**NDB No. 21005**
**Breakfast items, biscuit with egg and sausage**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 42.90 | | 1 | | 1 | | 77.22 | | |
| Energy | kcal | 323 | | 0 | NC | 4 | | 581 | | |
| Energy | kj | 1351 | | | | 4 | | 2433 | | |
| Protein (N x 6.06) | g | 10.64 | 0.433 | 3 | | 1 | | 19.15 | | |
| Total lipid (fat) | g | 21.50 | 0.765 | 3 | | 1 | | 38.70 | | |
| Ash | g | 2.10 | | 1 | | 1 | | 3.78 | | |
| Carbohydrate, by difference | g | 22.86 | | 0 | NC | 4 | | 41.15 | | |
| Fiber, total dietary | g | 0.5 | | 0 | | 4 | | 0.9 | | |
| Sugars, total | g | 0.70 | | 0 | FLA | 4 | | 1.26 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 86 | | 2 | | 1 | | 155 | | |
| Iron, Fe | mg | 2.20 | | 2 | | 1 | | 3.96 | | |
| Magnesium, Mg | mg | 14 | | 1 | | 1 | | 25 | | |
| Phosphorus, P | mg | 272 | | 1 | | 1 | | 490 | | |
| Potassium, K | mg | 178 | | 2 | | 1 | | 320 | | |
| Sodium, Na | mg | 634 | 64.091 | 3 | | 1 | | 1141 | | |
| Zinc, Zn | mg | 1.20 | | 1 | | 1 | | 2.16 | | |
| Copper, Cu | mg | 0.058 | | 1 | | 1 | | 0.104 | | |
| Manganese, Mn | mg | 0.175 | | 1 | | 4 | | 0.315 | | |
| Selenium, Se | mcg | 19.0 | | 0 | RK | 4 | | 34.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.280 | | 2 | | 1 | | 0.504 | | |
| Riboflavin | mg | 0.250 | | 2 | | 1 | | 0.450 | | |
| Niacin | mg | 2.000 | | 2 | | 1 | | 3.600 | | |
| Pantothenic acid | mg | 0.850 | | 1 | | 1 | | 1.530 | | |
| Vitamin B-6 | mg | 0.110 | | 1 | | 1 | | 0.198 | | |
| Folate, total | mcg | 36 | | 0 | RK | 4 | | 65 | | |
| Folic acid | mcg | 14 | | 0 | NC | 4 | | 25 | | |
| Folate, food | mcg | 22 | | 1 | | 1 | | 40 | | |
| Folate, DFE | mcg_DFE | 46 | | 0 | NC | 4 | | 82 | | |
| Vitamin B-12 | mcg | 0.76 | | 1 | | 1 | | 1.37 | | |
| Vitamin A, IU | IU | 353 | | 0 | FLA | 4 | | 635 | | |
| Vitamin A, RAE | mcg_RAE | 89 | | 0 | FLA | 4 | | 161 | | |
| Retinol | mcg | 86 | | 0 | FLA | 4 | | 155 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.58 | | 0 | FLA | 4 | | 2.85 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 8.0 | | 0 | FLA | 4 | | 14.4 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.320 | | 0 | | 1 | | 14.976 | | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 8:0 | g | 0.080 | | 1 | | 1 | | 0.144 | | |
| 10:0 | g | 0.100 | | 1 | | 1 | | 0.180 | | |
| 12:0 | g | 0.810 | | 1 | | 1 | | 1.458 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.540 | | 1 | | 1 | | 0.972 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 4.050 | | 1 | | 1 | | 7.290 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.620 | | 1 | | 1 | | 4.716 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21005**
**Breakfast items, biscuit with egg and sausage**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 9.110 | | 0 | | 1 | | 16.398 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.460 | | 1 | | 1 | | 0.828 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.540 | | 1 | | 1 | | 15.372 | | |
| 20:1 g | 0.090 | | 1 | | 1 | | 0.162 | | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.470 | | 0 | | 1 | | 4.446 | | |
| 18:2 undifferentiated g | 2.260 | | 1 | | 1 | | 4.068 | | |
| 18:3 undifferentiated g | 0.140 | | 1 | | 1 | | 0.252 | | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.080 | | 1 | | 1 | | 0.144 | | |
| 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 | 168 | 6.538 | 3 | | 1 | | 302 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.137 | | 0 | | 1 | | 0.247 | | |
| Threonine g | 0.437 | | 0 | | 1 | | 0.787 | | |
| Isoleucine g | 0.513 | | 0 | | 1 | | 0.923 | | |
| Leucine g | 0.836 | | 0 | | 1 | | 1.505 | | |
| Lysine g | 0.664 | | 0 | | 1 | | 1.195 | | |
| Methionine g | 0.274 | | 0 | | 1 | | 0.493 | | |
| Cystine g | 0.186 | | 0 | | 1 | | 0.335 | | |
| Phenylalanine g | 0.500 | | 0 | | 1 | | 0.900 | | |
| Tyrosine g | 0.377 | | 0 | | 1 | | 0.679 | | |
| Valine g | 0.585 | | 0 | | 1 | | 1.053 | | |
| Arginine g | 0.593 | | 0 | | 1 | | 1.067 | | |
| Histidine g | 0.276 | | 0 | | 1 | | 0.497 | | |
| Alanine g | 0.539 | | 0 | | 1 | | 0.970 | | |
| Aspartic acid g | 0.855 | | 0 | | 1 | | 1.539 | | |
| Glutamic acid g | 1.959 | | 0 | | 1 | | 3.526 | | |
| Glycine g | 0.462 | | 0 | | 1 | | 0.832 | | |
| Proline g | 0.671 | | 0 | | 1 | | 1.208 | | |
| Serine g | 0.595 | | 0 | | 1 | | 1.071 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 38 | | 0 | FLA | 4 | | 69.156 | | |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.029 | | |
| Cryptoxanthin, beta mcg | 3 | | 0 | FLA | 4 | | 4.830 | | |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 103 | | 0 | FLA | 4 | | 184.776 | | |

