		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.165		0		1		0.330		
Threonine.....g	0.337		0		1		0.674		
Isoleucine.....g	0.362		0		1		0.724		
Leucine.....g	0.673		0		1		1.346		
Lysine.....g	0.369		0		1		0.738		
Methionine.....g	0.190		0		1		0.380		
Cystine.....g	0.219		0		1		0.438		
Phenylalanine.....g	0.556		0		1		1.112		
Tyrosine.....g	0.284		0		1		0.568		
Valine.....g	0.486		0		1		0.972		
Arginine.....g	0.496		0		1		0.992		
Histidine.....g	0.223		0		1		0.446		
Alanine.....g	0.386		0		1		0.772		
Aspartic acid.....g	0.619		0		1		1.238		
Glutamic acid.....g	2.588		0		1		5.176		
Glycine.....g	0.359		0		1		0.718		
Proline.....g	1.178		0		1		2.356		
Serine.....g	0.418		0		1		0.836		
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	13		0	O	4		26.000		
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	160		0	BFZN	4		320.000		

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

Common Measures:

Measure 1 = 200g: 1 cup

NDB No. 20005
Barley, pearled, raw

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20008
Buckwheat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.040		0		1		1.768		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.023		13		1		0.039		
17:1.....g									
18:1 undifferentiated.....g	0.988		13		1		1.680		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.012		13		1		0.020		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.039		0		1		1.766		
18:2 undifferentiated.....g	0.961		13		1		1.634		
18:3 undifferentiated.....g	0.078		13		1		0.133		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.192		5		1		0.326		
Threonine.....g	0.506		17		1		0.860		
Isoleucine.....g	0.498		17		1		0.847		
Leucine.....g	0.832		17		1		1.414		
Lysine.....g	0.672		17		1		1.142		
Methionine.....g	0.172		17		1		0.292		
Cystine.....g	0.229		10		1		0.389		
Phenylalanine.....g	0.520		16		1		0.884		
Tyrosine.....g	0.241		15		1		0.410		
Valine.....g	0.678		17		1		1.153		
Arginine.....g	0.982		17		1		1.669		
Histidine.....g	0.309		16		1		0.525		
Alanine.....g	0.748		14		1		1.272		
Aspartic acid.....g	1.133		13		1		1.926		
Glutamic acid.....g	2.046		14		1		3.478		
Glycine.....g	1.031		14		1		1.753		
Proline.....g	0.507		14		1		0.862		
Serine.....g	0.685		14		1		1.165		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20011
Buckwheat flour, whole-groat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.411		0		1		0.493		
17:0.....g									
18:0.....g	0.043		0		1		0.052		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.949		0		1		1.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.021		0		1		0.025		
17:1.....g									
18:1 undifferentiated.....g	0.902		0		1		1.082		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.011		0		1		0.013		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.949		0		1		1.139		
18:2 undifferentiated.....g	0.877		0		1		1.052		
18:3 undifferentiated.....g	0.071		0		1		0.085		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.183		0		1		0.220		
Threonine.....g	0.482		0		1		0.578		
Isoleucine.....g	0.474		0		1		0.569		
Leucine.....g	0.792		0		1		0.950		
Lysine.....g	0.640		0		1		0.768		
Methionine.....g	0.164		0		1		0.197		
Cystine.....g	0.218		0		1		0.262		
Phenylalanine.....g	0.495		0		1		0.594		
Tyrosine.....g	0.230		0		1		0.276		
Valine.....g	0.646		0		1		0.775		
Arginine.....g	0.935		0		1		1.122		
Histidine.....g	0.294		0		1		0.353		
Alanine.....g	0.712		0		1		0.854		
Aspartic acid.....g	1.078		0		1		1.294		
Glutamic acid.....g	1.948		0		1		2.338		
Glycine.....g	0.981		0		1		1.177		
Proline.....g	0.482		0		1		0.578		
Serine.....g	0.652		0		1		0.782		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	220		0	BFZN	4		264.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 20011

Buckwheat flour, whole-groat

Common Measures:

Measure 1 = 120g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20010

Buckwheat groats, roasted, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.082		0		1		0.138		
17:0.....g									
18:0.....g	0.009		0		1		0.015		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.188		0		1		0.316		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.179		0		1		0.301		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.002		0		1		0.003		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.188		0		1		0.316		
18:2 undifferentiated.....g	0.174		0		1		0.292		
18:3 undifferentiated.....g	0.014		0		1		0.024		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.082		
Threonine.....g	0.129		0		1		0.217		
Isoleucine.....g	0.127		0		1		0.213		
Leucine.....g	0.212		0		1		0.356		
Lysine.....g	0.172		0		1		0.289		
Methionine.....g	0.044		0		1		0.074		
Cystine.....g	0.058		0		1		0.097		
Phenylalanine.....g	0.133		0		1		0.223		
Tyrosine.....g	0.062		0		1		0.104		
Valine.....g	0.173		0		1		0.291		
Arginine.....g	0.250		0		1		0.420		
Histidine.....g	0.079		0		1		0.133		
Alanine.....g	0.191		0		1		0.321		
Aspartic acid.....g	0.289		0		1		0.486		
Glutamic acid.....g	0.522		0		1		0.877		
Glycine.....g	0.263		0		1		0.442		
Proline.....g	0.129		0		1		0.217		
Serine.....g	0.175		0		1		0.294		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	60		0	BFSN	4		100.381		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 20010

Buckwheat groats, roasted, cooked

Common Measures:

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20009
Buckwheat groats, roasted, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.828		0		1		1.358		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		1		0.030		
17:1.....g									
18:1 undifferentiated.....g	0.788		0		1		1.292		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.009		0		1		0.015		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.828		0		1		1.358		
18:2 undifferentiated.....g	0.766		0		1		1.256		
18:3 undifferentiated.....g	0.062		0		1		0.102		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.170		0		1		0.279		
Threonine.....g	0.448		0		1		0.735		
Isoleucine.....g	0.441		0		1		0.723		
Leucine.....g	0.736		0		1		1.207		
Lysine.....g	0.595		0		1		0.976		
Methionine.....g	0.153		0		1		0.251		
Cystine.....g	0.202		0		1		0.331		
Phenylalanine.....g	0.461		0		1		0.756		
Tyrosine.....g	0.213		0		1		0.349		
Valine.....g	0.600		0		1		0.984		
Arginine.....g	0.869		0		1		1.425		
Histidine.....g	0.273		0		1		0.448		
Alanine.....g	0.662		0		1		1.086		
Aspartic acid.....g	1.003		0		1		1.645		
Glutamic acid.....g	1.811		0		1		2.970		
Glycine.....g	0.912		0		1		1.496		
Proline.....g	0.449		0		1		0.736		
Serine.....g	0.606		0		1		0.994		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 164g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20013
Bulgur, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.031		0		1		0.056	0.003	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.030		0		1		0.055	0.003	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.098		0		1		0.178	0.008	
18:2 undifferentiated.....g	0.094		0		1		0.171	0.008	
18:3 undifferentiated.....g	0.004		0		1		0.007	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.048		0		1		0.087	0.004	
Threonine.....g	0.089		0		1		0.162	0.007	
Isoleucine.....g	0.114		0		1		0.207	0.010	
Leucine.....g	0.208		0		1		0.379	0.017	
Lysine.....g	0.085		0		1		0.155	0.007	
Methionine.....g	0.048		0		1		0.087	0.004	
Cystine.....g	0.071		0		1		0.129	0.006	
Phenylalanine.....g	0.145		0		1		0.264	0.012	
Tyrosine.....g	0.090		0		1		0.164	0.008	
Valine.....g	0.139		0		1		0.253	0.012	
Arginine.....g	0.144		0		1		0.262	0.012	
Histidine.....g	0.071		0		1		0.129	0.006	
Alanine.....g	0.109		0		1		0.198	0.009	
Aspartic acid.....g	0.158		0		1		0.288	0.013	
Glutamic acid.....g	0.973		0		1		1.771	0.082	
Glycine.....g	0.124		0		1		0.226	0.010	
Proline.....g	0.320		0		1		0.582	0.027	
Serine.....g	0.145		0		1		0.264	0.012	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	BFSN	4		2.357	0.109	
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	54		0	BFSN	4		97.856	4.516	

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Common Measures:

Measure 1 = 182g: 1 cup

Measure 2 = 8.4g: 1 tbsp

NDB No. 20013
Bulgur, cooked

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.173		0		1		0.242		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.166		0		1		0.232		
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	0.541		0		1		0.757		
18:2 undifferentiated.....g	0.518		0		1		0.725		
18:3 undifferentiated.....g	0.023		0		1		0.032		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.190		0		1		0.266		
Threonine.....g	0.354		0		1		0.496		
Isoleucine.....g	0.455		0		1		0.637		
Leucine.....g	0.830		0		1		1.162		
Lysine.....g	0.339		0		1		0.475		
Methionine.....g	0.190		0		1		0.266		
Cystine.....g	0.285		0		1		0.399		
Phenylalanine.....g	0.580		0		1		0.812		
Tyrosine.....g	0.358		0		1		0.501		
Valine.....g	0.554		0		1		0.776		
Arginine.....g	0.575		0		1		0.805		
Histidine.....g	0.285		0		1		0.399		
Alanine.....g	0.436		0		1		0.610		
Aspartic acid.....g	0.630		0		1		0.882		
Glutamic acid.....g	3.878		0		1		5.429		
Glycine.....g	0.495		0		1		0.693		
Proline.....g	1.275		0		1		1.785		
Serine.....g	0.580		0		1		0.812		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5		0	BFZN	4		7.420		
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	220		0	BFZN	4		308.000		

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

Common Measures:

Measure 1 = 140g: 1 cup

NDB No. 20012
Bulgur, dry

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20015
Corn bran, crude

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.243		0		1		0.185		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.243		0		1		0.185		
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	0.421		0		1		0.320		
18:2 undifferentiated.....g	0.408		0		1		0.310		
18:3 undifferentiated.....g	0.013		0		1		0.010		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
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	32		0	BNA	4		24.392		
Carotene, alpha.....mcg	21		0	BNA	4		15.967		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	1355		0	BFZN	4		1029.800		

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

Common Measures:

Measure 1 = 76g: 1 cup

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20018

Corn flour, degermed, unenriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.274		0	A	1		0.345		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0	BFFN	4		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.274		1	A	1		0.345		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.695		0	A	1		0.876		
18:2 undifferentiated.....g	0.673		1	A	1		0.848		
18:3 undifferentiated.....g	0.022		1	A	1		0.028		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	97		0	BFZN	4		121.842		
Carotene, alpha.....mcg	63		0	BFZN	4		79.758		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	1355		0	BFZN	4		1707.300		

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

Common Measures:

Measure 1 = 126g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20017
Corn flour, masa, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.997		0		1		1.137		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.994		197		1		1.133		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.724		0		1		1.965		
18:2 undifferentiated.....g	1.672		197		1		1.906		
18:3 undifferentiated.....g	0.052		197		1		0.059		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.066		0		1		0.075		
Threonine.....g	0.351		0		1		0.400		
Isoleucine.....g	0.334		0		1		0.381		
Leucine.....g	1.146		0		1		1.306		
Lysine.....g	0.263		0		1		0.300		
Methionine.....g	0.196		0		1		0.223		
Cystine.....g	0.168		0		1		0.192		
Phenylalanine.....g	0.459		0		1		0.523		
Tyrosine.....g	0.380		0		1		0.433		
Valine.....g	0.473		0		1		0.539		
Arginine.....g	0.466		0		1		0.531		
Histidine.....g	0.285		0		1		0.325		
Alanine.....g	0.699		0		1		0.797		
Aspartic acid.....g	0.650		0		1		0.741		
Glutamic acid.....g	1.754		0		1		2.000		
Glycine.....g	0.383		0		1		0.437		
Proline.....g	0.815		0		1		0.929		
Serine.....g	0.444		0		1		0.506		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		1	A	1		1.436		
Carotene, alpha.....mcg	0		1	A	1		0.068		
Cryptoxanthin, beta.....mcg	1		1	A	1		1.471		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	5		1	A	1		5.529		

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

Common Measures:

Measure 1 = 114g: 1 cup

NDB No. 20017
Corn flour, masa, enriched

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20317

Corn flour, masa, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.997		0		1		1.137		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.994		197		1		1.133		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.724		0		1		1.965		
18:2 undifferentiated.....g	1.672		197		1		1.906		
18:3 undifferentiated.....g	0.052		197		1		0.059		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.066		0		1		0.075		
Threonine.....g	0.351		0		1		0.400		
Isoleucine.....g	0.334		0		1		0.381		
Leucine.....g	1.146		0		1		1.306		
Lysine.....g	0.263		0		1		0.300		
Methionine.....g	0.196		0		1		0.223		
Cystine.....g	0.168		0		1		0.192		
Phenylalanine.....g	0.459		0		1		0.523		
Tyrosine.....g	0.380		0		1		0.433		
Valine.....g	0.473		0		1		0.539		
Arginine.....g	0.466		0		1		0.531		
Histidine.....g	0.285		0		1		0.325		
Alanine.....g	0.699		0		1		0.797		
Aspartic acid.....g	0.650		0		1		0.741		
Glutamic acid.....g	1.754		0		1		2.000		
Glycine.....g	0.383		0		1		0.437		
Proline.....g	0.815		0		1		0.929		
Serine.....g	0.444		0		1		0.506		
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	97		0	BFZN	4		110.238		
Carotene, alpha.....mcg	63		0	BFZN	4		72.162		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	1355		0	BFZN	4		1544.700		

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

Common Measures:

Measure 1 = 114g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20316
Corn flour, whole-grain, white

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.018		0		1		1.191		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.015		197		1		1.188		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.759		0		1		2.058		
18:2 undifferentiated.....g	1.706		197		1		1.996		
18:3 undifferentiated.....g	0.053		197		1		0.062		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.049		0		1		0.057		
Threonine.....g	0.261		0		1		0.305		
Isoleucine.....g	0.248		0		1		0.290		
Leucine.....g	0.850		0		1		0.995		
Lysine.....g	0.195		0		1		0.228		
Methionine.....g	0.145		0		1		0.170		
Cystine.....g	0.125		0		1		0.146		
Phenylalanine.....g	0.340		0		1		0.398		
Tyrosine.....g	0.282		0		1		0.330		
Valine.....g	0.351		0		1		0.411		
Arginine.....g	0.345		0		1		0.404		
Histidine.....g	0.211		0		1		0.247		
Alanine.....g	0.518		0		1		0.606		
Aspartic acid.....g	0.482		0		1		0.564		
Glutamic acid.....g	1.300		0		1		1.521		
Glycine.....g	0.284		0		1		0.332		
Proline.....g	0.605		0		1		0.708		
Serine.....g	0.329		0		1		0.385		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	BFZN	4		1.474		
Carotene, alpha.....mcg	0		0	BFZN	4		0.070		
Cryptoxanthin, beta.....mcg	1		0	BFZN	4		1.509		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	5		0	BFZN	4		5.675		

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

Common Measures:

Measure 1 = 117g: 1 cup

NDB No. 20316

Corn flour, whole-grain, white

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20016
Corn flour, whole-grain, yellow

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.018		0		1		1.191		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	1.015		197		1		1.188		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.759		0		1		2.058		
18:2 undifferentiated.....g	1.706		197		1		1.996		
18:3 undifferentiated.....g	0.053		197		1		0.062		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.049		0		1		0.057		
Threonine.....g	0.261		0		1		0.305		
Isoleucine.....g	0.248		0		1		0.290		
Leucine.....g	0.850		0		1		0.995		
Lysine.....g	0.195		0		1		0.228		
Methionine.....g	0.145		0		1		0.170		
Cystine.....g	0.125		0		1		0.146		
Phenylalanine.....g	0.340		0		1		0.398		
Tyrosine.....g	0.282		0		1		0.330		
Valine.....g	0.351		0		1		0.411		
Arginine.....g	0.345		0		1		0.404		
Histidine.....g	0.211		0		1		0.247		
Alanine.....g	0.518		0		1		0.606		
Aspartic acid.....g	0.482		0		1		0.564		
Glutamic acid.....g	1.300		0		1		1.521		
Glycine.....g	0.284		0		1		0.332		
Proline.....g	0.605		0		1		0.708		
Serine.....g	0.329		0		1		0.385		
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	97		0	BFZN	4		113.139		
Carotene, alpha.....mcg	63		0	BFZN	4		74.061		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	1355		0	BFZN	4		1585.350		

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

Common Measures:

Measure 1 = 117g: 1 cup

NDB No. 20016

Corn flour, whole-grain, yellow

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20314
Corn, 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
16:1 undifferentiated.....g	0.004		197		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.247		197		1		2.070		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.163		0		1		3.591		
18:2 undifferentiated.....g	2.097		197		1		3.481		
18:3 undifferentiated.....g	0.065		197		1		0.108		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.067		0		1		0.111		
Threonine.....g	0.354		0		1		0.588		
Isoleucine.....g	0.337		0		1		0.559		
Leucine.....g	1.155		0		1		1.917		
Lysine.....g	0.265		0		1		0.440		
Methionine.....g	0.197		0		1		0.327		
Cystine.....g	0.170		0		1		0.282		
Phenylalanine.....g	0.463		0		1		0.769		
Tyrosine.....g	0.383		0		1		0.636		
Valine.....g	0.477		0		1		0.792		
Arginine.....g	0.470		0		1		0.780		
Histidine.....g	0.287		0		1		0.476		
Alanine.....g	0.705		0		1		1.170		
Aspartic acid.....g	0.655		0		1		1.087		
Glutamic acid.....g	1.768		0		1		2.935		
Glycine.....g	0.386		0		1		0.641		
Proline.....g	0.822		0		1		1.365		
Serine.....g	0.447		0		1		0.742		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 166g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20014

Corn, yellow

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.251		0		1		2.077		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		197		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	1.247		197		1		2.070		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.163		0		1		3.591		
18:2 undifferentiated.....g	2.097		197		1		3.481		
18:3 undifferentiated.....g	0.065		197		1		0.108		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		16		1		0.111		
Threonine.....g	0.354		35		1		0.588		
Isoleucine.....g	0.337		35		1		0.559		
Leucine.....g	1.155		35		1		1.917		
Lysine.....g	0.265		101		1		0.440		
Methionine.....g	0.197		34		1		0.327		
Cystine.....g	0.170		30		1		0.282		
Phenylalanine.....g	0.463		35		1		0.769		
Tyrosine.....g	0.383		34		1		0.636		
Valine.....g	0.477		34		1		0.792		
Arginine.....g	0.470		31		1		0.780		
Histidine.....g	0.287		19		1		0.476		
Alanine.....g	0.705		29		1		1.170		
Aspartic acid.....g	0.655		29		1		1.087		
Glutamic acid.....g	1.768		29		1		2.935		
Glycine.....g	0.386		29		1		0.641		
Proline.....g	0.822		28		1		1.365		
Serine.....g	0.447		29		1		0.742		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	97		0	BFZN	4		160.522		
Carotene, alpha.....mcg	63		0	BFZN	4		105.078		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	1355		0	BFZN	4		2249.300		

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

Common Measures:

Measure 1 = 166g: 1 cup

NDB No. 20014
Corn, yellow

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20322
Cornmeal, degermed, enriched, 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	0.412		0		1		0.569		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		327		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.407		327		1		0.562		
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	0.710		0		1		0.980		
18:2 undifferentiated.....g	0.690		327		1		0.952		
18:3 undifferentiated.....g	0.020		327		1		0.028		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1		1	A	1		1.739		
Carotene, alpha.....mcg	0		1	A	1		0.083		
Cryptoxanthin, beta.....mcg	1		1	A	1		1.780		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	5		1	A	1		6.693		

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20022
Cornmeal, degermed, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.412		0		1		0.569		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		327		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.407		327		1		0.562		
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	0.710		0		1		0.980		
18:2 undifferentiated.....g	0.690		327		1		0.952		
18:3 undifferentiated.....g	0.020		327		1		0.028		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	97		3	A	1		133.446		
Carotene, alpha.....mcg	63		3	A	1		87.354		
Cryptoxanthin, beta.....mcg	0		3	A	1		0.000		
Lycopene.....mcg	0		3	A	1		0.000		
Lutein + zeaxanthin.....mcg	1355		3	A	1		1869.900		

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20522

Cornmeal, degermed, unenriched, 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	0.412		0		1		0.569		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		327		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.407		327		1		0.562		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.710		0		1		0.980		
18:2 undifferentiated.....g	0.690		327		1		0.952		
18:3 undifferentiated.....g	0.020		327		1		0.028		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20422

Cornmeal, degermed, unenriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.412		0		1		0.569		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		327		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.407		327		1		0.562		
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	0.710		0		1		0.980		
18:2 undifferentiated.....g	0.690		327		1		0.952		
18:3 undifferentiated.....g	0.020		327		1		0.028		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	97		0	BFZN	4		133.446		
Carotene, alpha.....mcg	63		0	BFZN	4		87.354		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	1355		0	BFZN	4		1869.900		

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20323

Cornmeal, self-rising, bolted, plain, enriched, 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	0.897		0		1		1.094		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.894		197		1		1.091		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.550		0		1		1.891		
18:2 undifferentiated.....g	1.503		197		1		1.834		
18:3 undifferentiated.....g	0.047		197		1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.058		0		1		0.071		
Threonine.....g	0.311		0		1		0.379		
Isoleucine.....g	0.296		0		1		0.361		
Leucine.....g	1.015		0		1		1.238		
Lysine.....g	0.233		0		1		0.284		
Methionine.....g	0.174		0		1		0.212		
Cystine.....g	0.149		0		1		0.182		
Phenylalanine.....g	0.407		0		1		0.497		
Tyrosine.....g	0.337		0		1		0.411		
Valine.....g	0.419		0		1		0.511		
Arginine.....g	0.413		0		1		0.504		
Histidine.....g	0.253		0		1		0.309		
Alanine.....g	0.620		0		1		0.756		
Aspartic acid.....g	0.576		0		1		0.703		
Glutamic acid.....g	1.554		0		1		1.896		
Glycine.....g	0.339		0		1		0.414		
Proline.....g	0.723		0		1		0.882		
Serine.....g	0.393		0		1		0.479		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20023

Cornmeal, self-rising, bolted, plain, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.897		0		1		1.094		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		197		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.894		197		1		1.091		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.550		0		1		1.891		
18:2 undifferentiated.....g	1.503		197		1		1.834		
18:3 undifferentiated.....g	0.047		197		1		0.057		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.058		0		1		0.071		
Threonine.....g	0.311		0		1		0.379		
Isoleucine.....g	0.296		0		1		0.361		
Leucine.....g	1.015		0		1		1.238		
Lysine.....g	0.233		0		1		0.284		
Methionine.....g	0.174		0		1		0.212		
Cystine.....g	0.149		0		1		0.182		
Phenylalanine.....g	0.407		0		1		0.497		
Tyrosine.....g	0.337		0		1		0.411		
Valine.....g	0.419		0		1		0.511		
Arginine.....g	0.413		0		1		0.504		
Histidine.....g	0.253		0		1		0.309		
Alanine.....g	0.620		0		1		0.756		
Aspartic acid.....g	0.576		0		1		0.703		
Glutamic acid.....g	1.554		0		1		1.896		
Glycine.....g	0.339		0		1		0.414		
Proline.....g	0.723		0		1		0.882		
Serine.....g	0.393		0		1		0.479		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 122g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20324

Cornmeal, self-rising, bolted, with wheat flour added, enriched, 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	0.751		0		1		1.277		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.748		0		1		1.272		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.297		0		1		2.205		
18:2 undifferentiated.....g	1.258		0		1		2.139		
18:3 undifferentiated.....g	0.039		0		1		0.066		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.065		0		1		0.111		
Threonine.....g	0.305		0		1		0.519		
Isoleucine.....g	0.300		0		1		0.510		
Leucine.....g	0.973		0		1		1.654		
Lysine.....g	0.230		0		1		0.391		
Methionine.....g	0.173		0		1		0.294		
Cystine.....g	0.155		0		1		0.264		
Phenylalanine.....g	0.414		0		1		0.704		
Tyrosine.....g	0.332		0		1		0.564		
Valine.....g	0.415		0		1		0.706		
Arginine.....g	0.410		0		1		0.697		
Histidine.....g	0.249		0		1		0.423		
Alanine.....g	0.584		0		1		0.993		
Aspartic acid.....g	0.555		0		1		0.944		
Glutamic acid.....g	1.736		0		1		2.951		
Glycine.....g	0.340		0		1		0.578		
Proline.....g	0.765		0		1		1.301		
Serine.....g	0.402		0		1		0.683		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.13