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

**Common Measures:**

Measure 1 = 180g: 1 biscuit

**NDB No. 21005**
**Breakfast items, biscuit with egg and sausage**

**Calories Factors:** **Protein** 4.13 **Fat** 8.8 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21006**
**Breakfast items, biscuit with egg and steak**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 52.51 | | 0 | | 1 | | 77.71 | | |
| Energy | kcal | 277 | | 0 | NC | 4 | | 410 | | |
| Energy | kj | 1159 | | | | 4 | | 1715 | | |
| Protein (N x 6.19) | g | 12.12 | | 1 | | 1 | | 17.94 | | |
| Total lipid (fat) | g | 19.21 | | 1 | | 1 | | 28.43 | | |
| Ash | g | 1.78 | | 0 | | 1 | | 2.63 | | |
| Carbohydrate, by difference | g | 14.37 | | 0 | NC | 4 | | 21.27 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 93 | | 1 | | 1 | | 138 | | |
| Iron, Fe | mg | 3.58 | | 1 | | 1 | | 5.30 | | |
| Magnesium, Mg | mg | 17 | | 0 | | 4 | | 25 | | |
| Phosphorus, P | mg | 152 | | 0 | | 4 | | 225 | | |
| Potassium, K | mg | 207 | | 1 | | 1 | | 306 | | |
| Sodium, Na | mg | 600 | | 1 | | 1 | | 888 | | |
| Zinc, Zn | mg | 1.89 | | 0 | | 4 | | 2.80 | | |
| Copper, Cu | mg | 0.072 | | 0 | | 4 | | 0.107 | | |
| Manganese, Mn | mg | 0.165 | | 0 | | 4 | | 0.244 | | |
| Selenium, Se | mcg | 21.2 | | 0 | RK | 4 | | 31.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 1 | | 1 | | 0.1 | | |
| Thiamin | mg | 0.240 | | 1 | | 1 | | 0.355 | | |
| Riboflavin | mg | 0.350 | | 1 | | 1 | | 0.518 | | |
| Niacin | mg | 2.070 | | 1 | | 1 | | 3.064 | | |
| Pantothenic acid | mg | 0.730 | | 0 | | 4 | | 1.080 | | |
| Vitamin B-6 | mg | 0.120 | | 0 | | 4 | | 0.178 | | |
| Folate, total | mcg | 38 | | 0 | RK | 4 | | 56 | | |
| Folic acid | mcg | 19 | | 0 | NC | 4 | | 28 | | |
| Folate, food | mcg | 19 | | 0 | | 4 | | 28 | | |
| Folate, DFE | mcg_DFE | 51 | | 0 | NC | 4 | | 76 | | |
| Vitamin B-12 | mcg | 0.95 | | 0 | | 4 | | 1.41 | | |
| Vitamin A, IU | IU | 476 | | 0 | | 1 | | 704 | | |
| Vitamin A, RAE | mcg_RAE | 139 | | 0 | NC | 4 | | 206 | | |
| Retinol | mcg | 138 | | 0 | NC | 4 | | 204 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.810 | | 0 | | 1 | | 8.599 | | |
| Fatty acids, total monounsaturated | g | 7.910 | | 0 | | 1 | | 11.707 | | |
| Fatty acids, total polyunsaturated | g | 3.950 | | 1 | | 1 | | 5.846 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 184 | | 1 | | 1 | | 272 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.155 | | 0 | | 1 | | 0.229 | | |
| Threonine | g | 0.505 | | 0 | | 1 | | 0.747 | | |
| Isoleucine | g | 0.589 | | 0 | | 1 | | 0.872 | | |
| Leucine | g | 0.965 | | 0 | | 1 | | 1.428 | | |
| Lysine | g | 0.799 | | 0 | | 1 | | 1.183 | | |
| Methionine | g | 0.311 | | 0 | | 1 | | 0.460 | | |
| Cystine | g | 0.200 | | 0 | | 1 | | 0.296 | | |

**NDB No. 21006**
**Breakfast items, biscuit with egg and steak**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.560 | | 0 | | 1 | | 0.829 | | |
| Tyrosine....g | 0.433 | | 0 | | 1 | | 0.641 | | |
| Valine....g | 0.662 | | 0 | | 1 | | 0.980 | | |
| Arginine....g | 0.685 | | 0 | | 1 | | 1.014 | | |
| Histidine....g | 0.339 | | 0 | | 1 | | 0.502 | | |
| Alanine....g | 0.629 | | 0 | | 1 | | 0.931 | | |
| Aspartic acid....g | 0.999 | | 0 | | 1 | | 1.479 | | |
| Glutamic acid....g | 2.148 | | 0 | | 1 | | 3.179 | | |
| Glycine....g | 0.503 | | 0 | | 1 | | 0.744 | | |
| Proline....g | 0.705 | | 0 | | 1 | | 1.043 | | |
| Serine....g | 0.633 | | 0 | | 1 | | 0.937 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 148g: 1 biscuit

**Calories Factors:** **Protein** 4.23 **Fat** 8.82 **Carbohydrate** 3.94

**Food Group:** 21 Fast Foods

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

**NDB No. 21023**
**Breakfast items, french toast with butter**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 50.72 | 2.130 | 5 | | 1 | | 68.47 | | |
| Energy | kcal | 264 | | 0 | NC | 4 | | 356 | | |
| Energy | kj | 1105 | | | | 4 | | 1491 | | |
| Protein (N x 6.02) | g | 7.66 | 0.092 | 4 | | 1 | | 10.34 | | |
| Total lipid (fat) | g | 13.90 | | 1 | | 1 | | 18.77 | | |
| Ash | g | 1.02 | | 2 | | 1 | | 1.38 | | |
| Carbohydrate, by difference | g | 26.70 | | 0 | NC | 4 | | 36.05 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 54 | | 2 | | 1 | | 73 | | |
| Iron, Fe | mg | 1.40 | | 2 | | 1 | | 1.89 | | |
| Magnesium, Mg | mg | 12 | | 2 | | 1 | | 16 | | |
| Phosphorus, P | mg | 108 | | 2 | | 1 | | 146 | | |
| Potassium, K | mg | 131 | | 1 | | 1 | | 177 | | |
| Sodium, Na | mg | 380 | | 2 | | 1 | | 513 | | |
| Zinc, Zn | mg | 0.44 | | 2 | | 1 | | 0.59 | | |
| Copper, Cu | mg | 0.048 | | 2 | | 1 | | 0.065 | | |
| Manganese, Mn | mg | 0.155 | | 2 | | 1 | | 0.209 | | |
| Selenium, Se | mcg | 15.5 | | 0 | BFZN | 4 | | 20.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 1 | | 4 | | 0.1 | | |
| Thiamin | mg | 0.430 | | 1 | | 1 | | 0.581 | | |
| Riboflavin | mg | 0.370 | | 1 | | 1 | | 0.500 | | |
| Niacin | mg | 2.900 | | 1 | | 1 | | 3.915 | | |
| Pantothenic acid | mg | 0.400 | 0.060 | 3 | | 1 | | 0.540 | | |
| Vitamin B-6 | mg | 0.040 | 0.013 | 3 | | 1 | | 0.054 | | |
| Folate, total | mcg | 54 | | 0 | BFZN | 4 | | 73 | | |
| Folic acid | mcg | 32 | | 0 | NC | 4 | | 43 | | |
| Folate, food | mcg | 22 | 9.018 | 3 | | 1 | | 30 | | |
| Folate, DFE | mcg_DFE | 76 | | 0 | NC | 4 | | 103 | | |
| Vitamin B-12 | mcg | 0.27 | | 1 | | 1 | | 0.36 | | |
| Vitamin A, IU | IU | 350 | | 1 | | 1 | | 473 | | |
| Vitamin A, RAE | mcg_RAE | 101 | | 0 | NC | 4 | | 136 | | |
| Retinol | mcg | 100 | | 0 | NC | 4 | | 135 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.740 | | 1 | | 4 | | 7.749 | | |
| Fatty acids, total monounsaturated | g | 5.240 | | 1 | | 4 | | 7.074 | | |
| Fatty acids, total polyunsaturated | g | 1.810 | | 1 | | 4 | | 2.444 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 86 | | 1 | | 1 | | 116 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.106 | | 0 | | 1 | | 0.143 | | |
| Threonine | g | 0.300 | | 0 | | 1 | | 0.405 | | |
| Isoleucine | g | 0.394 | | 0 | | 1 | | 0.532 | | |
| Leucine | g | 0.605 | | 0 | | 1 | | 0.817 | | |
| Lysine | g | 0.375 | | 0 | | 1 | | 0.506 | | |
| Methionine | g | 0.182 | | 0 | | 1 | | 0.246 | | |
| Cystine | g | 0.148 | | 0 | | 1 | | 0.200 | | |

**NDB No. 21023**
**Breakfast items, french toast with butter**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.397 | | 0 | | 1 | | 0.536 | | |
| Tyrosine....g | 0.256 | | 0 | | 1 | | 0.346 | | |
| Valine....g | 0.463 | | 0 | | 1 | | 0.625 | | |
| Arginine....g | 0.384 | | 0 | | 1 | | 0.518 | | |
| Histidine....g | 0.174 | | 0 | | 1 | | 0.235 | | |
| Alanine....g | 0.346 | | 0 | | 1 | | 0.467 | | |
| Aspartic acid....g | 0.571 | | 0 | | 1 | | 0.771 | | |
| Glutamic acid....g | 1.659 | | 0 | | 1 | | 2.240 | | |
| Glycine....g | 0.265 | | 0 | | 1 | | 0.358 | | |
| Proline....g | 0.572 | | 0 | | 1 | | 0.772 | | |
| Serine....g | 0.472 | | 0 | | 1 | | 0.637 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 135g: 2 slices

**Calories Factors:** **Protein** 4.18 **Fat** 8.85 **Carbohydrate** 4.07

**Food Group:** 21 Fast Foods

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

**NDB No. 22542**
**CELESTE Deluxe Pizza with Sausage, Green & Red Peppers & Mushrooms, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 55.50 | | 1 | A | 1 | | 369.63 | 92.69 | |
| Energy kcal | 231 | | 0 | NC | 4 | | 1538 | 386 | |
| Energy kj | 967 | | | | 4 | | 6437 | 1614 | |
| Protein g | 10.00 | | 1 | A | 1 | | 66.60 | 16.70 | |
| Total lipid (fat) g | 12.40 | | 1 | A | 1 | | 82.58 | 20.71 | |
| Ash g | 2.20 | | 1 | A | 1 | | 14.65 | 3.67 | |
| Carbohydrate, by difference g | 19.90 | | 0 | NC | 4 | | 132.53 | 33.23 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 168 | | 1 | A | 1 | | 1119 | 281 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 458 | | 1 | A | 1 | | 3050 | 765 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.860 | | 1 | A | 1 | | 32.368 | 8.116 | |
| Fatty acids, total monounsaturated g | 4.560 | | 1 | A | 1 | | 30.370 | 7.615 | |
| Fatty acids, total polyunsaturated g | 1.450 | | 1 | A | 1 | | 9.657 | 2.422 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 22 | | 1 | A | 1 | | 147 | 37 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 200 | | 1 | A | 1 | | 1332.000 | 334.000 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 666g: 1 package yields