Fat 8.37

Carbohydrate 4.06

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20024

Cornmeal, self-rising, bolted, with wheat flour added, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.751		0		1		1.277		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.748		0		1		1.272		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.297		0		1		2.205		
18:2 undifferentiated.....g	1.258		0		1		2.139		
18:3 undifferentiated.....g	0.039		0		1		0.066		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.065		0		1		0.111		
Threonine.....g	0.305		0		1		0.519		
Isoleucine.....g	0.300		0		1		0.510		
Leucine.....g	0.973		0		1		1.654		
Lysine.....g	0.230		0		1		0.391		
Methionine.....g	0.173		0		1		0.294		
Cystine.....g	0.155		0		1		0.264		
Phenylalanine.....g	0.414		0		1		0.704		
Tyrosine.....g	0.332		0		1		0.564		
Valine.....g	0.415		0		1		0.706		
Arginine.....g	0.410		0		1		0.697		
Histidine.....g	0.249		0		1		0.423		
Alanine.....g	0.584		0		1		0.993		
Aspartic acid.....g	0.555		0		1		0.944		
Glutamic acid.....g	1.736		0		1		2.951		
Glycine.....g	0.340		0		1		0.578		
Proline.....g	0.765		0		1		1.301		
Serine.....g	0.402		0		1		0.683		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.13

Fat 8.37

Carbohydrate 4.06

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20325

Cornmeal, self-rising, degermed, enriched, 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	0.429		0		1		0.592		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.424		0		1		0.585		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.739		0		1		1.020		
18:2 undifferentiated.....g	0.719		0		1		0.992		
18:3 undifferentiated.....g	0.020		0		1		0.028		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20025

Cornmeal, self-rising, degermed, enriched, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.429		0		1		0.592		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.424		0		1		0.585		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.739		0		1		1.020		
18:2 undifferentiated.....g	0.719		0		1		0.992		
18:3 undifferentiated.....g	0.020		0		1		0.028		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 138g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20320
Cornmeal, whole-grain, 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	0.948		0		1		1.157		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.945		0		1		1.153		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.638		0		1		1.998		
18:2 undifferentiated.....g	1.589		0		1		1.939		
18:3 undifferentiated.....g	0.049		0		1		0.060		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.057		0		1		0.070		
Threonine.....g	0.305		0		1		0.372		
Isoleucine.....g	0.291		0		1		0.355		
Leucine.....g	0.996		0		1		1.215		
Lysine.....g	0.228		0		1		0.278		
Methionine.....g	0.170		0		1		0.207		
Cystine.....g	0.146		0		1		0.178		
Phenylalanine.....g	0.399		0		1		0.487		
Tyrosine.....g	0.330		0		1		0.403		
Valine.....g	0.411		0		1		0.501		
Arginine.....g	0.405		0		1		0.494		
Histidine.....g	0.248		0		1		0.303		
Alanine.....g	0.608		0		1		0.742		
Aspartic acid.....g	0.565		0		1		0.689		
Glutamic acid.....g	1.525		0		1		1.861		
Glycine.....g	0.333		0		1		0.406		
Proline.....g	0.709		0		1		0.865		
Serine.....g	0.386		0		1		0.471		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	BFZN	4		1.537		
Carotene, alpha.....mcg	0		0	BFZN	4		0.073		
Cryptoxanthin, beta.....mcg	1		0	BFZN	4		1.574		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	5		0	BFZN	4		5.917		

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Common Measures:

Measure 1 = 122g: 1 cup

NDB No. 20320
Cornmeal, whole-grain, white

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20020
Cornmeal, whole-grain, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.948		0		1		1.157		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.945		0		1		1.153		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.638		0		1		1.998		
18:2 undifferentiated.....g	1.589		0		1		1.939		
18:3 undifferentiated.....g	0.049		0		1		0.060		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.057		0		1		0.070		
Threonine.....g	0.305		0		1		0.372		
Isoleucine.....g	0.291		0		1		0.355		
Leucine.....g	0.996		0		1		1.215		
Lysine.....g	0.228		0		1		0.278		
Methionine.....g	0.170		0		1		0.207		
Cystine.....g	0.146		0		1		0.178		
Phenylalanine.....g	0.399		0		1		0.487		
Tyrosine.....g	0.330		0		1		0.403		
Valine.....g	0.411		0		1		0.501		
Arginine.....g	0.405		0		1		0.494		
Histidine.....g	0.248		0		1		0.303		
Alanine.....g	0.608		0		1		0.742		
Aspartic acid.....g	0.565		0		1		0.689		
Glutamic acid.....g	1.525		0		1		1.861		
Glycine.....g	0.333		0		1		0.406		
Proline.....g	0.709		0		1		0.865		
Serine.....g	0.386		0		1		0.471		
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	97		0	BFZN	4		117.974		
Carotene, alpha.....mcg	63		0	BFZN	4		77.226		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	1355		0	BFZN	4		1653.100		

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Common Measures:

Measure 1 = 122g: 1 cup

NDB No. 20020
Cornmeal, whole-grain, yellow

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20027
Cornstarch

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.016		0		1		0.020		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.016		1		1		0.020		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.025		0		1		0.032		
18:2 undifferentiated.....g	0.025		1		1		0.032		
18:3 undifferentiated.....g	0.000		1		1		0.000		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.001		76		1		0.001		
Threonine.....g	0.009		11		1		0.012		
Isoleucine.....g	0.010		11		1		0.013		
Leucine.....g	0.036		11		1		0.046		
Lysine.....g	0.006		68		1		0.008		
Methionine.....g	0.006		10		1		0.008		
Cystine.....g	0.006		10		1		0.008		
Phenylalanine.....g	0.013		11		1		0.017		
Tyrosine.....g	0.010		11		1		0.013		
Valine.....g	0.014		10		1		0.018		
Arginine.....g	0.012		11		1		0.015		
Histidine.....g	0.008		11		1		0.010		
Alanine.....g	0.019		10		1		0.024		
Aspartic acid.....g	0.020		11		1		0.026		
Glutamic acid.....g	0.053		11		1		0.068		
Glycine.....g	0.009		11		1		0.012		
Proline.....g	0.024		11		1		0.031		
Serine.....g	0.012		11		1		0.015		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 128g: 1 cup

NDB No. 20027
Cornstarch

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20029
Couscous, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.022		0		1		0.035	0.116	0.019
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		29		1		0.002	0.005	0.001
17:1.....g									
18:1 undifferentiated.....g	0.022		29		1		0.035	0.116	0.019
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	0.064		0		1		0.100	0.338	0.055
18:2 undifferentiated.....g	0.060		29		1		0.094	0.317	0.052
18:3 undifferentiated.....g	0.003		29		1		0.005	0.016	0.003
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.077	0.259	0.042
Threonine.....g	0.100		0		1		0.157	0.528	0.086
Isoleucine.....g	0.147		0		1		0.231	0.776	0.126
Leucine.....g	0.259		0		1		0.407	1.368	0.223
Lysine.....g	0.073		0		1		0.115	0.385	0.063
Methionine.....g	0.059		0		1		0.093	0.312	0.051
Cystine.....g	0.107		0		1		0.168	0.565	0.092
Phenylalanine.....g	0.184		0		1		0.289	0.972	0.158
Tyrosine.....g	0.100		0		1		0.157	0.528	0.086
Valine.....g	0.162		0		1		0.254	0.855	0.139
Arginine.....g	0.140		0		1		0.220	0.739	0.120
Histidine.....g	0.077		0		1		0.121	0.407	0.066
Alanine.....g	0.111		0		1		0.174	0.586	0.095
Aspartic acid.....g	0.155		0		1		0.243	0.818	0.133
Glutamic acid.....g	1.367		0		1		2.146	7.218	1.176
Glycine.....g	0.120		0		1		0.188	0.634	0.103
Proline.....g	0.417		0		1		0.655	2.202	0.359
Serine.....g	0.179		0		1		0.281	0.945	0.154
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.398	1.337	0.218
Carotene, alpha.....mcg	0		0	BFSN	4		0.104	0.351	0.057
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.169	0.568	0.093
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	25		0	BFSN	4		39.183	131.775	21.463

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 = 157g: 1 cup, cooked

Measure 2 = 528g: 1 cup, dry, yields

Measure 3 = 86g: 1 oz, dry, yields

NDB No. 20029
Couscous, cooked

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20028
Couscous, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.089		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.086		0		1		0.149		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.252		0		1		0.436		
18:2 undifferentiated.....g	0.240		0		1		0.415		
18:3 undifferentiated.....g	0.012		0		1		0.021		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.163		2		1		0.282		
Threonine.....g	0.337		6		1		0.583		
Isoleucine.....g	0.493		6		1		0.853		
Leucine.....g	0.872		6		1		1.509		
Lysine.....g	0.245		6		1		0.424		
Methionine.....g	0.199		6		1		0.344		
Cystine.....g	0.360		6		1		0.623		
Phenylalanine.....g	0.620		6		1		1.073		
Tyrosine.....g	0.335		6		1		0.580		
Valine.....g	0.544		6		1		0.941		
Arginine.....g	0.470		6		1		0.813		
Histidine.....g	0.259		6		1		0.448		
Alanine.....g	0.374		6		1		0.647		
Aspartic acid.....g	0.521		6		1		0.901		
Glutamic acid.....g	4.600		6		1		7.958		
Glycine.....g	0.403		6		1		0.697		
Proline.....g	1.404		6		1		2.429		
Serine.....g	0.601		6		1		1.040		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 173g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20030
Hominy, canned, 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	0.231		0		1		0.381		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		197		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.230		197		1		0.380		
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	0.399		0		1		0.658		
18:2 undifferentiated.....g	0.387		197		1		0.639		
18:3 undifferentiated.....g	0.012		197		1		0.020		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.013		
Threonine.....g	0.050		0		1		0.083		
Isoleucine.....g	0.058		0		1		0.096		
Leucine.....g	0.202		0		1		0.333		
Lysine.....g	0.033		0		1		0.054		
Methionine.....g	0.031		0		1		0.051		
Cystine.....g	0.033		0		1		0.054		
Phenylalanine.....g	0.076		0		1		0.125		
Tyrosine.....g	0.056		0		1		0.092		
Valine.....g	0.077		0		1		0.127		
Arginine.....g	0.068		0		1		0.112		
Histidine.....g	0.045		0		1		0.074		
Alanine.....g	0.107		0		1		0.177		
Aspartic acid.....g	0.115		0		1		0.190		
Glutamic acid.....g	0.299		0		1		0.493		
Glycine.....g	0.052		0		1		0.086		
Proline.....g	0.138		0		1		0.228		
Serine.....g	0.065		0		1		0.107		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	BFSN	4		0.666		
Carotene, alpha.....mcg	0		0	BFSN	4		0.051		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.716		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	30		0	BFSN	4		49.849		

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

Common Measures:

Measure 1 = 165g: 1 cup

NDB No. 20030
Hominy, canned, white

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20330
Hominy, canned, yellow

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.231		0		1		0.370		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		197		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.230		197		1		0.368		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.399		0		1		0.638		
18:2 undifferentiated.....g	0.387		197		1		0.619		
18:3 undifferentiated.....g	0.012		197		1		0.019		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.008		0		1		0.013		
Threonine.....g	0.050		0		1		0.080		
Isoleucine.....g	0.058		0		1		0.093		
Leucine.....g	0.202		0		1		0.323		
Lysine.....g	0.033		0		1		0.053		
Methionine.....g	0.031		0		1		0.050		
Cystine.....g	0.033		0		1		0.053		
Phenylalanine.....g	0.076		0		1		0.122		
Tyrosine.....g	0.056		0		1		0.090		
Valine.....g	0.077		0		1		0.123		
Arginine.....g	0.068		0		1		0.109		
Histidine.....g	0.045		0		1		0.072		
Alanine.....g	0.107		0		1		0.171		
Aspartic acid.....g	0.115		0		1		0.184		
Glutamic acid.....g	0.299		0		1		0.478		
Glycine.....g	0.052		0		1		0.083		
Proline.....g	0.138		0		1		0.221		
Serine.....g	0.065		0		1		0.104		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20100
Macaroni, cooked, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		1		0.111	0.106	0.091
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.079		0		1		0.111	0.106	0.091
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	0.273		0		1		0.382	0.366	0.314
18:2 undifferentiated.....g	0.249		0		1		0.349	0.334	0.286
18:3 undifferentiated.....g	0.024		0		1		0.034	0.032	0.028
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.085	0.082	0.070
Threonine.....g	0.126		0		1		0.176	0.169	0.145
Isoleucine.....g	0.184		0		1		0.258	0.247	0.212
Leucine.....g	0.326		0		1		0.456	0.437	0.375
Lysine.....g	0.091		0		1		0.127	0.122	0.105
Methionine.....g	0.074		0		1		0.104	0.099	0.085
Cystine.....g	0.134		0		1		0.188	0.180	0.154
Phenylalanine.....g	0.231		0		1		0.323	0.310	0.266
Tyrosine.....g	0.125		0		1		0.175	0.168	0.144
Valine.....g	0.203		0		1		0.284	0.272	0.233
Arginine.....g	0.176		0		1		0.246	0.236	0.202
Histidine.....g	0.097		0		1		0.136	0.130	0.112
Alanine.....g	0.140		0		1		0.196	0.188	0.161
Aspartic acid.....g	0.195		0		1		0.273	0.261	0.224
Glutamic acid.....g	1.718		0		1		2.405	2.302	1.976
Glycine.....g	0.151		0		1		0.211	0.202	0.174
Proline.....g	0.524		0		1		0.734	0.702	0.603
Serine.....g	0.225		0		1		0.315	0.302	0.259
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.081	0.078	0.067
Carotene, alpha.....mcg	0		0	BFSN	4		0.038	0.036	0.031
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.054	0.052	0.044
Lycopene.....mcg	0		0	BFSN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	7		0	BFSN	4		9.801	9.381	8.051

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

Common Measures:

- Measure 1 = 140g: 1 cup elbow shaped
- Measure 2 = 134g: 1 cup spiral shaped
- Measure 3 = 115g: 1 cup small shells

NDB No. 20100
Macaroni, cooked, enriched

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20400
Macaroni, cooked, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		1		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.079		0		1		0.111		
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	0.273		0		1		0.382		
18:2 undifferentiated.....g	0.249		0		1		0.349		
18:3 undifferentiated.....g	0.024		0		1		0.034		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.085		
Threonine.....g	0.126		0		1		0.176		
Isoleucine.....g	0.184		0		1		0.258		
Leucine.....g	0.326		0		1		0.456		
Lysine.....g	0.091		0		1		0.127		
Methionine.....g	0.074		0		1		0.104		
Cystine.....g	0.134		0		1		0.188		
Phenylalanine.....g	0.231		0		1		0.323		
Tyrosine.....g	0.125		0		1		0.175		
Valine.....g	0.203		0		1		0.284		
Arginine.....g	0.176		0		1		0.246		
Histidine.....g	0.097		0		1		0.136		
Alanine.....g	0.140		0		1		0.196		
Aspartic acid.....g	0.195		0		1		0.273		
Glutamic acid.....g	1.718		0		1		2.405		
Glycine.....g	0.151		0		1		0.211		
Proline.....g	0.524		0		1		0.734		
Serine.....g	0.225		0		1		0.315		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.081		
Carotene, alpha.....mcg	0		0	BFZN	4		0.038		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.054		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	7		0	BFZN	4		9.801		

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Common Measures:

Measure 1 = 140g: 1 cup elbow shaped

NDB No. 20400
Macaroni, cooked, unenriched

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20099
Macaroni, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.186		0		1		0.195	0.156	0.173
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.186		0		1		0.195	0.156	0.173
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	0.647		0		1		0.679	0.543	0.602
18:2 undifferentiated.....g	0.591		0		1		0.621	0.496	0.550
18:3 undifferentiated.....g	0.056		0		1		0.059	0.047	0.052
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.164		0		1		0.172	0.138	0.153
Threonine.....g	0.338		0		1		0.355	0.284	0.314
Isoleucine.....g	0.494		0		1		0.519	0.415	0.459
Leucine.....g	0.874		0		1		0.918	0.734	0.813
Lysine.....g	0.245		0		1		0.257	0.206	0.228
Methionine.....g	0.199		0		1		0.209	0.167	0.185
Cystine.....g	0.361		0		1		0.379	0.303	0.336
Phenylalanine.....g	0.621		0		1		0.652	0.522	0.578
Tyrosine.....g	0.336		0		1		0.353	0.282	0.312
Valine.....g	0.545		0		1		0.572	0.458	0.507
Arginine.....g	0.471		0		1		0.495	0.396	0.438
Histidine.....g	0.259		0		1		0.272	0.218	0.241
Alanine.....g	0.375		0		1		0.394	0.315	0.349
Aspartic acid.....g	0.522		0		1		0.548	0.438	0.485
Glutamic acid.....g	4.609		0		1		4.839	3.872	4.286
Glycine.....g	0.404		0		1		0.424	0.339	0.376
Proline.....g	1.406		0		1		1.476	1.181	1.308
Serine.....g	0.602		0		1		0.632	0.506	0.560
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.158	0.126	0.140
Carotene, alpha.....mcg	0		0	BFZN	4		0.074	0.059	0.065
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.105	0.084	0.093
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		19.037	15.229	16.861

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

Common Measures:

- Measure 1 = 105g: 1 cup elbow shaped
- Measure 2 = 84g: 1 cup spiral shaped
- Measure 3 = 93g: 1 cup small shells

NDB No. 20099
Macaroni, dry, enriched

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20499
Macaroni, dry, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.186		0		1		0.195	0.106	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.186		0		1		0.195	0.106	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.647		0		1		0.679	0.369	
18:2 undifferentiated.....g	0.591		0		1		0.621	0.337	
18:3 undifferentiated.....g	0.056		0		1		0.059	0.032	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.164		0		1		0.172	0.093	
Threonine.....g	0.338		0		1		0.355	0.193	
Isoleucine.....g	0.494		0		1		0.519	0.282	
Leucine.....g	0.874		0		1		0.918	0.498	
Lysine.....g	0.245		0		1		0.257	0.140	
Methionine.....g	0.199		0		1		0.209	0.113	
Cystine.....g	0.361		0		1		0.379	0.206	
Phenylalanine.....g	0.621		0		1		0.652	0.354	
Tyrosine.....g	0.336		0		1		0.353	0.192	
Valine.....g	0.545		0		1		0.572	0.311	
Arginine.....g	0.471		0		1		0.495	0.268	
Histidine.....g	0.259		0		1		0.272	0.148	
Alanine.....g	0.375		0		1		0.394	0.214	
Aspartic acid.....g	0.522		0		1		0.548	0.298	
Glutamic acid.....g	4.609		0		1		4.839	2.627	
Glycine.....g	0.404		0		1		0.424	0.230	
Proline.....g	1.406		0		1		1.476	0.801	
Serine.....g	0.602		0		1		0.632	0.343	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 105g: 1 cup elbow shaped

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20102

Macaroni, protein-fortified, cooked, enriched, (n x 5.70)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.026		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.030		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.109		
18:2 undifferentiated.....g	0.086		0		1		0.099		
18:3 undifferentiated.....g	0.009		0		1		0.010		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.103		0		1		0.118		
Threonine.....g	0.228		0		1		0.262		
Isoleucine.....g	0.319		0		1		0.367		
Leucine.....g	0.557		0		1		0.641		
Lysine.....g	0.191		0		1		0.220		
Methionine.....g	0.129		0		1		0.148		
Cystine.....g	0.220		0		1		0.253		
Phenylalanine.....g	0.391		0		1		0.450		
Tyrosine.....g	0.220		0		1		0.253		
Valine.....g	0.354		0		1		0.407		
Arginine.....g	0.315		0		1		0.362		
Histidine.....g	0.169		0		1		0.194		
Alanine.....g	0.259		0		1		0.298		
Aspartic acid.....g	0.367		0		1		0.422		
Glutamic acid.....g	2.782		0		1		3.199		
Glycine.....g	0.269		0		1		0.309		
Proline.....g	0.848		0		1		0.975		
Serine.....g	0.383		0		1		0.440		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 115g: 1 cup small shells

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20302

Macaroni, protein-fortified, cooked, enriched, (n x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.026		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.030		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.109		
18:2 undifferentiated.....g	0.086		0		1		0.099		
18:3 undifferentiated.....g	0.009		0		1		0.010		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.103		0		1		0.118		
Threonine.....g	0.228		0		1		0.262		
Isoleucine.....g	0.319		0		1		0.367		
Leucine.....g	0.557		0		1		0.641		
Lysine.....g	0.191		0		1		0.220		
Methionine.....g	0.129		0		1		0.148		
Cystine.....g	0.220		0		1		0.253		
Phenylalanine.....g	0.391		0		1		0.450		
Tyrosine.....g	0.220		0		1		0.253		
Valine.....g	0.354		0		1		0.407		
Arginine.....g	0.315		0		1		0.362		
Histidine.....g	0.169		0		1		0.194		
Alanine.....g	0.259		0		1		0.298		
Aspartic acid.....g	0.367		0		1		0.422		
Glutamic acid.....g	2.782		0		1		3.199		
Glycine.....g	0.269		0		1		0.309		
Proline.....g	0.848		0		1		0.975		
Serine.....g	0.383		0		1		0.440		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 115g: 1 cup small shells

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20101

Macaroni, protein-fortified, dry, enriched, (n x 5.70)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.271		0		1		0.252	0.154	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.270		1		1		0.251	0.154	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.986		0		1		0.917	0.562	
18:2 undifferentiated.....g	0.893		1		1		0.830	0.509	
18:3 undifferentiated.....g	0.093		1		1		0.086	0.053	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.254		0		1		0.236	0.145	
Threonine.....g	0.561		0		1		0.522	0.320	
Isoleucine.....g	0.784		0		1		0.729	0.447	
Leucine.....g	1.369		0		1		1.273	0.780	
Lysine.....g	0.470		0		1		0.437	0.268	
Methionine.....g	0.317		0		1		0.295	0.181	
Cystine.....g	0.540		0		1		0.502	0.308	
Phenylalanine.....g	0.962		0		1		0.895	0.548	
Tyrosine.....g	0.540		0		1		0.502	0.308	
Valine.....g	0.871		0		1		0.810	0.496	
Arginine.....g	0.774		0		1		0.720	0.441	
Histidine.....g	0.415		0		1		0.386	0.237	
Alanine.....g	0.638		0		1		0.593	0.364	
Aspartic acid.....g	0.902		0		1		0.839	0.514	
Glutamic acid.....g	6.840		0		1		6.361	3.899	
Glycine.....g	0.662		0		1		0.616	0.377	
Proline.....g	2.084		0		1		1.938	1.188	
Serine.....g	0.941		0		1		0.875	0.536	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 93g: 1 cup small shells

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20301

Macaroni, protein-fortified, dry, enriched, (n x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.271		0		1		0.252	0.154	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		1		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.270		1		1		0.251	0.154	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.986		0		1		0.917	0.562	
18:2 undifferentiated.....g	0.893		1		1		0.830	0.509	
18:3 undifferentiated.....g	0.093		1		1		0.086	0.053	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.254		0		1		0.236	0.145	
Threonine.....g	0.561		0		1		0.522	0.320	
Isoleucine.....g	0.784		0		1		0.729	0.447	
Leucine.....g	1.369		0		1		1.273	0.780	
Lysine.....g	0.470		0		1		0.437	0.268	
Methionine.....g	0.317		0		1		0.295	0.181	
Cystine.....g	0.540		0		1		0.502	0.308	
Phenylalanine.....g	0.962		0		1		0.895	0.548	
Tyrosine.....g	0.540		0		1		0.502	0.308	
Valine.....g	0.871		0		1		0.810	0.496	
Arginine.....g	0.774		0		1		0.720	0.441	
Histidine.....g	0.415		0		1		0.386	0.237	
Alanine.....g	0.638		0		1		0.593	0.364	
Aspartic acid.....g	0.902		0		1		0.839	0.514	
Glutamic acid.....g	6.840		0		1		6.361	3.899	
Glycine.....g	0.662		0		1		0.616	0.377	
Proline.....g	2.084		0		1		1.938	1.188	
Serine.....g	0.941		0		1		0.875	0.536	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 93g: 1 cup small shells

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20106

Macaroni, vegetable, cooked, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.012		0		1		0.016		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.012		0		1		0.016		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0		1		0.059		
18:2 undifferentiated.....g	0.039		0		1		0.052		
18:3 undifferentiated.....g	0.005		0		1		0.007		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.058		0		1		0.078		
Threonine.....g	0.122		0		1		0.163		
Isoleucine.....g	0.175		0		1		0.235		
Leucine.....g	0.309		0		1		0.414		
Lysine.....g	0.093		0		1		0.125		
Methionine.....g	0.070		0		1		0.094		
Cystine.....g	0.125		0		1		0.168		
Phenylalanine.....g	0.218		0		1		0.292		
Tyrosine.....g	0.120		0		1		0.161		
Valine.....g	0.194		0		1		0.260		
Arginine.....g	0.168		0		1		0.225		
Histidine.....g	0.092		0		1		0.123		
Alanine.....g	0.135		0		1		0.181		
Aspartic acid.....g	0.196		0		1		0.263		
Glutamic acid.....g	1.603		0		1		2.148		
Glycine.....g	0.144		0		1		0.193		
Proline.....g	0.483		0		1		0.647		
Serine.....g	0.215		0		1		0.288		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	55		0	RA	4		73.560		
Carotene, alpha.....mcg	0		0	RA	4		0.031		
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.045		
Lycopene.....mcg	245		0	RA	4		328.540		
Lutein + zeaxanthin.....mcg	13		0	RA	4		17.855		