Measure 2 = 167g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21046**
**Entrees, crab cake**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 53.38 | | 1 | | 1 | | 32.03 | | |
| Energy | kcal | 266 | | 0 | NC | 4 | | 160 | | |
| Energy | kj | 1113 | | | | 4 | | 668 | | |
| Protein (N x 6.25) | g | 18.75 | | 1 | | 1 | | 11.25 | | |
| Total lipid (fat) | g | 17.25 | | 1 | | 1 | | 10.35 | | |
| Ash | g | 2.10 | | 1 | | 1 | | 1.26 | | |
| Carbohydrate, by difference | g | 8.52 | | 0 | NC | 4 | | 5.11 | | |
| Fiber, total dietary | g | 0.4 | | 0 | | 4 | | 0.2 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 337 | | 1 | | 1 | | 202 | | |
| Iron, Fe | mg | 1.86 | | 1 | | 1 | | 1.12 | | |
| Magnesium, Mg | mg | 42 | | 1 | | 1 | | 25 | | |
| Phosphorus, P | mg | 378 | | 1 | | 1 | | 227 | | |
| Potassium, K | mg | 270 | | 1 | | 1 | | 162 | | |
| Sodium, Na | mg | 819 | | 1 | | 1 | | 491 | | |
| Zinc, Zn | mg | 3.54 | | 1 | | 1 | | 2.12 | | |
| Copper, Cu | mg | 0.610 | | 1 | | 1 | | 0.366 | | |
| Manganese, Mn | mg | 0.470 | | 1 | | 1 | | 0.282 | | |
| Selenium, Se | mcg | 42.1 | | 0 | RK | 4 | | 25.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 0 | | 4 | | 0.2 | | |
| Thiamin | mg | 0.092 | | 0 | | 4 | | 0.055 | | |
| Riboflavin | mg | 0.125 | | 0 | | 4 | | 0.075 | | |
| Niacin | mg | 1.943 | | 0 | | 4 | | 1.166 | | |
| Pantothenic acid | mg | 0.450 | | 0 | | 4 | | 0.270 | | |
| Vitamin B-6 | mg | 0.249 | | 0 | | 4 | | 0.149 | | |
| Folate, total | mcg | 41 | | 0 | RK | 4 | | 25 | | |
| Folic acid | mcg | 25 | | 0 | NC | 4 | | 15 | | |
| Folate, food | mcg | 16 | | 0 | | 4 | | 10 | | |
| Folate, DFE | mcg_DFE | 59 | | 0 | NC | 4 | | 35 | | |
| Vitamin B-12 | mcg | 7.33 | | 0 | | 4 | | 4.40 | | |
| Vitamin A, IU | IU | 522 | | 0 | | 4 | | 313 | | |
| Vitamin A, RAE | mcg_RAE | 155 | | 0 | NC | 4 | | 93 | | |
| Retinol | mcg | 155 | | 0 | NC | 4 | | 93 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.740 | | 0 | | 1 | | 2.244 | | |
| Fatty acids, total monounsaturated | g | 7.180 | | 0 | | 1 | | 4.308 | | |
| Fatty acids, total polyunsaturated | g | 5.130 | | 0 | | 1 | | 3.078 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 137 | | 0 | | 4 | | 82 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.258 | | 0 | | 1 | | 0.155 | | |
| Threonine | g | 0.750 | | 0 | | 1 | | 0.450 | | |
| Isoleucine | g | 0.912 | | 0 | | 1 | | 0.547 | | |
| Leucine | g | 1.476 | | 0 | | 1 | | 0.886 | | |
| Lysine | g | 1.524 | | 0 | | 1 | | 0.914 | | |
| Methionine | g | 0.513 | | 0 | | 1 | | 0.308 | | |
| Cystine | g | 0.231 | | 0 | | 1 | | 0.139 | | |

**NDB No. 21046**
**Entrees, crab cake**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.813 | | 0 | | 1 | | 0.488 | | |
| Tyrosine....g | 0.618 | | 0 | | 1 | | 0.371 | | |
| Valine....g | 0.909 | | 0 | | 1 | | 0.545 | | |
| Arginine....g | 1.539 | | 0 | | 1 | | 0.923 | | |
| Histidine....g | 0.384 | | 0 | | 1 | | 0.230 | | |
| Alanine....g | 1.029 | | 0 | | 1 | | 0.617 | | |
| Aspartic acid....g | 1.854 | | 0 | | 1 | | 1.112 | | |
| Glutamic acid....g | 3.294 | | 0 | | 1 | | 1.976 | | |
| Glycine....g | 1.059 | | 0 | | 1 | | 0.635 | | |
| Proline....g | 0.717 | | 0 | | 1 | | 0.430 | | |
| Serine....g | 0.792 | | 0 | | 1 | | 0.475 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 60g: 1 cake

**Calories Factors:** **Protein** 4.27 **Fat** 8.9 **Carbohydrate** 3.81

**Food Group:** 21 Fast Foods

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

**NDB No. 21047**
**Entrees, fish fillet, battered or breaded, and fried**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 53.57 | 1.297 | 12 | | 1 | | 48.75 | | |
| Energy kcal | 232 | | 0 | NC | 4 | | 211 | | |
| Energy kj | 971 | | | | 4 | | 883 | | |
| Protein (N x 6.11) g | 14.66 | 1.406 | 13 | | 1 | | 13.34 | | |
| Total lipid (fat) g | 12.29 | 0.798 | 11 | | 1 | | 11.18 | | |
| Ash g | 2.51 | | 1 | | 1 | | 2.28 | | |
| Carbohydrate, by difference g | 16.97 | | 0 | NC | 4 | | 15.44 | | |
| Fiber, total dietary g | 0.5 | | 0 | | 4 | | 0.5 | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 18 | 2.487 | 9 | | 1 | | 16 | | |
| Iron, Fe mg | 2.11 | 0.881 | 9 | | 1 | | 1.92 | | |
| Magnesium, Mg mg | 24 | 1.835 | 9 | | 1 | | 22 | | |
| Phosphorus, P mg | 171 | 18.745 | 9 | | 1 | | 156 | | |
| Potassium, K mg | 320 | 29.066 | 9 | | 1 | | 291 | | |
| Sodium, Na mg | 532 | 82.923 | 8 | | 1 | | 484 | | |
| Zinc, Zn mg | 0.44 | 0.048 | 9 | | 1 | | 0.40 | | |
| Copper, Cu mg | 0.045 | 0.002 | 8 | | 1 | | 0.041 | | |
| Manganese, Mn mg | 0.185 | 0.031 | 9 | | 1 | | 0.168 | | |
| Selenium, Se mcg | 9.1 | | 0 | RK | 4 | | 8.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin mg | 0.109 | | 1 | | 1 | | 0.099 | | |
| Riboflavin mg | 0.106 | | 0 | | 4 | | 0.096 | | |
| Niacin mg | 2.102 | | 0 | | 4 | | 1.913 | | |
| Pantothenic acid mg | 0.199 | | 2 | | 1 | | 0.181 | | |
| Vitamin B-6 mg | 0.102 | | 2 | | 1 | | 0.093 | | |
| Folate, total mcg | 17 | | 0 | RK | 4 | | 15 | | |
| Folic acid mcg | 4 | | 0 | NC | 4 | | 4 | | |
| Folate, food mcg | 13 | | 0 | | 1 | | 12 | | |
| Folate, DFE mcg_DFE | 20 | | 0 | NC | 4 | | 18 | | |
| Vitamin B-12 mcg | 1.11 | | 2 | | 1 | | 1.01 | | |
| Vitamin A, IU IU | 38 | | 0 | | 4 | | 35 | | |
| Vitamin A, RAE mcg_RAE | 11 | | 0 | NC | 4 | | 10 | | |
| Retinol mcg | 11 | | 0 | NC | 4 | | 10 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.820 | | 0 | | 1 | | 2.566 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | | | | | | | | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.130 | | 1 | | 1 | | 0.118 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.260 | | 1 | | 1 | | 2.057 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.430 | | 1 | | 1 | | 0.391 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21047**
**Entrees, fish fillet, battered or breaded, and fried**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 2.580 | | 0 | | 1 | | 2.348 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.580 | | 1 | | 1 | | 2.348 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 6.270 | | 0 | | 1 | | 5.706 | | |
| 18:2 undifferentiated g | 5.780 | | 1 | | 1 | | 5.260 | | |
| 18:3 undifferentiated g | 0.490 | | 1 | | 1 | | 0.446 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 34 | | 1 | | 1 | | 31 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.168 | | 0 | | 1 | | 0.153 | | |
| Threonine g | 0.626 | | 0 | | 1 | | 0.570 | | |
| Isoleucine g | 0.676 | | 0 | | 1 | | 0.615 | | |
| Leucine g | 1.190 | | 0 | | 1 | | 1.083 | | |
| Lysine g | 1.247 | | 0 | | 1 | | 1.135 | | |
| Methionine g | 0.417 | | 0 | | 1 | | 0.379 | | |
| Cystine g | 0.175 | | 0 | | 1 | | 0.159 | | |
| Phenylalanine g | 0.602 | | 0 | | 1 | | 0.548 | | |
| Tyrosine g | 0.494 | | 0 | | 1 | | 0.450 | | |
| Valine g | 0.760 | | 0 | | 1 | | 0.692 | | |
| Arginine g | 0.852 | | 0 | | 1 | | 0.775 | | |
| Histidine g | 0.425 | | 0 | | 1 | | 0.387 | | |
| Alanine g | 0.847 | | 0 | | 1 | | 0.771 | | |
| Aspartic acid g | 1.422 | | 0 | | 1 | | 1.294 | | |
| Glutamic acid g | 2.514 | | 0 | | 1 | | 2.288 | | |
| Glycine g | 0.688 | | 0 | | 1 | | 0.626 | | |
| Proline g | 0.664 | | 0 | | 1 | | 0.604 | | |
| Serine g | 0.628 | | 0 | | 1 | | 0.571 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 91g: 1 fillet

**Calories Factors:** **Protein** 4.1 **Fat** 8.77 **Carbohydrate** 3.78

**Food Group:** 21 Fast Foods

**NDB No. 21049**
**Entrees, pizza with cheese**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 47.81 | 0.556 | 37 | | 1 | | 240.48 | 30.12 | |
| Energy kcal | 223 | | 0 | NC | 4 | | 1122 | 140 | |
| Energy kj | 933 | | | | 4 | | 4693 | 588 | |
| Protein (N x 6.14) g | 12.19 | 0.290 | 37 | | 1 | | 61.32 | 7.68 | |
| Total lipid (fat) g | 5.10 | 0.340 | 35 | | 1 | | 25.65 | 3.21 | |
| Ash g | 2.36 | 0.072 | 35 | | 1 | | 11.87 | 1.49 | |
| Carbohydrate, by difference g | 32.54 | | 0 | NC | 4 | | 163.68 | 20.50 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 185 | 6.673 | 36 | | 1 | | 931 | 117 | |
| Iron, Fe mg | 0.92 | 0.090 | 37 | | 1 | | 4.63 | 0.58 | |
| Magnesium, Mg mg | 25 | 0.713 | 37 | | 1 | | 126 | 16 | |
| Phosphorus, P mg | 179 | 5.143 | 36 | | 1 | | 900 | 113 | |
| Potassium, K mg | 174 | 7.050 | 34 | | 1 | | 875 | 110 | |
| Sodium, Na mg | 533 | 16.556 | 37 | | 1 | | 2681 | 336 | |
| Zinc, Zn mg | 1.29 | 0.042 | 38 | | 1 | | 6.49 | 0.81 | |
| Copper, Cu mg | 0.128 | 0.011 | 37 | | 1 | | 0.644 | 0.081 | |
| Manganese, Mn mg | 0.368 | 0.022 | 37 | | 1 | | 1.851 | 0.232 | |
| Selenium, Se mcg | 21.4 | 1.100 | 37 | A | 1 | | 107.6 | 13.5 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 2.0 | | 2 | | 1 | | 10.1 | 1.3 | |
| Thiamin mg | 0.290 | 0.065 | 3 | | 1 | | 1.459 | 0.183 | |
| Riboflavin mg | 0.260 | 0.007 | 3 | | 1 | | 1.308 | 0.164 | |
| Niacin mg | 3.940 | 0.969 | 3 | | 1 | | 19.818 | 2.482 | |
| Pantothenic acid mg | 0.350 | 0.077 | 3 | | 1 | | 1.761 | 0.221 | |
| Vitamin B-6 mg | 0.070 | 0.008 | 3 | | 1 | | 0.352 | 0.044 | |
| Folate, total mcg | 55 | | 0 | RK | 4 | | 277 | 35 | |
| Folic acid mcg | 20 | | 0 | RA | 4 | | 101 | 13 | |
| Folate, food mcg | 35 | | 0 | NC | 4 | | 176 | 22 | |
| Folate, DFE mcg_DFE | 69 | | 0 | NC | 4 | | 347 | 43 | |
| Vitamin B-12 mcg | 0.53 | 0.291 | 3 | | 1 | | 2.67 | 0.33 | |
| Vitamin A, IU IU | 607 | 16.176 | 4 | | 1 | | 3053 | 382 | |
| Vitamin A, RAE mcg_RAE | 117 | | 0 | NC | 4 | | 589 | 74 | |
| Retinol mcg | 104 | | 0 | NC | 4 | | 523 | 66 | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.445 | | 0 | | 1 | | 12.298 | 1.540 | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | 0.015 | | 2 | | 1 | | 0.075 | 0.009 | |
| 10:0 g | 0.057 | | 2 | | 1 | | 0.287 | 0.036 | |
| 12:0 g | 0.078 | | 2 | | 1 | | 0.392 | 0.049 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.398 | | 2 | | 1 | | 2.002 | 0.251 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.319 | | 2 | | 1 | | 6.635 | 0.831 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.561 | | 2 | | 1 | | 2.822 | 0.353 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21049**
**Entrees, pizza with cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 1.571 | | 0 | | 1 | | 7.902 | 0.990 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.089 | | 2 | | 1 | | 0.448 | 0.056 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.482 | | 2 | | 1 | | 7.454 | 0.934 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.779 | | 0 | | 1 | | 3.918 | 0.491 | |
| 18:2 undifferentiated....g | 0.692 | | 2 | | 1 | | 3.481 | 0.436 | |
| 18:3 undifferentiated....g | 0.087 | | 2 | | 1 | | 0.438 | 0.055 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 15 | | 1 | | 1 | | 75 | 9 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.145 | | 0 | | 1 | | 0.729 | 0.091 | |
| Threonine....g | 0.397 | | 0 | | 1 | | 1.997 | 0.250 | |
| Isoleucine....g | 0.504 | | 0 | | 1 | | 2.535 | 0.318 | |
| Leucine....g | 0.995 | | 0 | | 1 | | 5.005 | 0.627 | |
| Lysine....g | 0.868 | | 0 | | 1 | | 4.366 | 0.547 | |
| Methionine....g | 0.276 | | 0 | | 1 | | 1.388 | 0.174 | |
| Cystine....g | 0.121 | | 0 | | 1 | | 0.609 | 0.076 | |
| Phenylalanine....g | 0.582 | | 0 | | 1 | | 2.927 | 0.367 | |
| Tyrosine....g | 0.552 | | 0 | | 1 | | 2.777 | 0.348 | |
| Valine....g | 0.635 | | 0 | | 1 | | 3.194 | 0.400 | |
| Arginine....g | 0.478 | | 0 | | 1 | | 2.404 | 0.301 | |
| Histidine....g | 0.373 | | 0 | | 1 | | 1.876 | 0.235 | |
| Alanine....g | 0.361 | | 0 | | 1 | | 1.816 | 0.227 | |
| Aspartic acid....g | 0.743 | | 0 | | 1 | | 3.737 | 0.468 | |
| Glutamic acid....g | 3.044 | | 0 | | 1 | | 15.311 | 1.918 | |
| Glycine....g | 0.280 | | 0 | | 1 | | 1.408 | 0.176 | |
| Proline....g | 1.197 | | 0 | | 1 | | 6.021 | 0.754 | |
| Serine....g | 0.625 | | 0 | | 1 | | 3.144 | 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 = 503g: 1 pizza (12" dia)