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

Common Measures:

Measure 1 = 134g: 1 cup spiral shaped

NDB No. 20106

Macaroni, vegetable, cooked, enriched

Calories Factors: Protein 3.86

Fat 8.37

Carbohydrate 4.11

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20105
Macaroni, vegetable, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.120		0		1		0.101	0.068	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.120		0		1		0.101	0.068	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.426		0		1		0.358	0.243	
18:2 undifferentiated.....g	0.376		0		1		0.316	0.214	
18:3 undifferentiated.....g	0.049		0		1		0.041	0.028	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.168		0		1		0.141	0.096	
Threonine.....g	0.354		0		1		0.297	0.202	
Isoleucine.....g	0.508		0		1		0.427	0.290	
Leucine.....g	0.896		0		1		0.753	0.511	
Lysine.....g	0.269		0		1		0.226	0.153	
Methionine.....g	0.204		0		1		0.171	0.116	
Cystine.....g	0.363		0		1		0.305	0.207	
Phenylalanine.....g	0.632		0		1		0.531	0.360	
Tyrosine.....g	0.349		0		1		0.293	0.199	
Valine.....g	0.563		0		1		0.473	0.321	
Arginine.....g	0.487		0		1		0.409	0.278	
Histidine.....g	0.266		0		1		0.223	0.152	
Alanine.....g	0.393		0		1		0.330	0.224	
Aspartic acid.....g	0.567		0		1		0.476	0.323	
Glutamic acid.....g	4.649		0		1		3.905	2.650	
Glycine.....g	0.418		0		1		0.351	0.238	
Proline.....g	1.401		0		1		1.177	0.799	
Serine.....g	0.625		0		1		0.525	0.356	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 84g: 1 cup spiral shaped
 Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.86 Fat 8.37 Carbohydrate 4.11

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20108
Macaroni, whole-wheat, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.092		0		1		0.129		
17:0.....g									
18:0.....g	0.005		0		1		0.007		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.075		0		1		0.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.073		0		1		0.102		
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	0.213		0		1		0.298		
18:2 undifferentiated.....g	0.203		0		1		0.284		
18:3 undifferentiated.....g	0.010		0		1		0.014		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.069		0		1		0.097		
Threonine.....g	0.143		0		1		0.200		
Isoleucine.....g	0.207		0		1		0.290		
Leucine.....g	0.364		0		1		0.510		
Lysine.....g	0.118		0		1		0.165		
Methionine.....g	0.086		0		1		0.120		
Cystine.....g	0.111		0		1		0.155		
Phenylalanine.....g	0.265		0		1		0.371		
Tyrosine.....g	0.139		0		1		0.195		
Valine.....g	0.231		0		1		0.323		
Arginine.....g	0.188		0		1		0.263		
Histidine.....g	0.125		0		1		0.175		
Alanine.....g	0.166		0		1		0.232		
Aspartic acid.....g	0.240		0		1		0.336		
Glutamic acid.....g	1.847		0		1		2.586		
Glycine.....g	0.193		0		1		0.270		
Proline.....g	0.568		0		1		0.795		
Serine.....g	0.260		0		1		0.364		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	BFSN	4		2.716		
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	81		0	BFSN	4		112.758		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 20108

Macaroni, whole-wheat, cooked

Common Measures:

Measure 1 = 140g: 1 cup elbow shaped

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20107
Macaroni, whole-wheat, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.195		0		1		0.205	0.111	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.005	0.003	
17:1.....g									
18:1 undifferentiated.....g	0.190		0		1		0.200	0.108	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.556		0		1		0.584	0.317	
18:2 undifferentiated.....g	0.529		0		1		0.555	0.302	
18:3 undifferentiated.....g	0.027		0		1		0.028	0.015	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.188		0		1		0.197	0.107	
Threonine.....g	0.392		0		1		0.412	0.223	
Isoleucine.....g	0.570		0		1		0.599	0.325	
Leucine.....g	0.999		0		1		1.049	0.569	
Lysine.....g	0.324		0		1		0.340	0.185	
Methionine.....g	0.236		0		1		0.248	0.135	
Cystine.....g	0.306		0		1		0.321	0.174	
Phenylalanine.....g	0.728		0		1		0.764	0.415	
Tyrosine.....g	0.382		0		1		0.401	0.218	
Valine.....g	0.635		0		1		0.667	0.362	
Arginine.....g	0.517		0		1		0.543	0.295	
Histidine.....g	0.344		0		1		0.361	0.196	
Alanine.....g	0.457		0		1		0.480	0.260	
Aspartic acid.....g	0.660		0		1		0.693	0.376	
Glutamic acid.....g	5.073		0		1		5.327	2.892	
Glycine.....g	0.530		0		1		0.557	0.302	
Proline.....g	1.561		0		1		1.639	0.890	
Serine.....g	0.713		0		1		0.749	0.406	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 105g: 1 cup elbow shaped
 Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.59 Fat 8.37 Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 20032
Millet, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.184		0		1		0.320		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.176		0		1		0.306		
20:1.....g	0.005		0		1		0.009		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.508		0		1		0.884		
18:2 undifferentiated.....g	0.480		0		1		0.835		
18:3 undifferentiated.....g	0.028		0		1		0.049		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.038		0		1		0.066		
Threonine.....g	0.113		0		1		0.197		
Isoleucine.....g	0.148		0		1		0.258		
Leucine.....g	0.446		0		1		0.776		
Lysine.....g	0.067		0		1		0.117		
Methionine.....g	0.070		0		1		0.122		
Cystine.....g	0.067		0		1		0.117		
Phenylalanine.....g	0.185		0		1		0.322		
Tyrosine.....g	0.108		0		1		0.188		
Valine.....g	0.184		0		1		0.320		
Arginine.....g	0.122		0		1		0.212		
Histidine.....g	0.075		0		1		0.131		
Alanine.....g	0.314		0		1		0.546		
Aspartic acid.....g	0.231		0		1		0.402		
Glutamic acid.....g	0.763		0		1		1.328		
Glycine.....g	0.092		0		1		0.160		
Proline.....g	0.279		0		1		0.485		
Serine.....g	0.205		0		1		0.357		
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	2		0	BFSN	4		2.938		
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	70		0	BFSN	4		121.969		

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Common Measures:

Measure 1 = 174g: 1 cup

NDB No. 20032
Millet, cooked

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20031

Millet, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.773		0		1		1.546		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		143		1		0.028		
17:1.....g									
18:1 undifferentiated.....g	0.739		143		1		1.478		
20:1.....g	0.020		143		1		0.040		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.134		0		1		4.268		
18:2 undifferentiated.....g	2.015		143		1		4.030		
18:3 undifferentiated.....g	0.118		143		1		0.236		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.119		5		1		0.238		
Threonine.....g	0.353		8		1		0.706		
Isoleucine.....g	0.465		8		1		0.930		
Leucine.....g	1.400		8		1		2.800		
Lysine.....g	0.212		8		1		0.424		
Methionine.....g	0.221		7		1		0.442		
Cystine.....g	0.212		3		1		0.424		
Phenylalanine.....g	0.580		7		1		1.160		
Tyrosine.....g	0.340		7		1		0.680		
Valine.....g	0.578		8		1		1.156		
Arginine.....g	0.382		7		1		0.764		
Histidine.....g	0.236		7		1		0.472		
Alanine.....g	0.986		7		1		1.972		
Aspartic acid.....g	0.726		7		1		1.452		
Glutamic acid.....g	2.396		7		1		4.792		
Glycine.....g	0.287		7		1		0.574		
Proline.....g	0.877		7		1		1.754		
Serine.....g	0.644		7		1		1.288		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20113
Noodles, chinese, chow mein

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	7.689		0		1		3.460	3.306	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0		1		0.026	0.025	
17:1.....g									
18:1 undifferentiated.....g	7.576		0		1		3.409	3.258	
20:1.....g	0.057		0		1		0.026	0.025	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	17.331		0		1		7.799	7.452	
18:2 undifferentiated.....g	15.354		0		1		6.909	6.602	
18:3 undifferentiated.....g	1.976		0		1		0.889	0.850	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.107		0		1		0.048	0.046	
Threonine.....g	0.220		0		1		0.099	0.095	
Isoleucine.....g	0.323		0		1		0.145	0.139	
Leucine.....g	0.570		0		1		0.257	0.245	
Lysine.....g	0.160		0		1		0.072	0.069	
Methionine.....g	0.130		0		1		0.059	0.056	
Cystine.....g	0.235		0		1		0.106	0.101	
Phenylalanine.....g	0.405		0		1		0.182	0.174	
Tyrosine.....g	0.219		0		1		0.099	0.094	
Valine.....g	0.355		0		1		0.160	0.153	
Arginine.....g	0.307		0		1		0.138	0.132	
Histidine.....g	0.169		0		1		0.076	0.073	
Alanine.....g	0.245		0		1		0.110	0.105	
Aspartic acid.....g	0.341		0		1		0.153	0.147	
Glutamic acid.....g	3.006		0		1		1.353	1.293	
Glycine.....g	0.264		0		1		0.119	0.114	
Proline.....g	0.917		0		1		0.413	0.394	
Serine.....g	0.393		0		1		0.177	0.169	
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	1		0	RA	4		0.255	0.244	
Carotene, alpha.....mcg	0		0	RA	4		0.067	0.064	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.108	0.104	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	56		0	RA	4		25.122	24.005	

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Common Measures:

Measure 1 = 45g: 1 cup
 Measure 2 = 43g: 1.5 oz

NDB No. 20113
Noodles, chinese, chow mein

Calories Factors: Protein 3.93

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20110
Noodles, egg, cooked, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.252		0		1		0.403		
17:0.....g									
18:0.....g	0.054		0		1		0.086		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.430		0		1		0.688		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		1		0.053		
17:1.....g									
18:1 undifferentiated.....g	0.397		0		1		0.635		
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	0.408		0		1		0.653		
18:2 undifferentiated.....g	0.386		0		1		0.618		
18:3 undifferentiated.....g	0.021		0		1		0.034		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		4		53		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.063		0		1		0.101		
Threonine.....g	0.144		0		1		0.230		
Isoleucine.....g	0.202		0		1		0.323		
Leucine.....g	0.339		0		1		0.542		
Lysine.....g	0.130		0		1		0.208		
Methionine.....g	0.087		0		1		0.139		
Cystine.....g	0.130		0		1		0.208		
Phenylalanine.....g	0.236		0		1		0.378		
Tyrosine.....g	0.137		0		1		0.219		
Valine.....g	0.225		0		1		0.360		
Arginine.....g	0.196		0		1		0.314		
Histidine.....g	0.099		0		1		0.158		
Alanine.....g	0.162		0		1		0.259		
Aspartic acid.....g	0.241		0		1		0.386		
Glutamic acid.....g	1.516		0		1		2.426		
Glycine.....g	0.151		0		1		0.242		
Proline.....g	0.463		0		1		0.741		
Serine.....g	0.246		0		1		0.394		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1		0	BFSN	4		1.084		
Carotene, alpha.....mcg	0		0	BFSN	4		0.102		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.780		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		61.071		

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NDB No. 20110

Noodles, egg, cooked, enriched

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20310

Noodles, egg, cooked, enriched, with added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.430		0		1		0.688		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		1		0.053		
17:1.....g									
18:1 undifferentiated.....g	0.397		0		1		0.635		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.408		0		1		0.653		
18:2 undifferentiated.....g	0.386		0		1		0.618		
18:3 undifferentiated.....g	0.021		0		1		0.034		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1		4		53		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.063		0		1		0.101		
Threonine.....g	0.144		0		1		0.230		
Isoleucine.....g	0.202		0		1		0.323		
Leucine.....g	0.339		0		1		0.542		
Lysine.....g	0.130		0		1		0.208		
Methionine.....g	0.087		0		1		0.139		
Cystine.....g	0.130		0		1		0.208		
Phenylalanine.....g	0.236		0		1		0.378		
Tyrosine.....g	0.137		0		1		0.219		
Valine.....g	0.225		0		1		0.360		
Arginine.....g	0.196		0		1		0.314		
Histidine.....g	0.099		0		1		0.158		
Alanine.....g	0.162		0		1		0.259		
Aspartic acid.....g	0.241		0		1		0.386		
Glutamic acid.....g	1.516		0		1		2.426		
Glycine.....g	0.151		0		1		0.242		
Proline.....g	0.463		0		1		0.741		
Serine.....g	0.246		0		1		0.394		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20510

Noodles, egg, cooked, unenriched, with added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.430		0		1		0.688		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		1		0.053		
17:1.....g									
18:1 undifferentiated.....g	0.397		0		1		0.635		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.408		0		1		0.653		
18:2 undifferentiated.....g	0.386		0		1		0.618		
18:3 undifferentiated.....g	0.021		0		1		0.034		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		4		53		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.063		0		1		0.101		
Threonine.....g	0.144		0		1		0.230		
Isoleucine.....g	0.202		0		1		0.323		
Leucine.....g	0.339		0		1		0.542		
Lysine.....g	0.130		0		1		0.208		
Methionine.....g	0.087		0		1		0.139		
Cystine.....g	0.130		0		1		0.208		
Phenylalanine.....g	0.236		0		1		0.378		
Tyrosine.....g	0.137		0		1		0.219		
Valine.....g	0.225		0		1		0.360		
Arginine.....g	0.196		0		1		0.314		
Histidine.....g	0.099		0		1		0.158		
Alanine.....g	0.162		0		1		0.259		
Aspartic acid.....g	0.241		0		1		0.386		
Glutamic acid.....g	1.516		0		1		2.426		
Glycine.....g	0.151		0		1		0.242		
Proline.....g	0.463		0		1		0.741		
Serine.....g	0.246		0		1		0.394		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20410

Noodles, egg, cooked, unenriched, without added salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.430		0		1		0.688		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.033		0		1		0.053		
17:1.....g									
18:1 undifferentiated.....g	0.397		0		1		0.635		
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	0.408		0		1		0.653		
18:2 undifferentiated.....g	0.386		0		1		0.618		
18:3 undifferentiated.....g	0.021		0		1		0.034		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0		1		0.002		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		4		53		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.063		0		1		0.101		
Threonine.....g	0.144		0		1		0.230		
Isoleucine.....g	0.202		0		1		0.323		
Leucine.....g	0.339		0		1		0.542		
Lysine.....g	0.130		0		1		0.208		
Methionine.....g	0.087		0		1		0.139		
Cystine.....g	0.130		0		1		0.208		
Phenylalanine.....g	0.236		0		1		0.378		
Tyrosine.....g	0.137		0		1		0.219		
Valine.....g	0.225		0		1		0.360		
Arginine.....g	0.196		0		1		0.314		
Histidine.....g	0.099		0		1		0.158		
Alanine.....g	0.162		0		1		0.259		
Aspartic acid.....g	0.241		0		1		0.386		
Glutamic acid.....g	1.516		0		1		2.426		
Glycine.....g	0.151		0		1		0.242		
Proline.....g	0.463		0		1		0.741		
Serine.....g	0.246		0		1		0.394		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	1		0	BFSN	4		1.084		
Carotene, alpha.....mcg	0		0	BFSN	4		0.102		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.780		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	38		0	BFSN	4		61.071		

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

Common Measures:

Measure 1 = 160g: 1 cup

NDB No. 20410

Noodles, egg, cooked, unenriched, without added salt

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20109
Noodles, egg, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.232		0		1		0.468	0.702	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0		1		0.036	0.054	
17:1.....g									
18:1 undifferentiated.....g	1.137		0		1		0.432	0.648	
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	1.170		0		1		0.445	0.667	
18:2 undifferentiated.....g	1.106		0		1		0.420	0.630	
18:3 undifferentiated.....g	0.061		0		1		0.023	0.035	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.001	0.002	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95	2.795	48		1		36	54	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.187		0		1		0.071	0.107	
Threonine.....g	0.424		0		1		0.161	0.242	
Isoleucine.....g	0.597		0		1		0.227	0.340	
Leucine.....g	1.002		0		1		0.381	0.571	
Lysine.....g	0.383		0		1		0.146	0.218	
Methionine.....g	0.257		0		1		0.098	0.146	
Cystine.....g	0.383		0		1		0.146	0.218	
Phenylalanine.....g	0.699		0		1		0.266	0.398	
Tyrosine.....g	0.405		0		1		0.154	0.231	
Valine.....g	0.665		0		1		0.253	0.379	
Arginine.....g	0.580		0		1		0.220	0.331	
Histidine.....g	0.293		0		1		0.111	0.167	
Alanine.....g	0.478		0		1		0.182	0.272	
Aspartic acid.....g	0.711		0		1		0.270	0.405	
Glutamic acid.....g	4.480		0		1		1.702	2.554	
Glycine.....g	0.446		0		1		0.169	0.254	
Proline.....g	1.368		0		1		0.520	0.780	
Serine.....g	0.728		0		1		0.277	0.415	
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	2		0	FLA	4		0.743	1.114	
Carotene, alpha.....mcg	0		0	FLA	4		0.070	0.105	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.535	0.802	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	110		0	FLA	4		41.859	62.789	

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

Common Measures:

Measure 1 = 38g: 1 cup

Measure 2 = 57g: 2 oz

NDB No. 20109
Noodles, egg, dry, enriched

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20409
Noodles, egg, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.232		0		1		0.468		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0		1		0.036		
17:1.....g									
18:1 undifferentiated.....g	1.137		0		1		0.432		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.170		0		1		0.445		
18:2 undifferentiated.....g	1.106		0		1		0.420		
18:3 undifferentiated.....g	0.061		0		1		0.023		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0		1		0.001		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	95	2.795	48		1		36		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.187		0		1		0.071		
Threonine.....g	0.424		0		1		0.161		
Isoleucine.....g	0.597		0		1		0.227		
Leucine.....g	1.002		0		1		0.381		
Lysine.....g	0.383		0		1		0.146		
Methionine.....g	0.257		0		1		0.098		
Cystine.....g	0.383		0		1		0.146		
Phenylalanine.....g	0.699		0		1		0.266		
Tyrosine.....g	0.405		0		1		0.154		
Valine.....g	0.665		0		1		0.253		
Arginine.....g	0.580		0		1		0.220		
Histidine.....g	0.293		0		1		0.111		
Alanine.....g	0.478		0		1		0.182		
Aspartic acid.....g	0.711		0		1		0.270		
Glutamic acid.....g	4.480		0		1		1.702		
Glycine.....g	0.446		0		1		0.169		
Proline.....g	1.368		0		1		0.520		
Serine.....g	0.728		0		1		0.277		
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	2		0	BFZN	4		0.743		
Carotene, alpha.....mcg	0		0	BFZN	4		0.070		
Cryptoxanthin, beta.....mcg	1		0	BFZN	4		0.535		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	110		0	BFZN	4		41.859		

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

Common Measures:

Measure 1 = 38g: 1 cup

NDB No. 20409
Noodles, egg, dry, unenriched

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20112

Noodles, egg, spinach, cooked, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.493		0		1		0.789		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.047		0		1		0.075		
17:1.....g									
18:1 undifferentiated.....g	0.445		0		1		0.712		
20:1.....g	0.001		0		1		0.002		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.349		0		1		0.558		
18:2 undifferentiated.....g	0.301		0		1		0.482		
18:3 undifferentiated.....g	0.048		0		1		0.077		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		1		53		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.107		
Threonine.....g	0.157		0		1		0.251		
Isoleucine.....g	0.218		0		1		0.349		
Leucine.....g	0.364		0		1		0.582		
Lysine.....g	0.151		0		1		0.242		
Methionine.....g	0.093		0		1		0.149		
Cystine.....g	0.133		0		1		0.213		
Phenylalanine.....g	0.251		0		1		0.402		
Tyrosine.....g	0.149		0		1		0.238		
Valine.....g	0.244		0		1		0.390		
Arginine.....g	0.215		0		1		0.344		
Histidine.....g	0.106		0		1		0.170		
Alanine.....g	0.178		0		1		0.285		
Aspartic acid.....g	0.269		0		1		0.430		
Glutamic acid.....g	1.543		0		1		2.469		
Glycine.....g	0.165		0		1		0.264		
Proline.....g	0.472		0		1		0.755		
Serine.....g	0.258		0		1		0.413		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	51		0	O	4		80.800		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	2232		0	RA	4		3571.103		

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

Common Measures:

Measure 1 = 160g: 1 cup

NDB No. 20112

Noodles, egg, spinach, cooked, enriched

Calories Factors: Protein 3.88

Fat 8.41

Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20111
Noodles, egg, spinach, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.430		0		1		0.543	0.815	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.137		0		1		0.052	0.078	
17:1.....g									
18:1 undifferentiated.....g	1.290		0		1		0.490	0.735	
20:1.....g	0.003		0		1		0.001	0.002	
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.012		0		1		0.385	0.577	
18:2 undifferentiated.....g	0.874		0		1		0.332	0.498	
18:3 undifferentiated.....g	0.138		0		1		0.052	0.079	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	95		1		4		36	54	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.194		0		1		0.074	0.111	
Threonine.....g	0.457		0		1		0.174	0.260	
Isoleucine.....g	0.633		0		1		0.241	0.361	
Leucine.....g	1.055		0		1		0.401	0.601	
Lysine.....g	0.436		0		1		0.166	0.249	
Methionine.....g	0.270		0		1		0.103	0.154	
Cystine.....g	0.386		0		1		0.147	0.220	
Phenylalanine.....g	0.727		0		1		0.276	0.414	
Tyrosine.....g	0.431		0		1		0.164	0.246	
Valine.....g	0.706		0		1		0.268	0.402	
Arginine.....g	0.623		0		1		0.237	0.355	
Histidine.....g	0.308		0		1		0.117	0.176	
Alanine.....g	0.517		0		1		0.196	0.295	
Aspartic acid.....g	0.780		0		1		0.296	0.445	
Glutamic acid.....g	4.476		0		1		1.701	2.551	
Glycine.....g	0.479		0		1		0.182	0.273	
Proline.....g	1.370		0		1		0.521	0.781	
Serine.....g	0.749		0		1		0.285	0.427	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 38g: 1 cup

Measure 2 = 57g: 2 oz

Calories Factors: Protein 3.88

Fat 8.41

Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20115
Noodles, japanese, soba, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.026		0		1		0.030		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.025		0		1		0.029		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.031		0		1		0.035		
18:2 undifferentiated.....g	0.029		0		1		0.033		
18:3 undifferentiated.....g	0.002		0		1		0.002		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.072		0		1		0.082		
Threonine.....g	0.177		0		1		0.202		
Isoleucine.....g	0.195		0		1		0.222		
Leucine.....g	0.330		0		1		0.376		
Lysine.....g	0.214		0		1		0.244		
Methionine.....g	0.072		0		1		0.082		
Cystine.....g	0.094		0		1		0.107		
Phenylalanine.....g	0.217		0		1		0.247		
Tyrosine.....g	0.105		0		1		0.120		
Valine.....g	0.249		0		1		0.284		
Arginine.....g	0.317		0		1		0.361		
Histidine.....g	0.119		0		1		0.136		
Alanine.....g	0.248		0		1		0.283		
Aspartic acid.....g	0.372		0		1		0.424		
Glutamic acid.....g	1.096		0		1		1.249		
Glycine.....g	0.332		0		1		0.378		
Proline.....g	0.306		0		1		0.349		
Serine.....g	0.260		0		1		0.296		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 114g: 1 cup

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20114
Noodles, japanese, soba, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.185		0		1		0.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.004		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.181		0		1		0.103		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220		0		1		0.125		
18:2 undifferentiated.....g	0.204		0		1		0.116		
18:3 undifferentiated.....g	0.016		0		1		0.009		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.204		0		1		0.116		
Threonine.....g	0.503		0		1		0.287		
Isoleucine.....g	0.553		0		1		0.315		
Leucine.....g	0.937		0		1		0.534		
Lysine.....g	0.607		0		1		0.346		
Methionine.....g	0.204		0		1		0.116		
Cystine.....g	0.268		0		1		0.153		
Phenylalanine.....g	0.617		0		1		0.352		
Tyrosine.....g	0.299		0		1		0.170		
Valine.....g	0.707		0		1		0.403		
Arginine.....g	0.899		0		1		0.512		
Histidine.....g	0.339		0		1		0.193		
Alanine.....g	0.705		0		1		0.402		
Aspartic acid.....g	1.058		0		1		0.603		
Glutamic acid.....g	3.113		0		1		1.774		
Glycine.....g	0.942		0		1		0.537		
Proline.....g	0.868		0		1		0.495		
Serine.....g	0.738		0		1		0.421		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 oz