Measure 2 = 63g: 1 slice

**Calories Factors:** **Protein** 4.09 **Fat** 8.84 **Carbohydrate** 3.93

**Food Group:** 21 Fast Foods

**NDB No. 21050**
**Entrees, pizza with cheese, meat, and vegetables**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 47.72 | 0.519 | 3 | | 1 | | 301.11 | 37.70 | |
| Energy kcal | 233 | | 0 | NC | 4 | | 1470 | 184 | |
| Energy kj | 975 | | | | 4 | | 6151 | 770 | |
| Protein (N x 6.14) g | 16.47 | 3.800 | 3 | | 1 | | 103.93 | 13.01 | |
| Total lipid (fat) g | 6.79 | | 2 | | 1 | | 42.84 | 5.36 | |
| Ash g | 2.07 | 0.260 | 3 | | 1 | | 13.06 | 1.64 | |
| Carbohydrate, by difference g | 26.95 | | 0 | NC | 4 | | 170.05 | 21.29 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 128 | 25.736 | 3 | | 1 | | 808 | 101 | |
| Iron, Fe mg | 1.94 | 0.207 | 3 | | 1 | | 12.24 | 1.53 | |
| Magnesium, Mg mg | 23 | 4.825 | 3 | | 1 | | 145 | 18 | |
| Phosphorus, P mg | 166 | | 2 | | 1 | | 1047 | 131 | |
| Potassium, K mg | 226 | | 2 | | 1 | | 1426 | 179 | |
| Sodium, Na mg | 484 | 101.263 | 3 | | 1 | | 3054 | 382 | |
| Zinc, Zn mg | 1.41 | 0.090 | 3 | | 1 | | 8.90 | 1.11 | |
| Copper, Cu mg | 0.150 | | 1 | | 1 | | 0.947 | 0.119 | |
| Manganese, Mn mg | 0.150 | | 1 | | 1 | | 0.947 | 0.119 | |
| Selenium, Se mcg | 13.8 | | 0 | RK | 4 | | 87.1 | 10.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 2.0 | 1.089 | 3 | | 1 | | 12.6 | 1.6 | |
| Thiamin mg | 0.270 | | 2 | | 1 | | 1.704 | 0.213 | |
| Riboflavin mg | 0.220 | | 2 | | 1 | | 1.388 | 0.174 | |
| Niacin mg | 2.480 | 0.422 | 3 | | 1 | | 15.649 | 1.959 | |
| Pantothenic acid mg | 1.050 | | 1 | | 1 | | 6.626 | 0.830 | |
| Vitamin B-6 mg | 0.120 | 0.038 | 3 | | 1 | | 0.757 | 0.095 | |
| Folate, total mcg | 41 | | 0 | RK | 4 | | 259 | 32 | |
| Folic acid mcg | 7 | | 0 | NC | 4 | | 44 | 6 | |
| Folate, food mcg | 34 | 15.503 | 3 | | 1 | | 215 | 27 | |
| Folate, DFE mcg_DFE | 46 | | 0 | NC | 4 | | 290 | 36 | |
| Vitamin B-12 mcg | 0.46 | 0.115 | 3 | | 1 | | 2.90 | 0.36 | |
| Vitamin A, IU IU | 663 | | 2 | | 1 | | 4184 | 524 | |
| Vitamin A, RAE mcg_RAE | 74 | | 0 | NC | 4 | | 467 | 58 | |
| Retinol mcg | 49 | | 0 | NC | 4 | | 309 | 39 | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 1.943 | | 0 | | 1 | | 12.260 | 1.535 | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | 0.052 | | 1 | | 1 | | 0.328 | 0.041 | |
| 12:0 g | 0.035 | | 1 | | 1 | | 0.221 | 0.028 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.190 | | 1 | | 1 | | 1.199 | 0.150 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.102 | | 1 | | 1 | | 6.954 | 0.871 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.497 | | 1 | | 1 | | 3.136 | 0.393 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21050**
**Entrees, pizza with cheese, meat, and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 3.219 | | 0 | | 1 | | 20.312 | 2.543 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.421 | | 1 | | 1 | | 2.657 | 0.333 | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.798 | | 1 | | 1 | | 17.655 | 2.210 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.158 | | 0 | | 1 | | 7.307 | 0.915 | |
| 18:2 undifferentiated....g | 1.088 | | 1 | | 1 | | 6.865 | 0.860 | |
| 18:3 undifferentiated....g | 0.069 | | 1 | | 1 | | 0.435 | 0.055 | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 26 | | 1 | | 4 | | 164 | 21 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.199 | | 0 | | 1 | | 1.256 | 0.157 | |
| Threonine....g | 0.571 | | 0 | | 1 | | 3.603 | 0.451 | |
| Isoleucine....g | 0.689 | | 0 | | 1 | | 4.348 | 0.544 | |
| Leucine....g | 1.344 | | 0 | | 1 | | 8.481 | 1.062 | |
| Lysine....g | 1.218 | | 0 | | 1 | | 7.686 | 0.962 | |
| Methionine....g | 0.376 | | 0 | | 1 | | 2.373 | 0.297 | |
| Cystine....g | 0.164 | | 0 | | 1 | | 1.035 | 0.130 | |
| Phenylalanine....g | 0.757 | | 0 | | 1 | | 4.777 | 0.598 | |
| Tyrosine....g | 0.700 | | 0 | | 1 | | 4.417 | 0.553 | |
| Valine....g | 0.850 | | 0 | | 1 | | 5.364 | 0.672 | |
| Arginine....g | 0.746 | | 0 | | 1 | | 4.707 | 0.589 | |
| Histidine....g | 0.510 | | 0 | | 1 | | 3.218 | 0.403 | |
| Alanine....g | 0.612 | | 0 | | 1 | | 3.862 | 0.483 | |
| Aspartic acid....g | 1.111 | | 0 | | 1 | | 7.010 | 0.878 | |
| Glutamic acid....g | 3.812 | | 0 | | 1 | | 24.054 | 3.011 | |
| Glycine....g | 0.555 | | 0 | | 1 | | 3.502 | 0.438 | |
| Proline....g | 1.462 | | 0 | | 1 | | 9.225 | 1.155 | |
| Serine....g | 0.805 | | 0 | | 1 | | 5.080 | 0.636 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 631g: 1 pizza (12" dia)