Calories Factors: Protein 3.37

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20117
Noodles, japanese, somen, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.021		0		1		0.037		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.021		0		1		0.037		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.073		0		1		0.128		
18:2 undifferentiated.....g	0.066		0		1		0.116		
18:3 undifferentiated.....g	0.006		0		1		0.011		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.051		0		1		0.090		
Threonine.....g	0.106		0		1		0.187		
Isoleucine.....g	0.155		0		1		0.273		
Leucine.....g	0.274		0		1		0.482		
Lysine.....g	0.077		0		1		0.136		
Methionine.....g	0.062		0		1		0.109		
Cystine.....g	0.113		0		1		0.199		
Phenylalanine.....g	0.194		0		1		0.341		
Tyrosine.....g	0.105		0		1		0.185		
Valine.....g	0.171		0		1		0.301		
Arginine.....g	0.148		0		1		0.260		
Histidine.....g	0.081		0		1		0.143		
Alanine.....g	0.117		0		1		0.206		
Aspartic acid.....g	0.164		0		1		0.289		
Glutamic acid.....g	1.443		0		1		2.540		
Glycine.....g	0.126		0		1		0.222		
Proline.....g	0.440		0		1		0.774		
Serine.....g	0.189		0		1		0.333		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 176g: 1 cup

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20116
Noodles, japanese, somen, dry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.095		0		1		0.054		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.095		0		1		0.054		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.330		0		1		0.188		
18:2 undifferentiated.....g	0.302		0		1		0.172		
18:3 undifferentiated.....g	0.029		0		1		0.017		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.145		0		1		0.083		
Threonine.....g	0.300		0		1		0.171		
Isoleucine.....g	0.439		0		1		0.250		
Leucine.....g	0.776		0		1		0.442		
Lysine.....g	0.218		0		1		0.124		
Methionine.....g	0.177		0		1		0.101		
Cystine.....g	0.320		0		1		0.182		
Phenylalanine.....g	0.551		0		1		0.314		
Tyrosine.....g	0.298		0		1		0.170		
Valine.....g	0.484		0		1		0.276		
Arginine.....g	0.418		0		1		0.238		
Histidine.....g	0.230		0		1		0.131		
Alanine.....g	0.333		0		1		0.190		
Aspartic acid.....g	0.464		0		1		0.264		
Glutamic acid.....g	4.092		0		1		2.332		
Glycine.....g	0.359		0		1		0.205		
Proline.....g	1.249		0		1		0.712		
Serine.....g	0.535		0		1		0.305		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20034
Oat bran, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.291		0		1		0.637		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.290		0		1		0.635		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.339		0		1		0.742		
18:2 undifferentiated.....g	0.324		0		1		0.710		
18:3 undifferentiated.....g	0.015		0		1		0.033		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.057		0		1		0.125		
Threonine.....g	0.086		0		1		0.188		
Isoleucine.....g	0.114		0		1		0.250		
Leucine.....g	0.235		0		1		0.515		
Lysine.....g	0.130		0		1		0.285		
Methionine.....g	0.057		0		1		0.125		
Cystine.....g	0.099		0		1		0.217		
Phenylalanine.....g	0.155		0		1		0.339		
Tyrosine.....g	0.114		0		1		0.250		
Valine.....g	0.165		0		1		0.361		
Arginine.....g	0.219		0		1		0.480		
Histidine.....g	0.070		0		1		0.153		
Alanine.....g	0.149		0		1		0.326		
Aspartic acid.....g	0.270		0		1		0.591		
Glutamic acid.....g	0.642		0		1		1.406		
Glycine.....g	0.162		0		1		0.355		
Proline.....g	0.168		0		1		0.368		
Serine.....g	0.152		0		1		0.333		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 219g: 1 cup

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.376		0		1		2.233		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		1		0.013		
17:1.....g									
18:1 undifferentiated.....g	2.362		0		1		2.220		
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	2.766		0		1		2.600		
18:2 undifferentiated.....g	2.645		0		1		2.486		
18:3 undifferentiated.....g	0.121		0		1		0.114		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.335		1		1		0.315		
Threonine.....g	0.502		1		1		0.472		
Isoleucine.....g	0.668		1		1		0.628		
Leucine.....g	1.374		1		1		1.292		
Lysine.....g	0.760		1		1		0.714		
Methionine.....g	0.335		1		1		0.315		
Cystine.....g	0.576		1		1		0.541		
Phenylalanine.....g	0.908		1		1		0.854		
Tyrosine.....g	0.668		1		1		0.628		
Valine.....g	0.964		1		1		0.906		
Arginine.....g	1.279		1		1		1.202		
Histidine.....g	0.410		1		1		0.385		
Alanine.....g	0.872		1		1		0.820		
Aspartic acid.....g	1.576		1		1		1.481		
Glutamic acid.....g	3.748		1		1		3.523		
Glycine.....g	0.947		1		1		0.890		
Proline.....g	0.982		1		1		0.923		
Serine.....g	0.890		1		1		0.837		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	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	180		0	BFZN	4		169.200		

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

Common Measures:

Measure 1 = 94g: 1 cup

NDB No. 20033
Oat bran, raw

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20132
Oat flour, partially debranned

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	1.361		0	BFFN	4				
17:0.....g									
18:0.....g	0.087		0	BFFN	4				
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.866		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	2.852		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	3.329		0	BFFN	4				
18:2 undifferentiated.....g	3.185		0	BFFN	4				
18:3 undifferentiated.....g	0.145		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	180		1	A	1				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 20 Cereal Grains and Pasta

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

Oats

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.178		0		1		3.398		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		238		1		0.020		
17:1.....g									
18:1 undifferentiated.....g	2.165		238		1		3.377		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.535		0		1		3.955		
18:2 undifferentiated.....g	2.424		238		1		3.781		
18:3 undifferentiated.....g	0.111		238		1		0.173		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.234		21		1		0.365		
Threonine.....g	0.575		59		1		0.897		
Isoleucine.....g	0.694		59		1		1.083		
Leucine.....g	1.284		59		1		2.003		
Lysine.....g	0.701		59		1		1.094		
Methionine.....g	0.312		60		1		0.487		
Cystine.....g	0.408		48		1		0.636		
Phenylalanine.....g	0.895		58		1		1.396		
Tyrosine.....g	0.573		43		1		0.894		
Valine.....g	0.937		59		1		1.462		
Arginine.....g	1.192		58		1		1.860		
Histidine.....g	0.405		57		1		0.632		
Alanine.....g	0.881		43		1		1.374		
Aspartic acid.....g	1.448		43		1		2.259		
Glutamic acid.....g	3.712		43		1		5.791		
Glycine.....g	0.841		43		1		1.312		
Proline.....g	0.934		41		1		1.457		
Serine.....g	0.750		43		1		1.170		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 156g: 1 cup

Calories Factors: Protein 3.46

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20092
Pasta, corn, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.191		0		1		0.267		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.191		0		1		0.267		
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	0.325		0		1		0.455		
18:2 undifferentiated.....g	0.316		0		1		0.442		
18:3 undifferentiated.....g	0.010		0		1		0.014		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.019		0		1		0.027		
Threonine.....g	0.099		0		1		0.139		
Isoleucine.....g	0.094		0		1		0.132		
Leucine.....g	0.322		0		1		0.451		
Lysine.....g	0.074		0		1		0.104		
Methionine.....g	0.055		0		1		0.077		
Cystine.....g	0.047		0		1		0.066		
Phenylalanine.....g	0.129		0		1		0.181		
Tyrosine.....g	0.107		0		1		0.150		
Valine.....g	0.133		0		1		0.186		
Arginine.....g	0.131		0		1		0.183		
Histidine.....g	0.080		0		1		0.112		
Alanine.....g	0.197		0		1		0.276		
Aspartic acid.....g	0.183		0		1		0.256		
Glutamic acid.....g	0.493		0		1		0.690		
Glycine.....g	0.108		0		1		0.151		
Proline.....g	0.229		0		1		0.321		
Serine.....g	0.125		0		1		0.175		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20091
Pasta, corn, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.543		0		1		0.570	0.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001	0.001	
17:1.....g									
18:1 undifferentiated.....g	0.541		0		1		0.568	0.308	
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	0.924		0		1		0.970	0.527	
18:2 undifferentiated.....g	0.896		0		1		0.941	0.511	
18:3 undifferentiated.....g	0.028		0		1		0.029	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.053		0		1		0.056	0.030	
Threonine.....g	0.280		0		1		0.294	0.160	
Isoleucine.....g	0.267		0		1		0.280	0.152	
Leucine.....g	0.915		0		1		0.961	0.522	
Lysine.....g	0.210		0		1		0.221	0.120	
Methionine.....g	0.156		0		1		0.164	0.089	
Cystine.....g	0.134		0		1		0.141	0.076	
Phenylalanine.....g	0.366		0		1		0.384	0.209	
Tyrosine.....g	0.303		0		1		0.318	0.173	
Valine.....g	0.378		0		1		0.397	0.215	
Arginine.....g	0.372		0		1		0.391	0.212	
Histidine.....g	0.228		0		1		0.239	0.130	
Alanine.....g	0.558		0		1		0.586	0.318	
Aspartic acid.....g	0.519		0		1		0.545	0.296	
Glutamic acid.....g	1.400		0		1		1.470	0.798	
Glycine.....g	0.306		0		1		0.321	0.174	
Proline.....g	0.651		0		1		0.684	0.371	
Serine.....g	0.354		0		1		0.372	0.202	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 105g: 1 cup

Measure 2 = 57g: 2 oz

Calories Factors: Protein 2.73

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20093

Pasta, fresh-refrigerated, plain, as purchased

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.271		0		1		0.347		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.271		0		1		0.347		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.942		0		1		1.206		
18:2 undifferentiated.....g	0.860		0		1		1.101		
18:3 undifferentiated.....g	0.082		0		1		0.105		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		1		4		93		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.143		0		1		0.183		
Threonine.....g	0.295		0		1		0.378		
Isoleucine.....g	0.431		0		1		0.552		
Leucine.....g	0.763		0		1		0.977		
Lysine.....g	0.214		0		1		0.274		
Methionine.....g	0.174		0		1		0.223		
Cystine.....g	0.315		0		1		0.403		
Phenylalanine.....g	0.542		0		1		0.694		
Tyrosine.....g	0.293		0		1		0.375		
Valine.....g	0.476		0		1		0.609		
Arginine.....g	0.411		0		1		0.526		
Histidine.....g	0.226		0		1		0.289		
Alanine.....g	0.327		0		1		0.419		
Aspartic acid.....g	0.456		0		1		0.584		
Glutamic acid.....g	4.022		0		1		5.148		
Glycine.....g	0.353		0		1		0.452		
Proline.....g	1.227		0		1		1.571		
Serine.....g	0.526		0		1		0.673		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 128g: 4.5 oz

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20094

Pasta, fresh-refrigerated, plain, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.124		0		1		0.071		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.124		0		1		0.071		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.429		0		1		0.245		
18:2 undifferentiated.....g	0.392		0		1		0.223		
18:3 undifferentiated.....g	0.037		0		1		0.021		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		1		19		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.065		0		1		0.037		
Threonine.....g	0.134		0		1		0.076		
Isoleucine.....g	0.197		0		1		0.112		
Leucine.....g	0.348		0		1		0.198		
Lysine.....g	0.097		0		1		0.055		
Methionine.....g	0.079		0		1		0.045		
Cystine.....g	0.143		0		1		0.082		
Phenylalanine.....g	0.247		0		1		0.141		
Tyrosine.....g	0.134		0		1		0.076		
Valine.....g	0.217		0		1		0.124		
Arginine.....g	0.187		0		1		0.107		
Histidine.....g	0.103		0		1		0.059		
Alanine.....g	0.149		0		1		0.085		
Aspartic acid.....g	0.208		0		1		0.119		
Glutamic acid.....g	1.832		0		1		1.044		
Glycine.....g	0.161		0		1		0.092		
Proline.....g	0.559		0		1		0.319		
Serine.....g	0.240		0		1		0.137		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 57g; 2 oz

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20095

Pasta, fresh-refrigerated, spinach, as purchased

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.659		0		1		0.844		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.063		0		1		0.081		
17:1.....g									
18:1 undifferentiated.....g	0.595		0		1		0.762		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.467		0		1		0.598		
18:2 undifferentiated.....g	0.403		0		1		0.516		
18:3 undifferentiated.....g	0.064		0		1		0.082		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	73		0		4		93		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.150		0		1		0.192		
Threonine.....g	0.352		0		1		0.451		
Isoleucine.....g	0.488		0		1		0.625		
Leucine.....g	0.813		0		1		1.041		
Lysine.....g	0.336		0		1		0.430		
Methionine.....g	0.208		0		1		0.266		
Cystine.....g	0.297		0		1		0.380		
Phenylalanine.....g	0.560		0		1		0.717		
Tyrosine.....g	0.332		0		1		0.425		
Valine.....g	0.544		0		1		0.696		
Arginine.....g	0.480		0		1		0.614		
Histidine.....g	0.237		0		1		0.303		
Alanine.....g	0.399		0		1		0.511		
Aspartic acid.....g	0.601		0		1		0.769		
Glutamic acid.....g	3.449		0		1		4.415		
Glycine.....g	0.369		0		1		0.472		
Proline.....g	1.056		0		1		1.352		
Serine.....g	0.577		0		1		0.739		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 128g: 4.5 oz

Calories Factors: Protein 3.88

Fat 8.41

Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20096

Pasta, fresh-refrigerated, spinach, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.296		0		1		0.169		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.028		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.267		0		1		0.152		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.210		0		1		0.120		
18:2 undifferentiated.....g	0.181		0		1		0.103		
18:3 undifferentiated.....g	0.029		0		1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		0		1		19		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.067		0		1		0.038		
Threonine.....g	0.158		0		1		0.090		
Isoleucine.....g	0.219		0		1		0.125		
Leucine.....g	0.365		0		1		0.208		
Lysine.....g	0.151		0		1		0.086		
Methionine.....g	0.093		0		1		0.053		
Cystine.....g	0.134		0		1		0.076		
Phenylalanine.....g	0.252		0		1		0.144		
Tyrosine.....g	0.149		0		1		0.085		
Valine.....g	0.245		0		1		0.140		
Arginine.....g	0.216		0		1		0.123		
Histidine.....g	0.107		0		1		0.061		
Alanine.....g	0.179		0		1		0.102		
Aspartic acid.....g	0.270		0		1		0.154		
Glutamic acid.....g	1.550		0		1		0.884		
Glycine.....g	0.166		0		1		0.095		
Proline.....g	0.474		0		1		0.270		
Serine.....g	0.259		0		1		0.148		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.88

Fat 8.41

Carbohydrate 4.08

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20097

Pasta, homemade, made with egg, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.508		0		1		0.290		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.030		0		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.473		0		1		0.270		
20:1.....g	0.004		0		1		0.002		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.521		0		1		0.297		
18:2 undifferentiated.....g	0.459		0		1		0.262		
18:3 undifferentiated.....g	0.045		0		1		0.026		
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.014		0		1		0.008		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g									
22:6 n-3.....g	0.004		0		1		0.002		
Fatty acids, total trans.....g									
Cholesterol.....mg	41		0		1		23		
Phytosterols.....mg	1		0		1		1		
Amino Acids:									
Tryptophan.....g	0.067		0		1		0.038		
Threonine.....g	0.166		0		1		0.095		
Isoleucine.....g	0.223		0		1		0.127		
Leucine.....g	0.382		0		1		0.218		
Lysine.....g	0.165		0		1		0.094		
Methionine.....g	0.101		0		1		0.058		
Cystine.....g	0.143		0		1		0.082		
Phenylalanine.....g	0.262		0		1		0.149		
Tyrosine.....g	0.156		0		1		0.089		
Valine.....g	0.247		0		1		0.141		
Arginine.....g	0.223		0		1		0.127		
Histidine.....g	0.111		0		1		0.063		
Alanine.....g	0.187		0		1		0.107		
Aspartic acid.....g	0.288		0		1		0.164		
Glutamic acid.....g	1.628		0		1		0.928		
Glycine.....g	0.169		0		1		0.096		
Proline.....g	0.497		0		1		0.283		
Serine.....g	0.282		0		1		0.161		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 oz

Calories Factors: Protein 3.93

Fat 8.41

Carbohydrate 4.09

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20098

Pasta, homemade, made without egg, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.187		0		1		0.107		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.185		0		1		0.105		
20:1.....g	0.001		0		1		0.001		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.508		0		1		0.290		
18:2 undifferentiated.....g	0.453		0		1		0.258		
18:3 undifferentiated.....g	0.055		0		1		0.031		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg	2		0		1		1		
Amino Acids:									
Tryptophan.....g	0.056		0		1		0.032		
Threonine.....g	0.116		0		1		0.066		
Isoleucine.....g	0.169		0		1		0.096		
Leucine.....g	0.299		0		1		0.170		
Lysine.....g	0.084		0		1		0.048		
Methionine.....g	0.068		0		1		0.039		
Cystine.....g	0.123		0		1		0.070		
Phenylalanine.....g	0.212		0		1		0.121		
Tyrosine.....g	0.115		0		1		0.066		
Valine.....g	0.186		0		1		0.106		
Arginine.....g	0.161		0		1		0.092		
Histidine.....g	0.089		0		1		0.051		
Alanine.....g	0.128		0		1		0.073		
Aspartic acid.....g	0.179		0		1		0.102		
Glutamic acid.....g	1.577		0		1		0.899		
Glycine.....g	0.138		0		1		0.079		
Proline.....g	0.481		0		1		0.274		
Serine.....g	0.206		0		1		0.117		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20035

Quinoa

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.535		0		1		2.610		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		1		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	1.525		1		1		2.593		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.347		0		1		3.990		
18:2 undifferentiated.....g	2.214		1		1		3.764		
18:3 undifferentiated.....g	0.133		1		1		0.226		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.459		1		1		0.780		
Isoleucine.....g	0.472		1		1		0.802		
Leucine.....g	0.786		1		1		1.336		
Lysine.....g	0.734		1		1		1.248		
Methionine.....g	0.262		1		1		0.445		
Cystine.....g									
Phenylalanine.....g	0.537		1		1		0.913		
Tyrosine.....g	0.367		1		1		0.624		
Valine.....g	0.589		1		1		1.001		
Arginine.....g	0.918		1		1		1.561		
Histidine.....g	0.314		1		1		0.534		
Alanine.....g	0.616		1		1		1.047		
Aspartic acid.....g	0.956		1		1		1.625		
Glutamic acid.....g	1.559		1		1		2.650		
Glycine.....g	0.681		1		1		1.158		
Proline.....g	0.407		1		1		0.692		
Serine.....g	0.484		1		1		0.823		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 170g: 1 cup

Calories Factors: Protein 3.47

Fat 8.37

Carbohydrate 4.07

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20060
Rice bran, crude

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.557		73		1		4.197		
17:0.....g									
18:0.....g	0.373		73		1		0.440		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.549		0		1		8.908		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.075		73		1		0.089		
17:1.....g									
18:1 undifferentiated.....g	7.475		73		1		8.821		
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	7.459		0		1		8.802		
18:2 undifferentiated.....g	7.143		73		1		8.429		
18:3 undifferentiated.....g	0.316		73		1		0.373		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.108		4		1		0.127		
Threonine.....g	0.555		24		1		0.655		
Isoleucine.....g	0.568		24		1		0.670		
Leucine.....g	1.022		24		1		1.206		
Lysine.....g	0.650		28		1		0.767		
Methionine.....g	0.306		25		1		0.361		
Cystine.....g	0.317		20		1		0.374		
Phenylalanine.....g	0.635		24		1		0.749		
Tyrosine.....g	0.411		24		1		0.485		
Valine.....g	0.881		24		1		1.040		
Arginine.....g	1.058		24		1		1.248		
Histidine.....g	0.355		24		1		0.419		
Alanine.....g	0.970		24		1		1.145		
Aspartic acid.....g	1.308		24		1		1.543		
Glutamic acid.....g	1.854		24		1		2.188		
Glycine.....g	0.875		24		1		1.033		
Proline.....g	0.668		24		1		0.788		
Serine.....g	0.662		24		1		0.781		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	220		0	BFZN	4		259.600		

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

NDB No. 20060

Rice bran, crude

Common Measures:

Measure 1 = 118g: 1 cup

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20090
Rice flour, 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
Fatty acids, total monounsaturated.....g	1.008		0		1		1.593		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.998		0		1		1.577		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.996		0		1		1.574		
18:2 undifferentiated.....g	0.954		0		1		1.507		
18:3 undifferentiated.....g	0.042		0		1		0.066		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.092		0		1		0.145		
Threonine.....g	0.265		0		1		0.419		
Isoleucine.....g	0.306		0		1		0.483		
Leucine.....g	0.598		0		1		0.945		
Lysine.....g	0.276		0		1		0.436		
Methionine.....g	0.163		0		1		0.258		
Cystine.....g	0.088		0		1		0.139		
Phenylalanine.....g	0.373		0		1		0.589		
Tyrosine.....g	0.271		0		1		0.428		
Valine.....g	0.424		0		1		0.670		
Arginine.....g	0.548		0		1		0.866		
Histidine.....g	0.184		0		1		0.291		
Alanine.....g	0.422		0		1		0.667		
Aspartic acid.....g	0.677		0		1		1.070		
Glutamic acid.....g	1.473		0		1		2.327		
Glycine.....g	0.356		0		1		0.562		
Proline.....g	0.339		0		1		0.536		
Serine.....g	0.374		0		1		0.591		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 158g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20061
Rice flour, 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	0.442		0		1		0.698		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.008		
17:1.....g									
18:1 undifferentiated.....g	0.436		0		1		0.689		
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	0.379		0		1		0.599		
18:2 undifferentiated.....g	0.313		0		1		0.495		
18:3 undifferentiated.....g	0.067		0		1		0.106		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.072		20		1		0.114		
Threonine.....g	0.210		30		1		0.332		
Isoleucine.....g	0.244		30		1		0.386		
Leucine.....g	0.488		30		1		0.771		
Lysine.....g	0.207		31		1		0.327		
Methionine.....g	0.144		19		1		0.228		
Cystine.....g	0.107		27		1		0.169		
Phenylalanine.....g	0.317		29		1		0.501		
Tyrosine.....g	0.314		29		1		0.496		
Valine.....g	0.348		30		1		0.550		
Arginine.....g	0.516		30		1		0.815		
Histidine.....g	0.149		30		1		0.235		
Alanine.....g	0.332		29		1		0.525		
Aspartic acid.....g	0.549		29		1		0.867		
Glutamic acid.....g	1.097		29		1		1.733		
Glycine.....g	0.267		29		1		0.422		
Proline.....g	0.278		29		1		0.439		
Serine.....g	0.310		29		1		0.490		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 158g: 1 cup

NDB No. 20061
Rice flour, white

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20134
Rice noodles, cooked (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.026		0	BFFN	4		0.046		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.026		0	BFFN	4		0.046		
20:1.....g	0.000		0	BFFN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFFN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.023		0	BFFN	4		0.040		
18:2 undifferentiated.....g	0.019		0	BFFN	4		0.033		
18:3 undifferentiated.....g	0.004		0	BFFN	4		0.007		
18:4.....g	0.000		0	BFFN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4		0.000		
20:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:5 n-3.....g	0.000		0	BFFN	4		0.000		
22:6 n-3.....g	0.000		0	BFFN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.011		0		1		0.019		
Threonine.....g	0.033		0		1		0.058		
Isoleucine.....g	0.039		0		1		0.069		
Leucine.....g	0.075		0		1		0.132		
Lysine.....g	0.033		0		1		0.058		
Methionine.....g	0.021		0		1		0.037		
Cystine.....g	0.019		0		1		0.033		
Phenylalanine.....g	0.049		0		1		0.086		
Tyrosine.....g	0.030		0		1		0.053		
Valine.....g	0.056		0		1		0.099		
Arginine.....g	0.076		0		1		0.134		
Histidine.....g	0.021		0		1		0.037		
Alanine.....g	0.053		0		1		0.093		
Aspartic acid.....g	0.086		0		1		0.151		
Glutamic acid.....g	0.177		0		1		0.312		
Glycine.....g	0.041		0		1		0.072		
Proline.....g	0.043		0		1		0.076		
Serine.....g	0.048		0		1		0.084		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 176g: 1 cup