Measure 2 = 79g: 1 slice

**Calories Factors:** **Protein** 4.09 **Fat** 8.84 **Carbohydrate** 3.93

**Food Group:** 21 Fast Foods

**NDB No. 21051**
**Entrees, pizza with pepperoni**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 46.54 | 2.099 | 5 | | 1 | | 263.88 | 33.04 | |
| Energy | kcal | 255 | | 0 | NC | 4 | | 1446 | 181 | |
| Energy | kj | 1067 | | | | 4 | | 6049 | 758 | |
| Protein (N x 6.14) | g | 14.26 | 0.808 | 6 | | 1 | | 80.85 | 10.12 | |
| Total lipid (fat) | g | 9.80 | 0.635 | 3 | | 1 | | 55.57 | 6.96 | |
| Ash | g | 1.42 | 0.283 | 3 | | 1 | | 8.05 | 1.01 | |
| Carbohydrate, by difference | g | 27.98 | | 0 | NC | 4 | | 158.65 | 19.87 | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 91 | 3.362 | 3 | | 1 | | 516 | 65 | |
| Iron, Fe | mg | 1.32 | 0.123 | 3 | | 1 | | 7.48 | 0.94 | |
| Magnesium, Mg | mg | 12 | 0.596 | 3 | | 1 | | 68 | 9 | |
| Phosphorus, P | mg | 106 | 16.205 | 3 | | 1 | | 601 | 75 | |
| Potassium, K | mg | 215 | | 1 | | 4 | | 1219 | 153 | |
| Sodium, Na | mg | 376 | 9.615 | 3 | | 1 | | 2132 | 267 | |
| Zinc, Zn | mg | 0.73 | 0.067 | 3 | | 1 | | 4.14 | 0.52 | |
| Copper, Cu | mg | 0.090 | 0.006 | 3 | | 1 | | 0.510 | 0.064 | |
| Manganese, Mn | mg | 0.140 | 0.006 | 3 | | 1 | | 0.794 | 0.099 | |
| Selenium, Se | mcg | 18.4 | | 0 | RK | 4 | | 104.3 | 13.1 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.3 | 1.856 | 3 | | 1 | | 13.0 | 1.6 | |
| Thiamin | mg | 0.190 | 0.077 | 3 | | 1 | | 1.077 | 0.135 | |
| Riboflavin | mg | 0.330 | 0.093 | 3 | | 1 | | 1.871 | 0.234 | |
| Niacin | mg | 4.290 | 0.795 | 3 | | 1 | | 24.324 | 3.046 | |
| Pantothenic acid | mg | 0.350 | 0.041 | 3 | | 1 | | 1.985 | 0.249 | |
| Vitamin B-6 | mg | 0.080 | 0.007 | 3 | | 1 | | 0.454 | 0.057 | |
| Folate, total | mcg | 52 | | 0 | RK | 4 | | 295 | 37 | |
| Folic acid | mcg | 19 | | 0 | RA | 4 | | 108 | 13 | |
| Folate, food | mcg | 33 | | 0 | NC | 4 | | 187 | 23 | |
| Folate, DFE | mcg_DFE | 65 | | 0 | NC | 4 | | 370 | 46 | |
| Vitamin B-12 | mcg | 0.26 | 0.001 | 3 | | 1 | | 1.47 | 0.18 | |
| Vitamin A, IU | IU | 397 | | 1 | | 4 | | 2251 | 282 | |
| Vitamin A, RAE | mcg_RAE | 74 | | 0 | NC | 4 | | 420 | 53 | |
| Retinol | mcg | 65 | | 0 | NC | 4 | | 369 | 46 | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.149 | | 0 | | 1 | | 17.855 | 2.236 | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.020 | | 3 | | 1 | | 0.113 | 0.014 | |
| 10:0 | g | 0.048 | | 3 | | 1 | | 0.272 | 0.034 | |
| 12:0 | g | 0.050 | | 3 | | 1 | | 0.284 | 0.036 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.164 | | 3 | | 1 | | 0.930 | 0.116 | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.767 | | 3 | | 1 | | 10.019 | 1.255 | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.072 | | 3 | | 1 | | 6.078 | 0.761 | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21051**
**Entrees, pizza with pepperoni**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 4.422 | | 0 | | 1 | | 25.073 | 3.140 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.226 | | 3 | | 1 | | 1.281 | 0.160 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.191 | | 3 | | 1 | | 23.763 | 2.976 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | 0.005 | | 3 | | 1 | | 0.028 | 0.004 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.641 | | 0 | | 1 | | 9.304 | 1.165 | |
| 18:2 undifferentiated g | 1.583 | | 3 | | 1 | | 8.976 | 1.124 | |
| 18:3 undifferentiated g | 0.058 | | 3 | | 1 | | 0.329 | 0.041 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 20 | | 1 | | 4 | | 113 | 14 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.167 | | 0 | | 1 | | 0.947 | 0.119 | |
| Threonine g | 0.474 | | 0 | | 1 | | 2.688 | 0.337 | |
| Isoleucine g | 0.595 | | 0 | | 1 | | 3.374 | 0.422 | |
| Leucine g | 1.159 | | 0 | | 1 | | 6.572 | 0.823 | |
| Lysine g | 1.024 | | 0 | | 1 | | 5.806 | 0.727 | |
| Methionine g | 0.325 | | 0 | | 1 | | 1.843 | 0.231 | |
| Cystine g | 0.144 | | 0 | | 1 | | 0.816 | 0.102 | |
| Phenylalanine g | 0.671 | | 0 | | 1 | | 3.805 | 0.476 | |
| Tyrosine g | 0.634 | | 0 | | 1 | | 3.595 | 0.450 | |
| Valine g | 0.739 | | 0 | | 1 | | 4.190 | 0.525 | |
| Arginine g | 0.588 | | 0 | | 1 | | 3.334 | 0.417 | |
| Histidine g | 0.439 | | 0 | | 1 | | 2.489 | 0.312 | |
| Alanine g | 0.462 | | 0 | | 1 | | 2.620 | 0.328 | |
| Aspartic acid g | 0.904 | | 0 | | 1 | | 5.126 | 0.642 | |
| Glutamic acid g | 3.463 | | 0 | | 1 | | 19.635 | 2.459 | |
| Glycine g | 0.381 | | 0 | | 1 | | 2.160 | 0.271 | |
| Proline g | 1.361 | | 0 | | 1 | | 7.717 | 0.966 | |
| Serine g | 0.722 | | 0 | | 1 | | 4.094 | 0.513 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 567g: 1 pizza (12" dia)