Footnotes

1 Imported product

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20133
Rice noodles, dry (1)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.175		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	0.172		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	0.150		0	BFFN	4				
18:2 undifferentiated.....g	0.124		0	BFFN	4				
18:3 undifferentiated.....g	0.026		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.040		0		1				
Threonine.....g	0.123		0		1				
Isoleucine.....g	0.149		0		1				
Leucine.....g	0.284		0		1				
Lysine.....g	0.124		0		1				
Methionine.....g	0.081		0		1				
Cystine.....g	0.071		0		1				
Phenylalanine.....g	0.184		0		1				
Tyrosine.....g	0.115		0		1				
Valine.....g	0.210		0		1				
Arginine.....g	0.287		0		1				
Histidine.....g	0.081		0		1				
Alanine.....g	0.199		0		1				
Aspartic acid.....g	0.323		0		1				
Glutamic acid.....g	0.670		0		1				
Glycine.....g	0.157		0		1				
Proline.....g	0.162		0		1				
Serine.....g	0.181		0		1				
Hydroxyproline.....g									

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

Common Measures:

Footnotes

1 Imported product

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20037
Rice, brown, long-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.154		0		1		0.300		
17:0.....g									
18:0.....g	0.016		0		1		0.031		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.327		0		1		0.638		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.323		0		1		0.630		
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	0.323		0		1		0.630		
18:2 undifferentiated.....g	0.309		0		1		0.603		
18:3 undifferentiated.....g	0.014		0		1		0.027		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.033		0		1		0.064		
Threonine.....g	0.095		0		1		0.185		
Isoleucine.....g	0.109		0		1		0.213		
Leucine.....g	0.214		0		1		0.417		
Lysine.....g	0.099		0		1		0.193		
Methionine.....g	0.058		0		1		0.113		
Cystine.....g	0.031		0		1		0.060		
Phenylalanine.....g	0.133		0		1		0.259		
Tyrosine.....g	0.097		0		1		0.189		
Valine.....g	0.151		0		1		0.294		
Arginine.....g	0.196		0		1		0.382		
Histidine.....g	0.066		0		1		0.129		
Alanine.....g	0.151		0		1		0.294		
Aspartic acid.....g	0.242		0		1		0.472		
Glutamic acid.....g	0.526		0		1		1.026		
Glycine.....g	0.127		0		1		0.248		
Proline.....g	0.121		0		1		0.236		
Serine.....g	0.134		0		1		0.261		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

NDB No. 20037

Rice, brown, long-grain, cooked

Common Measures:

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20036
Rice, brown, long-grain, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.498		73		1		0.921		
17:0.....g									
18:0.....g	0.052		73		1		0.096		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.056		0		1		1.954		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		73		1		0.019		
17:1.....g									
18:1 undifferentiated.....g	1.046		73		1		1.935		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.044		0		1		1.931		
18:2 undifferentiated.....g	1.000		73		1		1.850		
18:3 undifferentiated.....g	0.044		73		1		0.081		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.101		25		1		0.187		
Threonine.....g	0.291		40		1		0.538		
Isoleucine.....g	0.336		40		1		0.622		
Leucine.....g	0.657		40		1		1.215		
Lysine.....g	0.303		58		1		0.561		
Methionine.....g	0.179		44		1		0.331		
Cystine.....g	0.096		37		1		0.178		
Phenylalanine.....g	0.410		40		1		0.759		
Tyrosine.....g	0.298		39		1		0.551		
Valine.....g	0.466		40		1		0.862		
Arginine.....g	0.602		40		1		1.114		
Histidine.....g	0.202		40		1		0.374		
Alanine.....g	0.463		39		1		0.857		
Aspartic acid.....g	0.743		40		1		1.375		
Glutamic acid.....g	1.618		40		1		2.993		
Glycine.....g	0.391		40		1		0.723		
Proline.....g	0.372		37		1		0.688		
Serine.....g	0.411		40		1		0.760		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

NDB No. 20036

Rice, brown, long-grain, raw

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20041

Rice, brown, medium-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.300		0		1		0.585		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.006		
17:1.....g									
18:1 undifferentiated.....g	0.297		0		1		0.579		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.296		0		1		0.577		
18:2 undifferentiated.....g	0.283		0		1		0.552		
18:3 undifferentiated.....g	0.013		0		1		0.025		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.030		0		1		0.059		
Threonine.....g	0.085		0		1		0.166		
Isoleucine.....g	0.098		0		1		0.191		
Leucine.....g	0.191		0		1		0.372		
Lysine.....g	0.088		0		1		0.172		
Methionine.....g	0.052		0		1		0.101		
Cystine.....g	0.028		0		1		0.055		
Phenylalanine.....g	0.119		0		1		0.232		
Tyrosine.....g	0.087		0		1		0.170		
Valine.....g	0.136		0		1		0.265		
Arginine.....g	0.175		0		1		0.341		
Histidine.....g	0.059		0		1		0.115		
Alanine.....g	0.135		0		1		0.263		
Aspartic acid.....g	0.217		0		1		0.423		
Glutamic acid.....g	0.472		0		1		0.920		
Glycine.....g	0.114		0		1		0.222		
Proline.....g	0.109		0		1		0.213		
Serine.....g	0.120		0		1		0.234		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 195g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20040
Rice, brown, medium-grain, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.971		0		1		1.845		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		1		0.019		
17:1.....g									
18:1 undifferentiated.....g	0.961		0		1		1.826		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.959		0		1		1.822		
18:2 undifferentiated.....g	0.918		0		1		1.744		
18:3 undifferentiated.....g	0.041		0		1		0.078		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.096		0		1		0.182		
Threonine.....g	0.275		0		1		0.523		
Isoleucine.....g	0.318		0		1		0.604		
Leucine.....g	0.620		0		1		1.178		
Lysine.....g	0.286		0		1		0.543		
Methionine.....g	0.169		0		1		0.321		
Cystine.....g	0.091		0		1		0.173		
Phenylalanine.....g	0.387		0		1		0.735		
Tyrosine.....g	0.281		0		1		0.534		
Valine.....g	0.440		0		1		0.836		
Arginine.....g	0.569		0		1		1.081		
Histidine.....g	0.190		0		1		0.361		
Alanine.....g	0.437		0		1		0.830		
Aspartic acid.....g	0.702		0		1		1.334		
Glutamic acid.....g	1.528		0		1		2.903		
Glycine.....g	0.369		0		1		0.701		
Proline.....g	0.352		0		1		0.669		
Serine.....g	0.388		0		1		0.737		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 190g: 1 cup

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20055
Rice, white, glutinous, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.070		0		1		0.122		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.070		0		1		0.122		
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	0.069		0		1		0.120		
18:2 undifferentiated.....g	0.066		0		1		0.115		
18:3 undifferentiated.....g	0.003		0		1		0.005		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.023		0		1		0.040		
Threonine.....g	0.072		0		1		0.125		
Isoleucine.....g	0.087		0		1		0.151		
Leucine.....g	0.167		0		1		0.291		
Lysine.....g	0.073		0		1		0.127		
Methionine.....g	0.047		0		1		0.082		
Cystine.....g	0.041		0		1		0.071		
Phenylalanine.....g	0.108		0		1		0.188		
Tyrosine.....g	0.067		0		1		0.117		
Valine.....g	0.123		0		1		0.214		
Arginine.....g	0.168		0		1		0.292		
Histidine.....g	0.047		0		1		0.082		
Alanine.....g	0.117		0		1		0.204		
Aspartic acid.....g	0.190		0		1		0.331		
Glutamic acid.....g	0.393		0		1		0.684		
Glycine.....g	0.092		0		1		0.160		
Proline.....g	0.095		0		1		0.165		
Serine.....g	0.106		0		1		0.184		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	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 = 174g: 1 cup

NDB No. 20055

Rice, white, glutinous, cooked

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20054
Rice, white, glutinous, raw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.200		0		1		0.370		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		73		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.198		73		1		0.366		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.198		0		1		0.366		
18:2 undifferentiated.....g	0.189		73		1		0.350		
18:3 undifferentiated.....g	0.008		73		1		0.015		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.079		0		1		0.146		
Threonine.....g	0.244		0		1		0.451		
Isoleucine.....g	0.294		0		1		0.544		
Leucine.....g	0.563		0		1		1.042		
Lysine.....g	0.246		0		1		0.455		
Methionine.....g	0.160		0		1		0.296		
Cystine.....g	0.140		0		1		0.259		
Phenylalanine.....g	0.364		0		1		0.673		
Tyrosine.....g	0.228		0		1		0.422		
Valine.....g	0.416		0		1		0.770		
Arginine.....g	0.568		0		1		1.051		
Histidine.....g	0.160		0		1		0.296		
Alanine.....g	0.395		0		1		0.731		
Aspartic acid.....g	0.640		0		1		1.184		
Glutamic acid.....g	1.328		0		1		2.457		
Glycine.....g	0.310		0		1		0.574		
Proline.....g	0.321		0		1		0.594		
Serine.....g	0.358		0		1		0.662		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.065		0		1		0.114		
17:0.....g									
18:0.....g	0.005		0		1		0.009		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.084		0		1		0.147		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.083		0		1		0.145		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.126		
18:2 undifferentiated.....g	0.059		0		1		0.103		
18:3 undifferentiated.....g	0.013		0		1		0.023		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.047		
Threonine.....g	0.082		0		1		0.144		
Isoleucine.....g	0.099		0		1		0.173		
Leucine.....g	0.190		0		1		0.333		
Lysine.....g	0.083		0		1		0.145		
Methionine.....g	0.054		0		1		0.095		
Cystine.....g	0.047		0		1		0.082		
Phenylalanine.....g	0.122		0		1		0.214		
Tyrosine.....g	0.077		0		1		0.135		
Valine.....g	0.140		0		1		0.245		
Arginine.....g	0.191		0		1		0.334		
Histidine.....g	0.054		0		1		0.095		
Alanine.....g	0.133		0		1		0.233		
Aspartic acid.....g	0.215		0		1		0.376		
Glutamic acid.....g	0.447		0		1		0.782		
Glycine.....g	0.104		0		1		0.182		
Proline.....g	0.108		0		1		0.189		
Serine.....g	0.121		0		1		0.212		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

NDB No. 20047

Rice, white, long-grain, parboiled, enriched, cooked

Common Measures:

Measure 1 = 175g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20046

Rice, white, long-grain, parboiled, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.135		19		1		0.250		
17:0.....g									
18:0.....g	0.010		19		1		0.019		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.173		0		1		0.320		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		19		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.171		19		1		0.316		
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	0.149		0		1		0.276		
18:2 undifferentiated.....g	0.122		19		1		0.226		
18:3 undifferentiated.....g	0.026		19		1		0.048		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.079		0		1		0.146		
Threonine.....g	0.243		0		1		0.450		
Isoleucine.....g	0.293		0		1		0.542		
Leucine.....g	0.562		0		1		1.040		
Lysine.....g	0.246		0		1		0.455		
Methionine.....g	0.160		0		1		0.296		
Cystine.....g	0.139		0		1		0.257		
Phenylalanine.....g	0.363		0		1		0.672		
Tyrosine.....g	0.227		0		1		0.420		
Valine.....g	0.414		0		1		0.766		
Arginine.....g	0.566		0		1		1.047		
Histidine.....g	0.160		0		1		0.296		
Alanine.....g	0.394		0		1		0.729		
Aspartic acid.....g	0.638		0		1		1.180		
Glutamic acid.....g	1.325		0		1		2.451		
Glycine.....g	0.309		0		1		0.572		
Proline.....g	0.320		0		1		0.592		
Serine.....g	0.357		0		1		0.660		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero 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. 20046

Rice, white, long-grain, parboiled, enriched, dry

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20447

Rice, white, long-grain, parboiled, unenriched, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.084		0		1		0.147		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.083		0		1		0.145		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.072		0		1		0.126		
18:2 undifferentiated.....g	0.059		0		1		0.103		
18:3 undifferentiated.....g	0.013		0		1		0.023		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.027		0		1		0.047		
Threonine.....g	0.082		0		1		0.144		
Isoleucine.....g	0.099		0		1		0.173		
Leucine.....g	0.190		0		1		0.333		
Lysine.....g	0.083		0		1		0.145		
Methionine.....g	0.054		0		1		0.095		
Cystine.....g	0.047		0		1		0.082		
Phenylalanine.....g	0.122		0		1		0.214		
Tyrosine.....g	0.077		0		1		0.135		
Valine.....g	0.140		0		1		0.245		
Arginine.....g	0.191		0		1		0.334		
Histidine.....g	0.054		0		1		0.095		
Alanine.....g	0.133		0		1		0.233		
Aspartic acid.....g	0.215		0		1		0.376		
Glutamic acid.....g	0.447		0		1		0.782		
Glycine.....g	0.104		0		1		0.182		
Proline.....g	0.108		0		1		0.189		
Serine.....g	0.121		0		1		0.212		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 175g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20446

Rice, white, long-grain, parboiled, unenriched, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.173		0		1		0.320		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.171		0		1		0.316		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.149		0		1		0.276		
18:2 undifferentiated.....g	0.122		0		1		0.226		
18:3 undifferentiated.....g	0.026		0		1		0.048		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.079		0		1		0.146		
Threonine.....g	0.243		0		1		0.450		
Isoleucine.....g	0.293		0		1		0.542		
Leucine.....g	0.562		0		1		1.040		
Lysine.....g	0.246		0		1		0.455		
Methionine.....g	0.160		0		1		0.296		
Cystine.....g	0.139		0		1		0.257		
Phenylalanine.....g	0.363		0		1		0.672		
Tyrosine.....g	0.227		0		1		0.420		
Valine.....g	0.414		0		1		0.766		
Arginine.....g	0.566		0		1		1.047		
Histidine.....g	0.160		0		1		0.296		
Alanine.....g	0.394		0		1		0.729		
Aspartic acid.....g	0.638		0		1		1.180		
Glutamic acid.....g	1.325		0		1		2.451		
Glycine.....g	0.309		0		1		0.572		
Proline.....g	0.320		0		1		0.592		
Serine.....g	0.357		0		1		0.660		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20048

Rice, white, long-grain, precooked or instant, enriched, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.070		0		1		0.067		
17:0.....g									
18:0.....g	0.005		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.089		0		1		0.085		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.088		0		1		0.084		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.077		0		1		0.073		
18:2 undifferentiated.....g	0.063		0		1		0.060		
18:3 undifferentiated.....g	0.014		0		1		0.013		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.089		0		1		0.085		
Threonine.....g	0.274		0		1		0.260		
Isoleucine.....g	0.331		0		1		0.314		
Leucine.....g	0.633		0		1		0.601		
Lysine.....g	0.277		0		1		0.263		
Methionine.....g	0.180		0		1		0.171		
Cystine.....g	0.157		0		1		0.149		
Phenylalanine.....g	0.409		0		1		0.389		
Tyrosine.....g	0.256		0		1		0.243		
Valine.....g	0.467		0		1		0.444		
Arginine.....g	0.638		0		1		0.606		
Histidine.....g	0.180		0		1		0.171		
Alanine.....g	0.444		0		1		0.422		
Aspartic acid.....g	0.719		0		1		0.683		
Glutamic acid.....g	1.493		0		1		1.418		
Glycine.....g	0.349		0		1		0.332		
Proline.....g	0.360		0		1		0.342		
Serine.....g	0.403		0		1		0.383		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

NDB No. 20048

Rice, white, long-grain, precooked or instant, enriched, dry

Common Measures:

Measure 1 = 95g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20049

Rice, white, long-grain, precooked or instant, enriched, 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
16:0.....g	0.040		0		1		0.066		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.051		0		1		0.084		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.083		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.044		0		1		0.073		
18:2 undifferentiated.....g	0.036		0		1		0.059		
18:3 undifferentiated.....g	0.008		0		1		0.013		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.024		0		1		0.040		
Threonine.....g	0.074		0		1		0.122		
Isoleucine.....g	0.089		0		1		0.147		
Leucine.....g	0.170		0		1		0.281		
Lysine.....g	0.074		0		1		0.122		
Methionine.....g	0.048		0		1		0.079		
Cystine.....g	0.042		0		1		0.069		
Phenylalanine.....g	0.110		0		1		0.182		
Tyrosine.....g	0.069		0		1		0.114		
Valine.....g	0.126		0		1		0.208		
Arginine.....g	0.172		0		1		0.284		
Histidine.....g	0.048		0		1		0.079		
Alanine.....g	0.119		0		1		0.196		
Aspartic acid.....g	0.193		0		1		0.318		
Glutamic acid.....g	0.401		0		1		0.662		
Glycine.....g	0.094		0		1		0.155		
Proline.....g	0.097		0		1		0.160		
Serine.....g	0.108		0		1		0.178		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.000		
Carotene, alpha.....mcg	0		0	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.

NDB No. 20049

Rice, white, long-grain, precooked or instant, enriched, prepared

Common Measures:

Measure 1 = 165g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20045

Rice, white, long-grain, regular, cooked

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.088		0		1		0.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.137		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.120		
18:2 undifferentiated.....g	0.062		0		1		0.098		
18:3 undifferentiated.....g	0.013		0		1		0.021		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.049		
Threonine.....g	0.096		0		1		0.152		
Isoleucine.....g	0.116		0		1		0.183		
Leucine.....g	0.222		0		1		0.351		
Lysine.....g	0.097		0		1		0.153		
Methionine.....g	0.063		0		1		0.100		
Cystine.....g	0.055		0		1		0.087		
Phenylalanine.....g	0.144		0		1		0.228		
Tyrosine.....g	0.090		0		1		0.142		
Valine.....g	0.164		0		1		0.259		
Arginine.....g	0.224		0		1		0.354		
Histidine.....g	0.063		0		1		0.100		
Alanine.....g	0.156		0		1		0.246		
Aspartic acid.....g	0.253		0		1		0.400		
Glutamic acid.....g	0.524		0		1		0.828		
Glycine.....g	0.122		0		1		0.193		
Proline.....g	0.127		0		1		0.201		
Serine.....g	0.141		0		1		0.223		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 158g: 1 cup

NDB No. 20045

Rice, white, long-grain, regular, cooked

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20345

Rice, white, long-grain, regular, cooked, enriched, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.088		0		1		0.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.137		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.120		
18:2 undifferentiated.....g	0.062		0		1		0.098		
18:3 undifferentiated.....g	0.013		0		1		0.021		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.049		
Threonine.....g	0.096		0		1		0.152		
Isoleucine.....g	0.116		0		1		0.183		
Leucine.....g	0.222		0		1		0.351		
Lysine.....g	0.097		0		1		0.153		
Methionine.....g	0.063		0		1		0.100		
Cystine.....g	0.055		0		1		0.087		
Phenylalanine.....g	0.144		0		1		0.228		
Tyrosine.....g	0.090		0		1		0.142		
Valine.....g	0.164		0		1		0.259		
Arginine.....g	0.224		0		1		0.354		
Histidine.....g	0.063		0		1		0.100		
Alanine.....g	0.156		0		1		0.246		
Aspartic acid.....g	0.253		0		1		0.400		
Glutamic acid.....g	0.524		0		1		0.828		
Glycine.....g	0.122		0		1		0.193		
Proline.....g	0.127		0		1		0.201		
Serine.....g	0.141		0		1		0.223		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	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		

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

Common Measures:

Measure 1 = 158g: 1 cup

NDB No. 20345

Rice, white, long-grain, regular, cooked, enriched, with salt

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20545

Rice, white, long-grain, regular, cooked, unenriched, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.088		0		1		0.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.137		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.120		
18:2 undifferentiated.....g	0.062		0		1		0.098		
18:3 undifferentiated.....g	0.013		0		1		0.021		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.049		
Threonine.....g	0.096		0		1		0.152		
Isoleucine.....g	0.116		0		1		0.183		
Leucine.....g	0.222		0		1		0.351		
Lysine.....g	0.097		0		1		0.153		
Methionine.....g	0.063		0		1		0.100		
Cystine.....g	0.055		0		1		0.087		
Phenylalanine.....g	0.144		0		1		0.228		
Tyrosine.....g	0.090		0		1		0.142		
Valine.....g	0.164		0		1		0.259		
Arginine.....g	0.224		0		1		0.354		
Histidine.....g	0.063		0		1		0.100		
Alanine.....g	0.156		0		1		0.246		
Aspartic acid.....g	0.253		0		1		0.400		
Glutamic acid.....g	0.524		0		1		0.828		
Glycine.....g	0.122		0		1		0.193		
Proline.....g	0.127		0		1		0.201		
Serine.....g	0.141		0		1		0.223		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	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		

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

Common Measures:

Measure 1 = 158g: 1 cup

NDB No. 20545

Rice, white, long-grain, regular, cooked, unenriched, with salt

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20445

Rice, white, long-grain, regular, cooked, unenriched, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.088		0		1		0.139		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.087		0		1		0.137		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.076		0		1		0.120		
18:2 undifferentiated.....g	0.062		0		1		0.098		
18:3 undifferentiated.....g	0.013		0		1		0.021		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.031		0		1		0.049		
Threonine.....g	0.096		0		1		0.152		
Isoleucine.....g	0.116		0		1		0.183		
Leucine.....g	0.222		0		1		0.351		
Lysine.....g	0.097		0		1		0.153		
Methionine.....g	0.063		0		1		0.100		
Cystine.....g	0.055		0		1		0.087		
Phenylalanine.....g	0.144		0		1		0.228		
Tyrosine.....g	0.090		0		1		0.142		
Valine.....g	0.164		0		1		0.259		
Arginine.....g	0.224		0		1		0.354		
Histidine.....g	0.063		0		1		0.100		
Alanine.....g	0.156		0		1		0.246		
Aspartic acid.....g	0.253		0		1		0.400		
Glutamic acid.....g	0.524		0		1		0.828		
Glycine.....g	0.122		0		1		0.193		
Proline.....g	0.127		0		1		0.201		
Serine.....g	0.141		0		1		0.223		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	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		

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

Common Measures:

Measure 1 = 158g: 1 cup

NDB No. 20445

Rice, white, long-grain, regular, cooked, unenriched, without salt

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20044

Rice, white, long-grain, regular, raw, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.161		19		1		0.298		
17:0.....g									
18:0.....g	0.012		19		1		0.022		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.206		0		1		0.381		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		19		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.203		19		1		0.376		
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	0.177		0		1		0.327		
18:2 undifferentiated.....g	0.146		19		1		0.270		
18:3 undifferentiated.....g	0.031		19		1		0.057		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		95		1		0.154		
Threonine.....g	0.255		127		1		0.472		
Isoleucine.....g	0.308		109		1		0.570		
Leucine.....g	0.589		125		1		1.090		
Lysine.....g	0.258		141		1		0.477		
Methionine.....g	0.168		121		1		0.311		
Cystine.....g	0.146		53		1		0.270		
Phenylalanine.....g	0.381		104		1		0.705		
Tyrosine.....g	0.238		173		1		0.440		
Valine.....g	0.435		109		1		0.805		
Arginine.....g	0.594		96		1		1.099		
Histidine.....g	0.168		96		1		0.311		
Alanine.....g	0.413		84		1		0.764		
Aspartic acid.....g	0.670		83		1		1.240		
Glutamic acid.....g	1.389		83		1		2.570		
Glycine.....g	0.325		84		1		0.601		
Proline.....g	0.335		98		1		0.620		
Serine.....g	0.375		84		1		0.694		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

NDB No. 20044

Rice, white, long-grain, regular, raw, enriched

Common Measures:

Measure 1 = 185g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20444

Rice, white, long-grain, regular, raw, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.206		0		1		0.381		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		19		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.203		19		1		0.376		
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	0.177		0		1		0.327		
18:2 undifferentiated.....g	0.146		19		1		0.270		
18:3 undifferentiated.....g	0.031		19		1		0.057		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.083		95		1		0.154		
Threonine.....g	0.255		127		1		0.472		
Isoleucine.....g	0.308		109		1		0.570		
Leucine.....g	0.589		125		1		1.090		
Lysine.....g	0.258		141		1		0.477		
Methionine.....g	0.168		121		1		0.311		
Cystine.....g	0.146		53		1		0.270		
Phenylalanine.....g	0.381		104		1		0.705		
Tyrosine.....g	0.238		173		1		0.440		
Valine.....g	0.435		109		1		0.805		
Arginine.....g	0.594		96		1		1.099		
Histidine.....g	0.168		96		1		0.311		
Alanine.....g	0.413		84		1		0.764		
Aspartic acid.....g	0.670		83		1		1.240		
Glutamic acid.....g	1.389		83		1		2.570		
Glycine.....g	0.325		84		1		0.601		
Proline.....g	0.335		98		1		0.620		
Serine.....g	0.375		84		1		0.694		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	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		

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

Common Measures:

Measure 1 = 185g: 1 cup

NDB No. 20444

Rice, white, long-grain, regular, raw, unenriched

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20051

Rice, white, medium-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.065		0		1		0.121		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.064		0		1		0.119		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0		1		0.104		
18:2 undifferentiated.....g	0.046		0		1		0.086		
18:3 undifferentiated.....g	0.010		0		1		0.019		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.028		0		1		0.052		
Threonine.....g	0.085		0		1		0.158		
Isoleucine.....g	0.103		0		1		0.192		
Leucine.....g	0.197		0		1		0.366		
Lysine.....g	0.086		0		1		0.160		
Methionine.....g	0.056		0		1		0.104		
Cystine.....g	0.049		0		1		0.091		
Phenylalanine.....g	0.127		0		1		0.236		
Tyrosine.....g	0.080		0		1		0.149		
Valine.....g	0.145		0		1		0.270		
Arginine.....g	0.198		0		1		0.368		
Histidine.....g	0.056		0		1		0.104		
Alanine.....g	0.138		0		1		0.257		
Aspartic acid.....g	0.224		0		1		0.417		
Glutamic acid.....g	0.464		0		1		0.863		
Glycine.....g	0.108		0		1		0.201		
Proline.....g	0.112		0		1		0.208		
Serine.....g	0.125		0		1		0.233		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20451

Rice, white, medium-grain, cooked, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.065		0		1		0.121		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.064		0		1		0.119		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.056		0		1		0.104		
18:2 undifferentiated.....g	0.046		0		1		0.086		
18:3 undifferentiated.....g	0.010		0		1		0.019		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.028		0		1		0.052		
Threonine.....g	0.085		0		1		0.158		
Isoleucine.....g	0.103		0		1		0.192		
Leucine.....g	0.197		0		1		0.366		
Lysine.....g	0.086		0		1		0.160		
Methionine.....g	0.056		0		1		0.104		
Cystine.....g	0.049		0		1		0.091		
Phenylalanine.....g	0.127		0		1		0.236		
Tyrosine.....g	0.080		0		1		0.149		
Valine.....g	0.145		0		1		0.270		
Arginine.....g	0.198		0		1		0.368		
Histidine.....g	0.056		0		1		0.104		
Alanine.....g	0.138		0		1		0.257		
Aspartic acid.....g	0.224		0		1		0.417		
Glutamic acid.....g	0.464		0		1		0.863		
Glycine.....g	0.108		0		1		0.201		
Proline.....g	0.112		0		1		0.208		
Serine.....g	0.125		0		1		0.233		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20050

Rice, white, medium-grain, raw, enriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.181		0		1		0.353		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.179		0		1		0.349		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0		1		0.302		
18:2 undifferentiated.....g	0.128		0		1		0.250		
18:3 undifferentiated.....g	0.027		0		1		0.053		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.077		0		1		0.150		
Threonine.....g	0.236		0		1		0.460		
Isoleucine.....g	0.285		0		1		0.556		
Leucine.....g	0.546		0		1		1.065		
Lysine.....g	0.239		0		1		0.466		
Methionine.....g	0.155		0		1		0.302		
Cystine.....g	0.135		0		1		0.263		
Phenylalanine.....g	0.353		0		1		0.688		
Tyrosine.....g	0.221		0		1		0.431		
Valine.....g	0.403		0		1		0.786		
Arginine.....g	0.551		0		1		1.074		
Histidine.....g	0.155		0		1		0.302		
Alanine.....g	0.383		0		1		0.747		
Aspartic acid.....g	0.621		0		1		1.211		
Glutamic acid.....g	1.288		0		1		2.512		
Glycine.....g	0.301		0		1		0.587		
Proline.....g	0.311		0		1		0.606		
Serine.....g	0.347		0		1		0.677		
Hydroxyproline.....g									

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

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20450

Rice, white, medium-grain, raw, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.181		0		1		0.353		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.179		0		1		0.349		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.155		0		1		0.302		
18:2 undifferentiated.....g	0.128		0		1		0.250		
18:3 undifferentiated.....g	0.027		0		1		0.053		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.077		0		1		0.150		
Threonine.....g	0.236		0		1		0.460		
Isoleucine.....g	0.285		0		1		0.556		
Leucine.....g	0.546		0		1		1.065		
Lysine.....g	0.239		0		1		0.466		
Methionine.....g	0.155		0		1		0.302		
Cystine.....g	0.135		0		1		0.263		
Phenylalanine.....g	0.353		0		1		0.688		
Tyrosine.....g	0.221		0		1		0.431		
Valine.....g	0.403		0		1		0.786		
Arginine.....g	0.551		0		1		1.074		
Histidine.....g	0.155		0		1		0.302		
Alanine.....g	0.383		0		1		0.747		
Aspartic acid.....g	0.621		0		1		1.211		
Glutamic acid.....g	1.288		0		1		2.512		
Glycine.....g	0.301		0		1		0.587		
Proline.....g	0.311		0		1		0.606		
Serine.....g	0.347		0		1		0.677		
Hydroxyproline.....g									

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

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20053
Rice, white, short-grain, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.058		0		1		0.108		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.058		0		1		0.108		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.093		
18:2 undifferentiated.....g	0.041		0		1		0.076		
18:3 undifferentiated.....g	0.009		0		1		0.017		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.027		0		1		0.050		
Threonine.....g	0.084		0		1		0.156		
Isoleucine.....g	0.102		0		1		0.190		
Leucine.....g	0.195		0		1		0.363		
Lysine.....g	0.085		0		1		0.158		
Methionine.....g	0.056		0		1		0.104		
Cystine.....g	0.048		0		1		0.089		
Phenylalanine.....g	0.126		0		1		0.234		
Tyrosine.....g	0.079		0		1		0.147		
Valine.....g	0.144		0		1		0.268		
Arginine.....g	0.197		0		1		0.366		
Histidine.....g	0.056		0		1		0.104		
Alanine.....g	0.137		0		1		0.255		
Aspartic acid.....g	0.222		0		1		0.413		
Glutamic acid.....g	0.460		0		1		0.856		
Glycine.....g	0.108		0		1		0.201		
Proline.....g	0.111		0		1		0.206		
Serine.....g	0.124		0		1		0.231		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 186g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20453

Rice, white, short-grain, cooked, unenriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.058		0		1		0.119		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	0.058		0		1		0.119		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.050		0		1		0.103		
18:2 undifferentiated.....g	0.041		0		1		0.084		
18:3 undifferentiated.....g	0.009		0		1		0.018		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.027		0		1		0.055		
Threonine.....g	0.084		0		1		0.172		
Isoleucine.....g	0.102		0		1		0.209		
Leucine.....g	0.195		0		1		0.400		
Lysine.....g	0.085		0		1		0.174		
Methionine.....g	0.056		0		1		0.115		
Cystine.....g	0.048		0		1		0.098		
Phenylalanine.....g	0.126		0		1		0.258		
Tyrosine.....g	0.079		0		1		0.162		
Valine.....g	0.144		0		1		0.295		
Arginine.....g	0.197		0		1		0.404		
Histidine.....g	0.056		0		1		0.115		
Alanine.....g	0.137		0		1		0.281		
Aspartic acid.....g	0.222		0		1		0.455		
Glutamic acid.....g	0.460		0		1		0.943		
Glycine.....g	0.108		0		1		0.221		
Proline.....g	0.111		0		1		0.228		
Serine.....g	0.124		0		1		0.254		
Hydroxyproline.....g									

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

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20052
Rice, white, short-grain, raw

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.161		0		1		0.322		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		19		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.159		19		1		0.318		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0		1		0.276		
18:2 undifferentiated.....g	0.114		19		1		0.228		
18:3 undifferentiated.....g	0.024		19		1		0.048		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.075		0		1		0.150		
Threonine.....g	0.233		0		1		0.466		
Isoleucine.....g	0.281		0		1		0.562		
Leucine.....g	0.538		0		1		1.076		
Lysine.....g	0.235		0		1		0.470		
Methionine.....g	0.153		0		1		0.306		
Cystine.....g	0.133		0		1		0.266		
Phenylalanine.....g	0.348		0		1		0.696		
Tyrosine.....g	0.217		0		1		0.434		
Valine.....g	0.397		0		1		0.794		
Arginine.....g	0.542		0		1		1.084		
Histidine.....g	0.153		0		1		0.306		
Alanine.....g	0.377		0		1		0.754		
Aspartic acid.....g	0.611		0		1		1.222		
Glutamic acid.....g	1.268		0		1		2.536		
Glycine.....g	0.296		0		1		0.592		
Proline.....g	0.306		0		1		0.612		
Serine.....g	0.342		0		1		0.684		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20452

Rice, white, short-grain, raw, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.161		0		1		0.322		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.159		0		1		0.318		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.138		0		1		0.276		
18:2 undifferentiated.....g	0.114		0		1		0.228		
18:3 undifferentiated.....g	0.024		0		1		0.048		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.075		0		1		0.150		
Threonine.....g	0.233		0		1		0.466		
Isoleucine.....g	0.281		0		1		0.562		
Leucine.....g	0.538		0		1		1.076		
Lysine.....g	0.235		0		1		0.470		
Methionine.....g	0.153		0		1		0.306		
Cystine.....g	0.133		0		1		0.266		
Phenylalanine.....g	0.348		0		1		0.696		
Tyrosine.....g	0.217		0		1		0.434		
Valine.....g	0.397		0		1		0.794		
Arginine.....g	0.542		0		1		1.084		
Histidine.....g	0.153		0		1		0.306		
Alanine.....g	0.377		0		1		0.754		
Aspartic acid.....g	0.611		0		1		1.222		
Glutamic acid.....g	1.268		0		1		2.536		
Glycine.....g	0.296		0		1		0.592		
Proline.....g	0.306		0		1		0.612		
Serine.....g	0.342		0		1		0.684		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 200g: 1 cup

Calories Factors: Protein 3.82

Fat 8.37

Carbohydrate 4.16

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20057

Rice, white, with pasta, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.119		0		1		2.260		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.002		
17:1.....g									
18:1 undifferentiated.....g	1.118		0		1		2.258		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.947		0		1		1.913		
18:2 undifferentiated.....g	0.903		0		1		1.824		
18:3 undifferentiated.....g	0.044		0		1		0.089		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0		4		2		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.031		0		1		0.063		
Threonine.....g	0.081		0		1		0.164		
Isoleucine.....g	0.105		0		1		0.212		
Leucine.....g	0.196		0		1		0.396		
Lysine.....g	0.075		0		1		0.152		
Methionine.....g	0.052		0		1		0.105		
Cystine.....g	0.054		0		1		0.109		
Phenylalanine.....g	0.131		0		1		0.265		
Tyrosine.....g	0.090		0		1		0.182		
Valine.....g	0.137		0		1		0.277		
Arginine.....g	0.166		0		1		0.335		
Histidine.....g	0.057		0		1		0.115		
Alanine.....g	0.120		0		1		0.242		
Aspartic acid.....g	0.187		0		1		0.378		
Glutamic acid.....g	0.657		0		1		1.327		
Glycine.....g	0.102		0		1		0.206		
Proline.....g	0.181		0		1		0.366		
Serine.....g	0.128		0		1		0.259		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 202g: 1 cup

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.14

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20056
Rice, white, with pasta, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.642		0		1		1.046		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.640		0		1		1.043		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.966		0		1		1.575		
18:2 undifferentiated.....g	0.913		0		1		1.488		
18:3 undifferentiated.....g	0.053		0		1		0.086		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	2	0.312	12		1		3		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.114		0		1		0.186		
Threonine.....g	0.299		0		1		0.487		
Isoleucine.....g	0.386		0		1		0.629		
Leucine.....g	0.722		0		1		1.177		
Lysine.....g	0.275		0		1		0.448		
Methionine.....g	0.191		0		1		0.311		
Cystine.....g	0.200		0		1		0.326		
Phenylalanine.....g	0.482		0		1		0.786		
Tyrosine.....g	0.330		0		1		0.538		
Valine.....g	0.504		0		1		0.822		
Arginine.....g	0.612		0		1		0.998		
Histidine.....g	0.208		0		1		0.339		
Alanine.....g	0.440		0		1		0.717		
Aspartic acid.....g	0.689		0		1		1.123		
Glutamic acid.....g	2.420		0		1		3.945		
Glycine.....g	0.376		0		1		0.613		
Proline.....g	0.666		0		1		1.086		
Serine.....g	0.472		0		1		0.769		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 163g: 1 cup

Calories Factors: Protein 3.87

Fat 8.37

Carbohydrate 4.14

Food Group: 20 Cereal Grains and Pasta

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.303		0		1		0.512		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		21		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.280		21		1		0.473		
20:1.....g	0.013		21		1		0.022		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.115		0		1		1.884		
18:2 undifferentiated.....g	0.958		21		1		1.619		
18:3 undifferentiated.....g	0.157		21		1		0.265		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.154		5		1		0.260		
Threonine.....g	0.532		18		1		0.899		
Isoleucine.....g	0.549		18		1		0.928		
Leucine.....g	0.980		18		1		1.656		
Lysine.....g	0.605		18		1		1.022		
Methionine.....g	0.248		16		1		0.419		
Cystine.....g	0.329		4		1		0.556		
Phenylalanine.....g	0.674		18		1		1.139		
Tyrosine.....g	0.339		9		1		0.573		
Valine.....g	0.747		18		1		1.262		
Arginine.....g	0.813		16		1		1.374		
Histidine.....g	0.367		17		1		0.620		
Alanine.....g	0.711		9		1		1.202		
Aspartic acid.....g	1.177		9		1		1.989		
Glutamic acid.....g	3.661		9		1		6.187		
Glycine.....g	0.701		10		1		1.185		
Proline.....g	1.491		8		1		2.520		
Serine.....g	0.681		9		1		1.151		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	7		0	BFZN	4		10.985		
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	210		0	BFZN	4		354.900		

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

Common Measures:

Measure 1 = 169g: 1 cup

NDB No. 20062
Rye

Calories Factors: Protein 3.05

Fat 8.37

Carbohydrate 3.86

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20063
Rye flour, 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
Fatty acids, total monounsaturated.....g	0.326		0		1		0.417		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.011		0		1		0.014		
17:1.....g									
18:1 undifferentiated.....g	0.301		0		1		0.385		
20:1.....g	0.014		0		1		0.018		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.200		0		1		1.536		
18:2 undifferentiated.....g	1.031		0		1		1.320		
18:3 undifferentiated.....g	0.169		0		1		0.216		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.159		0		1		0.204		
Threonine.....g	0.486		0		1		0.622		
Isoleucine.....g	0.541		0		1		0.692		
Leucine.....g	0.970		0		1		1.242		
Lysine.....g	0.486		0		1		0.622		
Methionine.....g	0.209		0		1		0.268		
Cystine.....g	0.277		0		1		0.355		
Phenylalanine.....g	0.710		0		1		0.909		
Tyrosine.....g	0.277		0		1		0.355		
Valine.....g	0.703		0		1		0.900		
Arginine.....g	0.635		0		1		0.813		
Histidine.....g	0.313		0		1		0.401		
Alanine.....g	0.580		0		1		0.742		
Aspartic acid.....g	0.965		0		1		1.235		
Glutamic acid.....g	3.915		0		1		5.011		
Glycine.....g	0.534		0		1		0.684		
Proline.....g	1.501		0		1		1.921		
Serine.....g	0.763		0		1		0.977		
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	7		1	A	1		8.320		
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	210		1	A	1		268.800		

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

Common Measures:

Measure 1 = 128g: 1 cup

NDB No. 20063
Rye flour, dark

Calories Factors: Protein 2.96

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20065
Rye flour, 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	0.153		0		1		0.156		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.005		
17:1.....g									
18:1 undifferentiated.....g	0.142		0		1		0.145		
20:1.....g	0.006		0		1		0.006		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.565		0		1		0.576		
18:2 undifferentiated.....g	0.485		0		1		0.495		
18:3 undifferentiated.....g	0.080		0		1		0.082		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.095		0		1		0.097		
Threonine.....g	0.291		0		1		0.297		
Isoleucine.....g	0.324		0		1		0.330		
Leucine.....g	0.580		0		1		0.592		
Lysine.....g	0.291		0		1		0.297		
Methionine.....g	0.125		0		1		0.128		
Cystine.....g	0.165		0		1		0.168		
Phenylalanine.....g	0.424		0		1		0.432		
Tyrosine.....g	0.165		0		1		0.168		
Valine.....g	0.420		0		1		0.428		
Arginine.....g	0.380		0		1		0.388		
Histidine.....g	0.187		0		1		0.191		
Alanine.....g	0.347		0		1		0.354		
Aspartic acid.....g	0.577		0		1		0.589		
Glutamic acid.....g	2.340		0		1		2.387		
Glycine.....g	0.319		0		1		0.325		
Proline.....g	0.898		0		1		0.916		
Serine.....g	0.456		0		1		0.465		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	210		0	BFZN	4		214.200		

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

Common Measures:

Measure 1 = 102g: 1 cup

NDB No. 20065
Rye flour, light

Calories Factors: Protein 3.41

Fat 8.37

Carbohydrate 4.07

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20064
Rye flour, medium

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.208		0		1		0.212		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		0		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.192		0		1		0.196		
20:1.....g	0.009		0		1		0.009		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.767		0		1		0.782		
18:2 undifferentiated.....g	0.659		0		1		0.672		
18:3 undifferentiated.....g	0.108		0		1		0.110		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.106		0		1		0.108		
Threonine.....g	0.325		0		1		0.332		
Isoleucine.....g	0.362		0		1		0.369		
Leucine.....g	0.649		0		1		0.662		
Lysine.....g	0.325		0		1		0.332		
Methionine.....g	0.140		0		1		0.143		
Cystine.....g	0.185		0		1		0.189		
Phenylalanine.....g	0.475		0		1		0.485		
Tyrosine.....g	0.185		0		1		0.189		
Valine.....g	0.470		0		1		0.479		
Arginine.....g	0.425		0		1		0.434		
Histidine.....g	0.209		0		1		0.213		
Alanine.....g	0.388		0		1		0.396		
Aspartic acid.....g	0.646		0		1		0.659		
Glutamic acid.....g	2.621		0		1		2.673		
Glycine.....g	0.358		0		1		0.365		
Proline.....g	1.005		0		1		1.025		
Serine.....g	0.511		0		1		0.521		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	210		0	BFZN	4		214.200		

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

Common Measures:

Measure 1 = 102g: 1 cup

NDB No. 20064
Rye flour, medium

Calories Factors: Protein 3.23

Fat 8.37

Carbohydrate 3.99

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20066
Semolina, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.124		0		1		0.207		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.124		1		1		0.207		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.430		0		1		0.718		
18:2 undifferentiated.....g	0.393		1		1		0.656		
18:3 undifferentiated.....g	0.037		1		1		0.062		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.162		2		1		0.271		
Threonine.....g	0.335		6		1		0.559		
Isoleucine.....g	0.490		6		1		0.818		
Leucine.....g	0.867		6		1		1.448		
Lysine.....g	0.243		6		1		0.406		
Methionine.....g	0.198		6		1		0.331		
Cystine.....g	0.358		6		1		0.598		
Phenylalanine.....g	0.616		6		1		1.029		
Tyrosine.....g	0.333		6		1		0.556		
Valine.....g	0.540		6		1		0.902		
Arginine.....g	0.467		6		1		0.780		
Histidine.....g	0.257		6		1		0.429		
Alanine.....g	0.372		6		1		0.621		
Aspartic acid.....g	0.518		6		1		0.865		
Glutamic acid.....g	4.571		6		1		7.634		
Glycine.....g	0.401		6		1		0.670		
Proline.....g	1.395		6		1		2.330		
Serine.....g	0.598		6		1		0.999		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20466
Semolina, unenriched

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.124		0		1		0.207		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.124		1		1		0.207		
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	0.430		0		1		0.718		
18:2 undifferentiated.....g	0.393		1		1		0.656		
18:3 undifferentiated.....g	0.037		1		1		0.062		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.162		6		1		0.271		
Threonine.....g	0.335		6		1		0.559		
Isoleucine.....g	0.490		6		1		0.818		
Leucine.....g	0.867		6		1		1.448		
Lysine.....g	0.243		6		1		0.406		
Methionine.....g	0.198		6		1		0.331		
Cystine.....g	0.358		6		1		0.598		
Phenylalanine.....g	0.616		6		1		1.029		
Tyrosine.....g	0.333		6		1		0.556		
Valine.....g	0.540		6		1		0.902		
Arginine.....g	0.467		6		1		0.780		
Histidine.....g	0.257		6		1		0.429		
Alanine.....g	0.372		6		1		0.621		
Aspartic acid.....g	0.518		6		1		0.865		
Glutamic acid.....g	4.571		6		1		7.634		
Glycine.....g	0.401		6		1		0.670		
Proline.....g	1.395		6		1		2.330		
Serine.....g	0.598		6		1		0.999		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 167g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20067
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
16:1 undifferentiated.....g	0.029		5		1		0.056		
17:1.....g									
18:1 undifferentiated.....g	0.964		5		1		1.851		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.370		0		1		2.630		
18:2 undifferentiated.....g	1.305		5		1		2.506		
18:3 undifferentiated.....g	0.065		5		1		0.125		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.124		14		1		0.238		
Threonine.....g	0.346		63		1		0.664		
Isoleucine.....g	0.433		63		1		0.831		
Leucine.....g	1.491		65		1		2.863		
Lysine.....g	0.229		69		1		0.440		
Methionine.....g	0.169		64		1		0.324		
Cystine.....g	0.127		51		1		0.244		
Phenylalanine.....g	0.546		63		1		1.048		
Tyrosine.....g	0.321		63		1		0.616		
Valine.....g	0.561		53		1		1.077		
Arginine.....g	0.355		64		1		0.682		
Histidine.....g	0.246		63		1		0.472		
Alanine.....g	1.033		62		1		1.983		
Aspartic acid.....g	0.743		62		1		1.427		
Glutamic acid.....g	2.439		62		1		4.683		
Glycine.....g	0.346		62		1		0.664		
Proline.....g	0.852		62		1		1.636		
Serine.....g	0.462		60		1		0.887		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein .91

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20321

Spaghetti, cooked, enriched, with added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		1		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.079		0		1		0.111		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.273		0		1		0.382		
18:2 undifferentiated.....g	0.249		0		1		0.349		
18:3 undifferentiated.....g	0.024		0		1		0.034		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.085		
Threonine.....g	0.126		0		1		0.176		
Isoleucine.....g	0.184		0		1		0.258		
Leucine.....g	0.326		0		1		0.456		
Lysine.....g	0.091		0		1		0.127		
Methionine.....g	0.074		0		1		0.104		
Cystine.....g	0.134		0		1		0.188		
Phenylalanine.....g	0.231		0		1		0.323		
Tyrosine.....g	0.125		0		1		0.175		
Valine.....g	0.203		0		1		0.284		
Arginine.....g	0.176		0		1		0.246		
Histidine.....g	0.097		0		1		0.136		
Alanine.....g	0.140		0		1		0.196		
Aspartic acid.....g	0.195		0		1		0.273		
Glutamic acid.....g	1.718		0		1		2.405		
Glycine.....g	0.151		0		1		0.211		
Proline.....g	0.524		0		1		0.734		
Serine.....g	0.225		0		1		0.315		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.081		
Carotene, alpha.....mcg	0		0	BFSN	4		0.038		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.054		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	7		0	BFSN	4		9.801		

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

Common Measures:

Measure 1 = 140g: 1 cup

NDB No. 20321

Spaghetti, cooked, enriched, with added salt

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20121

Spaghetti, cooked, enriched, without added salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		1		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.079		0		1		0.111		
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	0.273		0		1		0.382		
18:2 undifferentiated.....g	0.249		0		1		0.349		
18:3 undifferentiated.....g	0.024		0		1		0.034		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.085		
Threonine.....g	0.126		0		1		0.176		
Isoleucine.....g	0.184		0		1		0.258		
Leucine.....g	0.326		0		1		0.456		
Lysine.....g	0.091		0		1		0.127		
Methionine.....g	0.074		0		1		0.104		
Cystine.....g	0.134		0		1		0.188		
Phenylalanine.....g	0.231		0		1		0.323		
Tyrosine.....g	0.125		0		1		0.175		
Valine.....g	0.203		0		1		0.284		
Arginine.....g	0.176		0		1		0.246		
Histidine.....g	0.097		0		1		0.136		
Alanine.....g	0.140		0		1		0.196		
Aspartic acid.....g	0.195		0		1		0.273		
Glutamic acid.....g	1.718		0		1		2.405		
Glycine.....g	0.151		0		1		0.211		
Proline.....g	0.524		0		1		0.734		
Serine.....g	0.225		0		1		0.315		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFSN	4		0.081		
Carotene, alpha.....mcg	0		0	BFSN	4		0.038		
Cryptoxanthin, beta.....mcg	0		0	BFSN	4		0.054		
Lycopene.....mcg	0		0	BFSN	4		0.000		
Lutein + zeaxanthin.....mcg	7		0	BFSN	4		9.801		

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

Common Measures:

Measure 1 = 140g: 1 cup

NDB No. 20121

Spaghetti, cooked, enriched, without added salt

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20521

Spaghetti, cooked, unenriched, with added salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		1		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.079		0		1		0.111		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.273		0		1		0.382		
18:2 undifferentiated.....g	0.249		0		1		0.349		
18:3 undifferentiated.....g	0.024		0		1		0.034		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.061		0		1		0.085		
Threonine.....g	0.126		0		1		0.176		
Isoleucine.....g	0.184		0		1		0.258		
Leucine.....g	0.326		0		1		0.456		
Lysine.....g	0.091		0		1		0.127		
Methionine.....g	0.074		0		1		0.104		
Cystine.....g	0.134		0		1		0.188		
Phenylalanine.....g	0.231		0		1		0.323		
Tyrosine.....g	0.125		0		1		0.175		
Valine.....g	0.203		0		1		0.284		
Arginine.....g	0.176		0		1		0.246		
Histidine.....g	0.097		0		1		0.136		
Alanine.....g	0.140		0		1		0.196		
Aspartic acid.....g	0.195		0		1		0.273		
Glutamic acid.....g	1.718		0		1		2.405		
Glycine.....g	0.151		0		1		0.211		
Proline.....g	0.524		0		1		0.734		
Serine.....g	0.225		0		1		0.315		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20421

Spaghetti, cooked, unenriched, without added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.079		0		1		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.079		0		1		0.111		
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	0.273		0		1		0.382		
18:2 undifferentiated.....g	0.249		0		1		0.349		
18:3 undifferentiated.....g	0.024		0		1		0.034		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.061		0		1		0.085		
Threonine.....g	0.126		0		1		0.176		
Isoleucine.....g	0.184		0		1		0.258		
Leucine.....g	0.326		0		1		0.456		
Lysine.....g	0.091		0		1		0.127		
Methionine.....g	0.074		0		1		0.104		
Cystine.....g	0.134		0		1		0.188		
Phenylalanine.....g	0.231		0		1		0.323		
Tyrosine.....g	0.125		0		1		0.175		
Valine.....g	0.203		0		1		0.284		
Arginine.....g	0.176		0		1		0.246		
Histidine.....g	0.097		0		1		0.136		
Alanine.....g	0.140		0		1		0.196		
Aspartic acid.....g	0.195		0		1		0.273		
Glutamic acid.....g	1.718		0		1		2.405		
Glycine.....g	0.151		0		1		0.211		
Proline.....g	0.524		0		1		0.734		
Serine.....g	0.225		0		1		0.315		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20120
Spaghetti, dry, enriched

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.186		0		1		0.106		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.186		0		1		0.106		
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	0.647		0		1		0.369		
18:2 undifferentiated.....g	0.591		0		1		0.337		
18:3 undifferentiated.....g	0.056		0		1		0.032		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.164		0		1		0.093		
Threonine.....g	0.338		0		1		0.193		
Isoleucine.....g	0.494		0		1		0.282		
Leucine.....g	0.874		0		1		0.498		
Lysine.....g	0.245		0		1		0.140		
Methionine.....g	0.199		0		1		0.113		
Cystine.....g	0.361		0		1		0.206		
Phenylalanine.....g	0.621		0		1		0.354		
Tyrosine.....g	0.336		0		1		0.192		
Valine.....g	0.545		0		1		0.311		
Arginine.....g	0.471		0		1		0.268		
Histidine.....g	0.259		0		1		0.148		
Alanine.....g	0.375		0		1		0.214		
Aspartic acid.....g	0.522		0		1		0.298		
Glutamic acid.....g	4.609		0		1		2.627		
Glycine.....g	0.404		0		1		0.230		
Proline.....g	1.406		0		1		0.801		
Serine.....g	0.602		0		1		0.343		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	BFZN	4		0.086		
Carotene, alpha.....mcg	0		0	BFZN	4		0.040		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.057		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		10.334		

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 oz

NDB No. 20120
Spaghetti, dry, enriched

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20420
Spaghetti, dry, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.186		0		1		0.106		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.186		0		1		0.106		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.647		0		1		0.369		
18:2 undifferentiated.....g	0.591		0		1		0.337		
18:3 undifferentiated.....g	0.056		0		1		0.032		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.164		0		1		0.093		
Threonine.....g	0.338		0		1		0.193		
Isoleucine.....g	0.494		0		1		0.282		
Leucine.....g	0.874		0		1		0.498		
Lysine.....g	0.245		0		1		0.140		
Methionine.....g	0.199		0		1		0.113		
Cystine.....g	0.361		0		1		0.206		
Phenylalanine.....g	0.621		0		1		0.354		
Tyrosine.....g	0.336		0		1		0.192		
Valine.....g	0.545		0		1		0.311		
Arginine.....g	0.471		0		1		0.268		
Histidine.....g	0.259		0		1		0.148		
Alanine.....g	0.375		0		1		0.214		
Aspartic acid.....g	0.522		0		1		0.298		
Glutamic acid.....g	4.609		0		1		2.627		
Glycine.....g	0.404		0		1		0.230		
Proline.....g	1.406		0		1		0.801		
Serine.....g	0.602		0		1		0.343		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 57g: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20123

Spaghetti, protein-fortified, cooked, enriched (N x 5.70)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.026		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.036		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.133		
18:2 undifferentiated.....g	0.086		0		1		0.120		
18:3 undifferentiated.....g	0.009		0		1		0.013		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.103		0		1		0.144		
Threonine.....g	0.228		0		1		0.319		
Isoleucine.....g	0.319		0		1		0.447		
Leucine.....g	0.557		0		1		0.780		
Lysine.....g	0.191		0		1		0.267		
Methionine.....g	0.129		0		1		0.181		
Cystine.....g	0.220		0		1		0.308		
Phenylalanine.....g	0.391		0		1		0.547		
Tyrosine.....g	0.220		0		1		0.308		
Valine.....g	0.354		0		1		0.496		
Arginine.....g	0.315		0		1		0.441		
Histidine.....g	0.169		0		1		0.237		
Alanine.....g	0.259		0		1		0.363		
Aspartic acid.....g	0.367		0		1		0.514		
Glutamic acid.....g	2.782		0		1		3.895		
Glycine.....g	0.269		0		1		0.377		
Proline.....g	0.848		0		1		1.187		
Serine.....g	0.383		0		1		0.536		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20523

Spaghetti, protein-fortified, cooked, enriched (n x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.026		0		1		0.036		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.026		0		1		0.036		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.095		0		1		0.133		
18:2 undifferentiated.....g	0.086		0		1		0.120		
18:3 undifferentiated.....g	0.009		0		1		0.013		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.103		0		1		0.144		
Threonine.....g	0.228		0		1		0.319		
Isoleucine.....g	0.319		0		1		0.447		
Leucine.....g	0.557		0		1		0.780		
Lysine.....g	0.191		0		1		0.267		
Methionine.....g	0.129		0		1		0.181		
Cystine.....g	0.220		0		1		0.308		
Phenylalanine.....g	0.391		0		1		0.547		
Tyrosine.....g	0.220		0		1		0.308		
Valine.....g	0.354		0		1		0.496		
Arginine.....g	0.315		0		1		0.441		
Histidine.....g	0.169		0		1		0.237		
Alanine.....g	0.259		0		1		0.363		
Aspartic acid.....g	0.367		0		1		0.514		
Glutamic acid.....g	2.782		0		1		3.895		
Glycine.....g	0.269		0		1		0.377		
Proline.....g	0.848		0		1		1.187		
Serine.....g	0.383		0		1		0.536		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20122

Spaghetti, protein-fortified, dry, enriched (n x 5.70)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.271		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.270		0		1		0.154		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.986		0		1		0.562		
18:2 undifferentiated.....g	0.893		0		1		0.509		
18:3 undifferentiated.....g	0.093		0		1		0.053		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.254		0		1		0.145		
Threonine.....g	0.561		0		1		0.320		
Isoleucine.....g	0.784		0		1		0.447		
Leucine.....g	1.369		0		1		0.780		
Lysine.....g	0.470		0		1		0.268		
Methionine.....g	0.317		0		1		0.181		
Cystine.....g	0.540		0		1		0.308		
Phenylalanine.....g	0.962		0		1		0.548		
Tyrosine.....g	0.540		0		1		0.308		
Valine.....g	0.871		0		1		0.496		
Arginine.....g	0.774		0		1		0.441		
Histidine.....g	0.415		0		1		0.237		
Alanine.....g	0.638		0		1		0.364		
Aspartic acid.....g	0.902		0		1		0.514		
Glutamic acid.....g	6.840		0		1		3.899		
Glycine.....g	0.662		0		1		0.377		
Proline.....g	2.084		0		1		1.188		
Serine.....g	0.941		0		1		0.536		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20622

Spaghetti, protein-fortified, dry, enriched (n x 6.25)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.271		0		1		0.154		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.270		0		1		0.154		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.986		0		1		0.562		
18:2 undifferentiated.....g	0.893		0		1		0.509		
18:3 undifferentiated.....g	0.093		0		1		0.053		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.254		0		1		0.145		
Threonine.....g	0.561		0		1		0.320		
Isoleucine.....g	0.784		0		1		0.447		
Leucine.....g	1.369		0		1		0.780		
Lysine.....g	0.470		0		1		0.268		
Methionine.....g	0.317		0		1		0.181		
Cystine.....g	0.540		0		1		0.308		
Phenylalanine.....g	0.962		0		1		0.548		
Tyrosine.....g	0.540		0		1		0.308		
Valine.....g	0.871		0		1		0.496		
Arginine.....g	0.774		0		1		0.441		
Histidine.....g	0.415		0		1		0.237		
Alanine.....g	0.638		0		1		0.364		
Aspartic acid.....g	0.902		0		1		0.514		
Glutamic acid.....g	6.840		0		1		3.899		
Glycine.....g	0.662		0		1		0.377		
Proline.....g	2.084		0		1		1.188		
Serine.....g	0.941		0		1		0.536		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 oz

Calories Factors: Protein 3.91

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20127
Spaghetti, spinach, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.072		0		1		0.101		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.072		0		1		0.101		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.257		0		1		0.360		
18:2 undifferentiated.....g	0.227		0		1		0.318		
18:3 undifferentiated.....g	0.030		0		1		0.042		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.058		0		1		0.081		
Threonine.....g	0.123		0		1		0.172		
Isoleucine.....g	0.177		0		1		0.248		
Leucine.....g	0.312		0		1		0.437		
Lysine.....g	0.094		0		1		0.132		
Methionine.....g	0.071		0		1		0.099		
Cystine.....g	0.126		0		1		0.176		
Phenylalanine.....g	0.220		0		1		0.308		
Tyrosine.....g	0.122		0		1		0.171		
Valine.....g	0.196		0		1		0.274		
Arginine.....g	0.170		0		1		0.238		
Histidine.....g	0.093		0		1		0.130		
Alanine.....g	0.137		0		1		0.192		
Aspartic acid.....g	0.198		0		1		0.277		
Glutamic acid.....g	1.619		0		1		2.267		
Glycine.....g	0.146		0		1		0.204		
Proline.....g	0.488		0		1		0.683		
Serine.....g	0.218		0		1		0.305		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 140g: 1 cup

Calories Factors: Protein 3.86

Fat 8.37

Carbohydrate 4.11

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20126
Spaghetti, spinach, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.181		0		1		0.103		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.001		0		1		0.001		
17:1.....g									
18:1 undifferentiated.....g	0.180		0		1		0.103		
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	0.641		0		1		0.365		
18:2 undifferentiated.....g	0.566		0		1		0.323		
18:3 undifferentiated.....g	0.074		0		1		0.042		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.170		0		1		0.097		
Threonine.....g	0.360		0		1		0.205		
Isoleucine.....g	0.516		0		1		0.294		
Leucine.....g	0.911		0		1		0.519		
Lysine.....g	0.273		0		1		0.156		
Methionine.....g	0.208		0		1		0.119		
Cystine.....g	0.369		0		1		0.210		
Phenylalanine.....g	0.642		0		1		0.366		
Tyrosine.....g	0.355		0		1		0.202		
Valine.....g	0.572		0		1		0.326		
Arginine.....g	0.495		0		1		0.282		
Histidine.....g	0.271		0		1		0.154		
Alanine.....g	0.399		0		1		0.227		
Aspartic acid.....g	0.577		0		1		0.329		
Glutamic acid.....g	4.726		0		1		2.694		
Glycine.....g	0.425		0		1		0.242		
Proline.....g	1.424		0		1		0.812		
Serine.....g	0.635		0		1		0.362		
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	277		0	BNA	4		157.662		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	RA	4		0.000		
Lutein + zeaxanthin.....mcg	3470		0	RA	4		1977.665		

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Common Measures:

Measure 1 = 57g: 2 oz

NDB No. 20126
Spaghetti, spinach, dry

Calories Factors: Protein 3.86

Fat 8.37

Carbohydrate 4.11

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20125
Spaghetti, whole-wheat, cooked

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.075		0		1		0.105		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.073		0		1		0.102		
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	0.213		0		1		0.298		
18:2 undifferentiated.....g	0.203		0		1		0.284		
18:3 undifferentiated.....g	0.010		0		1		0.014		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.069		0		1		0.097		
Threonine.....g	0.143		0		1		0.200		
Isoleucine.....g	0.207		0		1		0.290		
Leucine.....g	0.364		0		1		0.510		
Lysine.....g	0.118		0		1		0.165		
Methionine.....g	0.086		0		1		0.120		
Cystine.....g	0.111		0		1		0.155		
Phenylalanine.....g	0.265		0		1		0.371		
Tyrosine.....g	0.139		0		1		0.195		
Valine.....g	0.231		0		1		0.323		
Arginine.....g	0.188		0		1		0.263		
Histidine.....g	0.125		0		1		0.175		
Alanine.....g	0.166		0		1		0.232		
Aspartic acid.....g	0.240		0		1		0.336		
Glutamic acid.....g	1.847		0		1		2.586		
Glycine.....g	0.193		0		1		0.270		
Proline.....g	0.568		0		1		0.795		
Serine.....g	0.260		0		1		0.364		
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	2		0	BFZN	4		2.716		
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	81		0	BFZN	4		112.758		

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Common Measures:

Measure 1 = 140g: 1 cup

NDB No. 20125
Spaghetti, whole-wheat, cooked

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20124
Spaghetti, whole-wheat, dry

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.195		0		1		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		0		1		0.003		
17:1.....g									
18:1 undifferentiated.....g	0.190		0		1		0.108		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.556		0		1		0.317		
18:2 undifferentiated.....g	0.529		0		1		0.302		
18:3 undifferentiated.....g	0.027		0		1		0.015		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.188		0		1		0.107		
Threonine.....g	0.392		0		1		0.223		
Isoleucine.....g	0.570		0		1		0.325		
Leucine.....g	0.999		0		1		0.569		
Lysine.....g	0.324		0		1		0.185		
Methionine.....g	0.236		0		1		0.135		
Cystine.....g	0.306		0		1		0.174		
Phenylalanine.....g	0.728		0		1		0.415		
Tyrosine.....g	0.382		0		1		0.218		
Valine.....g	0.635		0		1		0.362		
Arginine.....g	0.517		0		1		0.295		
Histidine.....g	0.344		0		1		0.196		
Alanine.....g	0.457		0		1		0.260		
Aspartic acid.....g	0.660		0		1		0.376		
Glutamic acid.....g	5.073		0		1		2.892		
Glycine.....g	0.530		0		1		0.302		
Proline.....g	1.561		0		1		0.890		
Serine.....g	0.713		0		1		0.406		
Hydroxyproline.....g									

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: 2 oz

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20068
Tapioca, pearl, dry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.005		0		4		0.008		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.005		0		4		0.008		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.003		0		4		0.005		
18:2 undifferentiated.....g	0.002		0		4		0.003		
18:3 undifferentiated.....g	0.001		0		4		0.002		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.003		23		1		0.005		
Threonine.....g	0.004		23		1		0.006		
Isoleucine.....g	0.004		23		1		0.006		
Leucine.....g	0.006		23		1		0.009		
Lysine.....g	0.006		23		1		0.009		
Methionine.....g	0.002		23		1		0.003		
Cystine.....g	0.004		20		1		0.006		
Phenylalanine.....g	0.004		23		1		0.006		
Tyrosine.....g	0.002		23		1		0.003		
Valine.....g	0.005		23		1		0.008		
Arginine.....g	0.019		23		1		0.029		
Histidine.....g	0.003		23		1		0.005		
Alanine.....g	0.005		22		1		0.008		
Aspartic acid.....g	0.011		22		1		0.017		
Glutamic acid.....g	0.029		22		1		0.044		
Glycine.....g	0.004		22		1		0.006		
Proline.....g	0.005		22		1		0.008		
Serine.....g	0.005		22		1		0.008		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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

Common Measures:

Measure 1 = 152g: 1 cup

NDB No. 20068
Tapioca, pearl, dry

Calories Factors: Protein 2.78

Fat 8.37

Carbohydrate 4.03

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20069
Triticale

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.211		0		1		0.405		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		13		1		0.035		
17:1.....g									
18:1 undifferentiated.....g	0.178		13		1		0.342		
20:1.....g	0.015		13		1		0.029		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.913		0		1		1.753		
18:2 undifferentiated.....g	0.853		13		1		1.638		
18:3 undifferentiated.....g	0.061		13		1		0.117		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.157		4		1		0.301		
Threonine.....g	0.405		46		1		0.778		
Isoleucine.....g	0.479		27		1		0.920		
Leucine.....g	0.911		27		1		1.749		
Lysine.....g	0.365		46		1		0.701		
Methionine.....g	0.204		107		1		0.392		
Cystine.....g	0.275		8		1		0.528		
Phenylalanine.....g	0.638		108		1		1.225		
Tyrosine.....g	0.383		12		1		0.735		
Valine.....g	0.609		27		1		1.169		
Arginine.....g	0.671		27		1		1.288		
Histidine.....g	0.311		27		1		0.597		
Alanine.....g	0.486		9		1		0.933		
Aspartic acid.....g	0.785		9		1		1.507		
Glutamic acid.....g	4.006		9		1		7.692		
Glycine.....g	0.559		15		1		1.073		
Proline.....g	1.184		9		1		2.273		
Serine.....g	0.593		9		1		1.139		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.32

Fat 8.37

Carbohydrate 3.82

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20070
Triticale flour, whole-grain

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.183		0		1		0.238		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.016		0		1		0.021		
17:1.....g									
18:1 undifferentiated.....g	0.154		0		1		0.200		
20:1.....g	0.013		0		1		0.017		
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.794		0		1		1.032		
18:2 undifferentiated.....g	0.741		0		1		0.963		
18:3 undifferentiated.....g	0.053		0		1		0.069		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.158		0		1		0.205		
Threonine.....g	0.409		0		1		0.532		
Isoleucine.....g	0.484		0		1		0.629		
Leucine.....g	0.920		0		1		1.196		
Lysine.....g	0.369		0		1		0.480		
Methionine.....g	0.206		0		1		0.268		
Cystine.....g	0.278		0		1		0.361		
Phenylalanine.....g	0.644		0		1		0.837		
Tyrosine.....g	0.387		0		1		0.503		
Valine.....g	0.615		0		1		0.800		
Arginine.....g	0.678		0		1		0.881		
Histidine.....g	0.314		0		1		0.408		
Alanine.....g	0.491		0		1		0.638		
Aspartic acid.....g	0.794		0		1		1.032		
Glutamic acid.....g	4.048		0		1		5.262		
Glycine.....g	0.565		0		1		0.735		
Proline.....g	1.196		0		1		1.555		
Serine.....g	0.599		0		1		0.779		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 130g: 1 cup

Calories Factors: Protein 3.32

Fat 8.37

Carbohydrate 3.82

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 48052
Vital wheat gluten

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.156		0	BFFN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.006		0	BFFN	4				
17:1.....g									
18:1 undifferentiated.....g	0.150		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	0.810		0	BFFN	4				
18:2 undifferentiated.....g	0.763		0	BFFN	4				
18:3 undifferentiated.....g	0.048		0	BFFN	4				
18:4.....g	0.000		0	BFFN	4				
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFFN	4				
20:5 n-3.....g	0.000		0	BFFN	4				
22:5 n-3.....g	0.000		0	BFFN	4				
22:6 n-3.....g	0.000		0	BFFN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	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: 20 Cereal Grains and Pasta

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

NDB No. 20077
Wheat bran, crude

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.637		0		1		0.369		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.017		8		1		0.010		
17:1.....g									
18:1 undifferentiated.....g	0.619		8		1		0.359		
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	2.212		0		1		1.283		
18:2 undifferentiated.....g	2.039		8		1		1.183		
18:3 undifferentiated.....g	0.167		8		1		0.097		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.005		8		1		0.003		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.282		2		1		0.164		
Threonine.....g	0.500		12		1		0.290		
Isoleucine.....g	0.486		12		1		0.282		
Leucine.....g	0.928		12		1		0.538		
Lysine.....g	0.600		12		1		0.348		
Methionine.....g	0.234		12		1		0.136		
Cystine.....g	0.371		12		1		0.215		
Phenylalanine.....g	0.595		12		1		0.345		
Tyrosine.....g	0.436		12		1		0.253		
Valine.....g	0.726		12		1		0.421		
Arginine.....g	1.087		12		1		0.630		
Histidine.....g	0.430		12		1		0.249		
Alanine.....g	0.765		12		1		0.444		
Aspartic acid.....g	1.130		12		1		0.655		
Glutamic acid.....g	2.874		12		1		1.667		
Glycine.....g	0.898		12		1		0.521		
Proline.....g	0.882		12		1		0.512		
Serine.....g	0.684		12		1		0.397		
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	6		1	A	1		3.190		
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	240		1	A	1		139.200		

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

Common Measures:

Measure 1 = 58g: 1 cup

NDB No. 20077
Wheat bran, crude

Calories Factors: Protein 1.82

Fat 8.37

Carbohydrate 2.35

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20081

Wheat flour, white, all-purpose, enriched, bleached

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.087		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.087		10		1		0.109		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.413		0		1		0.516		
18:2 undifferentiated.....g	0.391		10		1		0.489		
18:3 undifferentiated.....g	0.022		10		1		0.028		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		39		1		0.159		
Threonine.....g	0.281		67		1		0.351		
Isoleucine.....g	0.357		68		1		0.446		
Leucine.....g	0.710		68		1		0.888		
Lysine.....g	0.228		69		1		0.285		
Methionine.....g	0.183		67		1		0.229		
Cystine.....g	0.219		63		1		0.274		
Phenylalanine.....g	0.520		58		1		0.650		
Tyrosine.....g	0.312		56		1		0.390		
Valine.....g	0.415		58		1		0.519		
Arginine.....g	0.417		51		1		0.521		
Histidine.....g	0.230		51		1		0.288		
Alanine.....g	0.332		49		1		0.415		
Aspartic acid.....g	0.435		49		1		0.544		
Glutamic acid.....g	3.479		49		1		4.349		
Glycine.....g	0.371		49		1		0.464		
Proline.....g	1.198		49		1		1.498		
Serine.....g	0.516		49		1		0.645		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1		0.188		
Carotene, alpha.....mcg	0		1	A	1		0.088		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.125		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	18		1	A	1		22.663		

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Common Measures:

Measure 1 = 125g: 1 cup

NDB No. 20081

Wheat flour, white, all-purpose, enriched, bleached

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20381

Wheat flour, white, all-purpose, enriched, calcium-fortified

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.087		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	0.087		10		1		0.109		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.413		0		1		0.516		
18:2 undifferentiated.....g	0.391		10		1		0.489		
18:3 undifferentiated.....g	0.022		10		1		0.028		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.127		39		1		0.159		
Threonine.....g	0.281		67		1		0.351		
Isoleucine.....g	0.357		68		1		0.446		
Leucine.....g	0.710		68		1		0.888		
Lysine.....g	0.228		69		1		0.285		
Methionine.....g	0.183		67		1		0.229		
Cystine.....g	0.219		63		1		0.274		
Phenylalanine.....g	0.520		58		1		0.650		
Tyrosine.....g	0.312		56		1		0.390		
Valine.....g	0.415		58		1		0.519		
Arginine.....g	0.417		51		1		0.521		
Histidine.....g	0.230		51		1		0.288		
Alanine.....g	0.332		49		1		0.415		
Aspartic acid.....g	0.435		49		1		0.544		
Glutamic acid.....g	3.479		49		1		4.349		
Glycine.....g	0.371		49		1		0.464		
Proline.....g	1.198		49		1		1.498		
Serine.....g	0.516		49		1		0.645		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 125g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20581

Wheat flour, white, all-purpose, enriched, unbleached

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.087		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.087		10		1		0.109		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.413		0		1		0.516		
18:2 undifferentiated.....g	0.391		10		1		0.489		
18:3 undifferentiated.....g	0.022		10		1		0.028		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		39		1		0.159		
Threonine.....g	0.281		67		1		0.351		
Isoleucine.....g	0.357		68		1		0.446		
Leucine.....g	0.710		68		1		0.888		
Lysine.....g	0.228		69		1		0.285		
Methionine.....g	0.183		67		1		0.229		
Cystine.....g	0.219		63		1		0.274		
Phenylalanine.....g	0.520		58		1		0.650		
Tyrosine.....g	0.312		56		1		0.390		
Valine.....g	0.415		58		1		0.519		
Arginine.....g	0.417		51		1		0.521		
Histidine.....g	0.230		51		1		0.288		
Alanine.....g	0.332		49		1		0.415		
Aspartic acid.....g	0.435		49		1		0.544		
Glutamic acid.....g	3.479		49		1		4.349		
Glycine.....g	0.371		49		1		0.464		
Proline.....g	1.198		49		1		1.498		
Serine.....g	0.516		49		1		0.645		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1		1	A	1		1.088		
Carotene, alpha.....mcg	0		1	A	1		0.275		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.300		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	79		1	A	1		98.188		

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

Common Measures:

Measure 1 = 125g: 1 cup

NDB No. 20581

Wheat flour, white, all-purpose, enriched, unbleached

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20082

Wheat flour, white, all-purpose, self-rising, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.086		0		1		0.108		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.086		0		1		0.108		
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	0.410		0		1		0.513		
18:2 undifferentiated.....g	0.388		0		1		0.485		
18:3 undifferentiated.....g	0.022		0		1		0.028		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.121		0		1		0.151		
Threonine.....g	0.269		0		1		0.336		
Isoleucine.....g	0.342		0		1		0.428		
Leucine.....g	0.680		0		1		0.850		
Lysine.....g	0.219		0		1		0.274		
Methionine.....g	0.175		0		1		0.219		
Cystine.....g	0.210		0		1		0.263		
Phenylalanine.....g	0.498		0		1		0.623		
Tyrosine.....g	0.298		0		1		0.373		
Valine.....g	0.397		0		1		0.496		
Arginine.....g	0.399		0		1		0.499		
Histidine.....g	0.220		0		1		0.275		
Alanine.....g	0.317		0		1		0.396		
Aspartic acid.....g	0.416		0		1		0.520		
Glutamic acid.....g	3.330		0		1		4.163		
Glycine.....g	0.356		0		1		0.445		
Proline.....g	1.146		0		1		1.433		
Serine.....g	0.494		0		1		0.618		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.188		
Carotene, alpha.....mcg	0		0	BFZN	4		0.088		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.125		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		22.663		

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 = 125g: 1 cup

NDB No. 20082

Wheat flour, white, all-purpose, self-rising, enriched

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20481

Wheat flour, white, all-purpose, unenriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.087		0		1		0.109		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.087		10		1		0.109		
20:1.....g	0.000		0		1		0.000		
22:1 undifferentiated.....g	0.000		0		1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.413		0		1		0.516		
18:2 undifferentiated.....g	0.391		10		1		0.489		
18:3 undifferentiated.....g	0.022		10		1		0.028		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.127		39		1		0.159		
Threonine.....g	0.281		67		1		0.351		
Isoleucine.....g	0.357		68		1		0.446		
Leucine.....g	0.710		68		1		0.888		
Lysine.....g	0.228		69		1		0.285		
Methionine.....g	0.183		67		1		0.229		
Cystine.....g	0.219		63		1		0.274		
Phenylalanine.....g	0.520		58		1		0.650		
Tyrosine.....g	0.312		56		1		0.390		
Valine.....g	0.415		58		1		0.519		
Arginine.....g	0.417		51		1		0.521		
Histidine.....g	0.230		51		1		0.288		
Alanine.....g	0.332		49		1		0.415		
Aspartic acid.....g	0.435		49		1		0.544		
Glutamic acid.....g	3.479		49		1		4.349		
Glycine.....g	0.371		49		1		0.464		
Proline.....g	1.198		49		1		1.498		
Serine.....g	0.516		49		1		0.645		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.188		
Carotene, alpha.....mcg	0		0	BFZN	4		0.088		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.125		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	18		0	BFZN	4		22.663		

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 = 125g: 1 cup

NDB No. 20481

Wheat flour, white, all-purpose, unenriched

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20083

Wheat flour, white, bread, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.140		0		1		0.192		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		79		1		0.007		
17:1.....g									
18:1 undifferentiated.....g	0.135		79		1		0.185		
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	0.727		0		1		0.996		
18:2 undifferentiated.....g	0.685		79		1		0.938		
18:3 undifferentiated.....g	0.043		79		1		0.059		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		13		1		0.190		
Threonine.....g	0.320		23		1		0.438		
Isoleucine.....g	0.444		23		1		0.608		
Leucine.....g	0.828		23		1		1.134		
Lysine.....g	0.231		23		1		0.316		
Methionine.....g	0.210		22		1		0.288		
Cystine.....g	0.269		22		1		0.369		
Phenylalanine.....g	0.591		23		1		0.810		
Tyrosine.....g	0.328		23		1		0.449		
Valine.....g	0.502		23		1		0.688		
Arginine.....g	0.416		23		1		0.570		
Histidine.....g	0.254		23		1		0.348		
Alanine.....g	0.366		23		1		0.501		
Aspartic acid.....g	0.484		23		1		0.663		
Glutamic acid.....g	4.198		23		1		5.751		
Glycine.....g	0.410		23		1		0.562		
Proline.....g	1.409		23		1		1.930		
Serine.....g	0.580		23		1		0.795		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	1		1	A	1		1.096		
Carotene, alpha.....mcg	0		1	A	1		0.288		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.466		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	79		1	A	1		107.997		

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

NDB No. 20083

Wheat flour, white, bread, enriched

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20084
Wheat flour, white, cake, enriched

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.073		0		1		0.100		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.003		0		1		0.004		
17:1.....g									
18:1 undifferentiated.....g	0.070		0		1		0.096		
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	0.379		0		1		0.519		
18:2 undifferentiated.....g	0.357		0		1		0.489		
18:3 undifferentiated.....g	0.022		0		1		0.030		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.118		6		1		0.162		
Threonine.....g	0.227		7		1		0.311		
Isoleucine.....g	0.311		7		1		0.426		
Leucine.....g	0.558		7		1		0.764		
Lysine.....g	0.285		7		1		0.390		
Methionine.....g	0.138		7		1		0.189		
Cystine.....g	0.178		7		1		0.244		
Phenylalanine.....g	0.388		7		1		0.532		
Tyrosine.....g	0.234		7		1		0.321		
Valine.....g	0.360		7		1		0.493		
Arginine.....g	0.314		7		1		0.430		
Histidine.....g	0.167		7		1		0.229		
Alanine.....g	0.247		7		1		0.338		
Aspartic acid.....g	0.342		7		1		0.469		
Glutamic acid.....g	2.710		7		1		3.713		
Glycine.....g	0.278		7		1		0.381		
Proline.....g	0.913		7		1		1.251		
Serine.....g	0.432		7		1		0.592		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		1	A	1		0.082		
Carotene, alpha.....mcg	0		1	A	1		0.014		
Cryptoxanthin, beta.....mcg	0		1	A	1		0.274		
Lycopene.....mcg	0		1	A	1		0.000		
Lutein + zeaxanthin.....mcg	3		1	A	1		3.480		

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

NDB No. 20084

Wheat flour, white, cake, enriched

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20086

Wheat flour, white, tortilla mix, enriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	4.541		0		1		5.041		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.271		0		1		0.301		
17:1.....g									
18:1 undifferentiated.....g	4.270		0		1		4.740		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.522		0		1		1.689		
18:2 undifferentiated.....g	1.399		0		1		1.553		
18:3 undifferentiated.....g	0.123		0		1		0.137		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.119		0		1		0.132		
Threonine.....g	0.263		0		1		0.292		
Isoleucine.....g	0.334		0		1		0.371		
Leucine.....g	0.664		0		1		0.737		
Lysine.....g	0.213		0		1		0.236		
Methionine.....g	0.171		0		1		0.190		
Cystine.....g	0.205		0		1		0.228		
Phenylalanine.....g	0.486		0		1		0.539		
Tyrosine.....g	0.291		0		1		0.323		
Valine.....g	0.388		0		1		0.431		
Arginine.....g	0.390		0		1		0.433		
Histidine.....g	0.215		0		1		0.239		
Alanine.....g	0.310		0		1		0.344		
Aspartic acid.....g	0.407		0		1		0.452		
Glutamic acid.....g	3.253		0		1		3.611		
Glycine.....g	0.347		0		1		0.385		
Proline.....g	1.120		0		1		1.243		
Serine.....g	0.483		0		1		0.536		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 111g: 1 cup

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20080
Wheat flour, whole-grain

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.232		0		1		0.278		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.013		0		1		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.219		0		1		0.263		
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	0.779		0		1		0.935		
18:2 undifferentiated.....g	0.738		0		1		0.886		
18:3 undifferentiated.....g	0.038		0		1		0.046		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		1		0.002		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.212		12		1		0.254		
Threonine.....g	0.395		25		1		0.474		
Isoleucine.....g	0.508		25		1		0.610		
Leucine.....g	0.926		25		1		1.111		
Lysine.....g	0.378		26		1		0.454		
Methionine.....g	0.212		26		1		0.254		
Cystine.....g	0.317		20		1		0.380		
Phenylalanine.....g	0.646		25		1		0.775		
Tyrosine.....g	0.400		24		1		0.480		
Valine.....g	0.618		25		1		0.742		
Arginine.....g	0.642		26		1		0.770		
Histidine.....g	0.317		26		1		0.380		
Alanine.....g	0.487		24		1		0.584		
Aspartic acid.....g	0.703		25		1		0.844		
Glutamic acid.....g	4.325		24		1		5.190		
Glycine.....g	0.552		23		1		0.662		
Proline.....g	1.422		23		1		1.706		
Serine.....g	0.646		23		1		0.775		
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		1	A	1		6.360		
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	220		1	A	1		264.000		

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

NDB No. 20080

Wheat flour, whole-grain

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20129
Wheat flours, bread, unenriched

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.140		0		1			0.192	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.005		79		1			0.007	
17:1.....g									
18:1 undifferentiated.....g	0.135		79		1			0.185	
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	0.727		0		1			0.996	
18:2 undifferentiated.....g	0.685		79		1			0.938	
18:3 undifferentiated.....g	0.043		79		1			0.059	
18:4.....g	0.000		0		1			0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1			0.000	
20:5 n-3.....g	0.000		0		1			0.000	
22:5 n-3.....g	0.000		0		1			0.000	
22:6 n-3.....g	0.000		0		1			0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7			0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.139		13		1			0.190	
Threonine.....g	0.320		23		1			0.438	
Isoleucine.....g	0.444		23		1			0.608	
Leucine.....g	0.828		23		1			1.134	
Lysine.....g	0.231		23		1			0.316	
Methionine.....g	0.210		22		1			0.288	
Cystine.....g	0.269		22		1			0.369	
Phenylalanine.....g	0.591		23		1			0.810	
Tyrosine.....g	0.328		23		1			0.449	
Valine.....g	0.502		23		1			0.688	
Arginine.....g	0.416		23		1			0.570	
Histidine.....g	0.254		23		1			0.348	
Alanine.....g	0.366		23		1			0.501	
Aspartic acid.....g	0.484		23		1			0.663	
Glutamic acid.....g	4.198		23		1			5.751	
Glycine.....g	0.410		23		1			0.562	
Proline.....g	1.409		23		1			1.930	
Serine.....g	0.580		23		1			0.795	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7			0.0	
Caffeine.....mg	0		0	Z	7			0	
Theobromine.....mg	0		0	Z	7			0	
Carotenoids:									
Carotene, beta.....mcg	1		0	BFZN	4			1.096	
Carotene, alpha.....mcg	0		0	BFZN	4			0.288	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4			0.466	
Lycopene.....mcg	0		0	BFZN	4			0.000	
Lutein + zeaxanthin.....mcg	79		0	BFZN	4			107.997	

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

Common Measures:

Measure 2 = 137g: 1 cup unsifted, dipped

NDB No. 20129

Wheat flours, bread, unenriched

Calories Factors: Protein 4.05

Fat 8.37

Carbohydrate 4.12

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20078
Wheat germ, crude

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.365		0		1		1.570		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.034		7		1		0.039		
17:1.....g									
18:1 undifferentiated.....g	1.332		7		1		1.532		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.010		0		1		6.912		
18:2 undifferentiated.....g	5.287		7		1		6.080		
18:3 undifferentiated.....g	0.723		7		1		0.831		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.317		3		1		0.365		
Threonine.....g	0.968		13		1		1.113		
Isoleucine.....g	0.847		13		1		0.974		
Leucine.....g	1.571		13		1		1.807		
Lysine.....g	1.468		13		1		1.688		
Methionine.....g	0.456		13		1		0.524		
Cystine.....g	0.458		13		1		0.527		
Phenylalanine.....g	0.928		13		1		1.067		
Tyrosine.....g	0.704		12		1		0.810		
Valine.....g	1.198		13		1		1.378		
Arginine.....g	1.867		13		1		2.147		
Histidine.....g	0.643		13		1		0.739		
Alanine.....g	1.477		12		1		1.699		
Aspartic acid.....g	2.070		12		1		2.381		
Glutamic acid.....g	3.995		12		1		4.594		
Glycine.....g	1.424		12		1		1.638		
Proline.....g	1.231		12		1		1.416		
Serine.....g	1.102		12		1		1.267		
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 115g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20076
Wheat, durum

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.344		0		1		0.660		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.009		29		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.335		29		1		0.643		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.978		0		1		1.878		
18:2 undifferentiated.....g	0.930		29		1		1.786		
18:3 undifferentiated.....g	0.048		29		1		0.092		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.176		7		1		0.338		
Threonine.....g	0.366		9		1		0.703		
Isoleucine.....g	0.533		9		1		1.023		
Leucine.....g	0.934		9		1		1.793		
Lysine.....g	0.303		9		1		0.582		
Methionine.....g	0.221		8		1		0.424		
Cystine.....g	0.286		7		1		0.549		
Phenylalanine.....g	0.681		9		1		1.308		
Tyrosine.....g	0.357		8		1		0.685		
Valine.....g	0.594		9		1		1.140		
Arginine.....g	0.483		9		1		0.927		
Histidine.....g	0.322		9		1		0.618		
Alanine.....g	0.427		9		1		0.820		
Aspartic acid.....g	0.617		9		1		1.185		
Glutamic acid.....g	4.743		9		1		9.107		
Glycine.....g	0.495		9		1		0.950		
Proline.....g	1.459		9		1		2.801		
Serine.....g	0.667		9		1		1.281		
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20071
Wheat, hard red spring

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.303		0		1		0.582		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		83		1		0.127		
17:1.....g									
18:1 undifferentiated.....g	0.236		83		1		0.453		
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	0.765		0		1		1.469		
18:2 undifferentiated.....g	0.727		83		1		1.396		
18:3 undifferentiated.....g	0.036		83		1		0.069		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		83		1		0.004		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.195		4		1		0.374		
Threonine.....g	0.433		9		1		0.831		
Isoleucine.....g	0.541		9		1		1.039		
Leucine.....g	1.038		9		1		1.993		
Lysine.....g	0.404		10		1		0.776		
Methionine.....g	0.230		10		1		0.442		
Cystine.....g	0.404		5		1		0.776		
Phenylalanine.....g	0.724		10		1		1.390		
Tyrosine.....g	0.441		9		1		0.847		
Valine.....g	0.679		9		1		1.304		
Arginine.....g	0.702		10		1		1.348		
Histidine.....g	0.330		10		1		0.634		
Alanine.....g	0.555		9		1		1.066		
Aspartic acid.....g	0.808		10		1		1.551		
Glutamic acid.....g	4.946		10		1		9.496		
Glycine.....g	0.621		9		1		1.192		
Proline.....g	1.680		9		1		3.226		
Serine.....g	0.663		9		1		1.273		
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	BFZN	4		10.176		
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	220		0	BFZN	4		422.400		

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

Common Measures:

Measure 1 = 192g: 1 cup

NDB No. 20071
Wheat, hard red spring

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20072
Wheat, hard red winter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.200		0		1		0.384		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		133		1		0.015		
17:1.....g									
18:1 undifferentiated.....g	0.192		133		1		0.369		
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	0.627		0		1		1.204		
18:2 undifferentiated.....g	0.600		133		1		1.152		
18:3 undifferentiated.....g	0.027		133		1		0.052		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.160		6		1		0.307		
Threonine.....g	0.365		6		1		0.701		
Isoleucine.....g	0.458		6		1		0.879		
Leucine.....g	0.854		6		1		1.640		
Lysine.....g	0.335		6		1		0.643		
Methionine.....g	0.201		6		1		0.386		
Cystine.....g	0.322		6		1		0.618		
Phenylalanine.....g	0.592		6		1		1.137		
Tyrosine.....g	0.387		6		1		0.743		
Valine.....g	0.556		6		1		1.068		
Arginine.....g	0.595		6		1		1.142		
Histidine.....g	0.285		6		1		0.547		
Alanine.....g	0.450		6		1		0.864		
Aspartic acid.....g	0.640		6		1		1.229		
Glutamic acid.....g	3.998		5		1		7.676		
Glycine.....g	0.528		5		1		1.014		
Proline.....g	1.289		5		1		2.475		
Serine.....g	0.586		5		1		1.125		
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	BFZN	4		10.176		
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	220		0	BFZN	4		422.400		

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

Common Measures:

Measure 1 = 192g: 1 cup

NDB No. 20072
Wheat, hard red winter

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20074
Wheat, hard 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	0.203		0		1		0.390		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.203		8		1		0.390		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.750		0		1		1.440		
18:2 undifferentiated.....g	0.715		8		1		1.373		
18:3 undifferentiated.....g	0.035		8		1		0.067		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5		0	BFZN	4		10.176		
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	220		0	BFZN	4		422.400		

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

Common Measures:

Measure 1 = 192g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20073
Wheat, soft red winter

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.178		0		1		0.299		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.008		0		1		0.013		
17:1.....g									
18:1 undifferentiated.....g	0.170		0		1		0.286		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.656		0		1		1.102		
18:2 undifferentiated.....g	0.628		0		1		1.055		
18:3 undifferentiated.....g	0.028		0		1		0.047		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g									
Threonine.....g	0.342		7		1		0.575		
Isoleucine.....g	0.396		7		1		0.665		
Leucine.....g	0.763		7		1		1.282		
Lysine.....g	0.315		7		1		0.529		
Methionine.....g	0.174		7		1		0.292		
Cystine.....g	0.300		1		1		0.504		
Phenylalanine.....g	0.508		6		1		0.853		
Tyrosine.....g	0.327		7		1		0.549		
Valine.....g	0.498		7		1		0.837		
Arginine.....g	0.522		7		1		0.877		
Histidine.....g	0.256		1		1		0.430		
Alanine.....g	0.412		1		1		0.692		
Aspartic acid.....g	0.557		1		1		0.936		
Glutamic acid.....g	3.663		1		1		6.154		
Glycine.....g	0.455		1		1		0.764		
Proline.....g	1.166		1		1		1.959		
Serine.....g	0.540		1		1		0.907		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20075
Wheat, soft 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	0.227		0		1		0.381		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		103		1		0.017		
17:1.....g									
18:1 undifferentiated.....g	0.217		103		1		0.365		
20:1.....g	0.000		0	Z	7		0.000		
22:1 undifferentiated.....g	0.000		0	Z	7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.837		0		1		1.406		
18:2 undifferentiated.....g	0.800		103		1		1.344		
18:3 undifferentiated.....g	0.036		103		1		0.060		
18:4.....g	0.000		0	Z	7		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000		
20:5 n-3.....g	0.000		0	Z	7		0.000		
22:5 n-3.....g	0.000		0	Z	7		0.000		
22:6 n-3.....g	0.000		0	Z	7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	5		0	BFZN	4		8.904		
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	220		0	BFZN	4		369.600		

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Common Measures:

Measure 1 = 168g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20087
Wheat, sprouted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.151		0		1		0.163		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.151		0		1		0.163		
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	0.557		0		1		0.602		
18:2 undifferentiated.....g	0.531		0		1		0.573		
18:3 undifferentiated.....g	0.026		8		1		0.028		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	z	7		0		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.115		4		1		0.124		
Threonine.....g	0.254		4		1		0.274		
Isoleucine.....g	0.287		4		1		0.310		
Leucine.....g	0.507		4		1		0.548		
Lysine.....g	0.245		4		1		0.265		
Methionine.....g	0.116		3		1		0.125		
Cystine.....g	0.134		4		1		0.145		
Phenylalanine.....g	0.350		4		1		0.378		
Tyrosine.....g	0.275		4		1		0.297		
Valine.....g	0.361		4		1		0.390		
Arginine.....g	0.425		4		1		0.459		
Histidine.....g	0.196		4		1		0.212		
Alanine.....g	0.295		4		1		0.319		
Aspartic acid.....g	0.453		4		1		0.489		
Glutamic acid.....g	1.871		4		1		2.021		
Glycine.....g	0.306		4		1		0.330		
Proline.....g	0.674		4		1		0.728		
Serine.....g	0.341		4		1		0.368		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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Common Measures:

Measure 1 = 108g: 1 cup

Calories Factors: Protein 3.59

Fat 8.37

Carbohydrate 3.78

Food Group: 20 Cereal Grains and Pasta

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

NDB No. 20089
Wild rice, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.046		0		1		0.075		
17:0.....g									
18:0.....g	0.003		0		1		0.005		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.050		0		1		0.082		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.050		0		1		0.082		
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	0.213		0		1		0.349		
18:2 undifferentiated.....g	0.119		0		1		0.195		
18:3 undifferentiated.....g	0.095		0		1		0.156		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.049		0		1		0.080		
Threonine.....g	0.127		0		1		0.208		
Isoleucine.....g	0.167		0		1		0.274		
Leucine.....g	0.276		0		1		0.453		
Lysine.....g	0.170		0		1		0.279		
Methionine.....g	0.119		0		1		0.195		
Cystine.....g	0.047		0		1		0.077		
Phenylalanine.....g	0.195		0		1		0.320		
Tyrosine.....g	0.169		0		1		0.277		
Valine.....g	0.232		0		1		0.380		
Arginine.....g	0.308		0		1		0.505		
Histidine.....g	0.104		0		1		0.171		
Alanine.....g	0.223		0		1		0.366		
Aspartic acid.....g	0.384		0		1		0.630		
Glutamic acid.....g	0.695		0		1		1.140		
Glycine.....g	0.182		0		1		0.298		
Proline.....g	0.140		0		1		0.230		
Serine.....g	0.211		0		1		0.346		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	2		0	BFSN	4		2.525		
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	64		0	BFSN	4		104.826		

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NDB No. 20089

Wild rice, cooked

Common Measures:

Measure 1 = 164g: 1 cup

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

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Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion 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	0.145		1		1		0.232		
17:0.....g									
18:0.....g	0.011		1		1		0.018		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.159		0		1		0.254		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.159		1		1		0.254		
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	0.676		0		1		1.082		
18:2 undifferentiated.....g	0.377		1		1		0.603		
18:3 undifferentiated.....g	0.300		1		1		0.480		
18:4.....g	0.000		0		1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000		
20:5 n-3.....g	0.000		0		1		0.000		
22:5 n-3.....g	0.000		0		1		0.000		
22:6 n-3.....g	0.000		0		1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.179		8		1		0.286		
Threonine.....g	0.469		8		1		0.750		
Isoleucine.....g	0.618		8		1		0.989		
Leucine.....g	1.018		8		1		1.629		
Lysine.....g	0.629		8		1		1.006		
Methionine.....g	0.438		8		1		0.701		
Cystine.....g	0.174		4		1		0.278		
Phenylalanine.....g	0.721		8		1		1.154		
Tyrosine.....g	0.622		8		1		0.995		
Valine.....g	0.858		7		1		1.373		
Arginine.....g	1.136		8		1		1.818		
Histidine.....g	0.384		8		1		0.614		
Alanine.....g	0.825		8		1		1.320		
Aspartic acid.....g	1.419		8		1		2.270		
Glutamic acid.....g	2.565		8		1		4.104		
Glycine.....g	0.672		8		1		1.075		
Proline.....g	0.519		8		1		0.830		
Serine.....g	0.778		8		1		1.245		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	11		0	BNA	4		18.240		
Carotene, alpha.....mcg	0		0	BNA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BNA	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	220		0	BFZN	4		352.000		

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

NDB No. 20088

Wild rice, raw

Common Measures:

Measure 1 = 160g: 1 cup

Calories Factors: Protein 3.55

Fat 8.37

Carbohydrate 3.95

Food Group: 20 Cereal Grains and Pasta

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