Measure 2 = 71g: 1 slice

**Calories Factors:** **Protein** 4.09 **Fat** 8.84 **Carbohydrate** 3.93

**Food Group:** 21 Fast Foods

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

**NDB No. 21002**
**Fast foods, biscuit, with egg**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 50.06 | | | RA | 4 | | 68.08 | | |
| Energy kcal | 274 | | | RA | 4 | | 373 | | |
| Energy kj | 1145 | | | RA | 4 | | 1557 | | |
| Protein g | 8.53 | | | RA | 4 | | 11.61 | | |
| Total lipid (fat) g | 16.23 | | | RA | 4 | | 22.08 | | |
| Ash g | 1.77 | | | RA | 4 | | 2.40 | | |
| Carbohydrate, by difference g | 23.46 | | | RA | 4 | | 31.90 | | |
| Fiber, total dietary g | 0.6 | | | RA | 4 | | 0.8 | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 60 | | | RA | 4 | | 81 | | |
| Iron, Fe mg | 2.13 | | | RA | 4 | | 2.90 | | |
| Magnesium, Mg mg | 14 | | | RA | 4 | | 19 | | |
| Phosphorus, P mg | 285 | | | RA | 4 | | 388 | | |
| Potassium, K mg | 175 | | | RA | 4 | | 238 | | |
| Sodium, Na mg | 655 | | | RA | 4 | | 891 | | |
| Zinc, Zn mg | 0.73 | | | RA | 4 | | 0.99 | | |
| Copper, Cu mg | 0.045 | | | RA | 4 | | 0.062 | | |
| Manganese, Mn mg | 0.192 | | | RA | 4 | | 0.260 | | |
| Selenium, Se mcg | 20.1 | | | RA | 4 | | 27.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.1 | | | RA | 4 | | 0.1 | | |
| Thiamin mg | 0.223 | | | RA | 4 | | 0.304 | | |
| Riboflavin mg | 0.358 | | | RA | 4 | | 0.487 | | |
| Niacin mg | 1.583 | | | RA | 4 | | 2.153 | | |
| Pantothenic acid mg | 0.654 | | | RA | 4 | | 0.890 | | |
| Vitamin B-6 mg | 0.082 | | | RA | 4 | | 0.112 | | |
| Folate, total mcg | 42 | | | RA | 4 | | 58 | | |
| Folic acid mcg | 24 | | | RA | 4 | | 33 | | |
| Folate, food mcg | 19 | | 0 | NC | 4 | | 25 | | |
| Folate, DFE mcg_DFE | 59 | | 0 | NC | 4 | | 81 | | |
| Vitamin B-12 mcg | 0.46 | | | RA | 4 | | 0.63 | | |
| Vitamin A, IU IU | 456 | | | RA | 4 | | 620 | | |
| Vitamin A, RAE mcg_RAE | 132 | | 0 | NC | 4 | | 180 | | |
| Retinol mcg | 131 | | 0 | NC | 4 | | 178 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.477 | | | RA | 4 | | 4.728 | | |
| 4:0 g | 0.014 | | | RA | 4 | | 0.019 | | |
| 6:0 g | 0.009 | | | RA | 4 | | 0.012 | | |
| 8:0 g | 0.007 | | | RA | 4 | | 0.009 | | |
| 10:0 g | 0.013 | | | RA | 4 | | 0.017 | | |
| 12:0 g | 0.015 | | | RA | 4 | | 0.020 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.078 | | | RA | 4 | | 0.107 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.294 | | | RA | 4 | | 3.119 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.048 | | | RA | 4 | | 1.425 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21002**
**Fast foods, biscuit, with egg**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 6.671 | | | RA | 4 | | 9.073 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.164 | | | RA | 4 | | 0.223 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.494 | | | RA | 4 | | 8.832 | | |
| 20:1 g | 0.012 | | | RA | 4 | | 0.016 | | |
| 22:1 undifferentiated g | 0.001 | | | RA | 4 | | 0.001 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.706 | | | RA | 4 | | 6.401 | | |
| 18:2 undifferentiated g | 4.359 | | | RA | 4 | | 5.928 | | |
| 18:3 undifferentiated g | 0.271 | | | RA | 4 | | 0.369 | | |
| 18:4 g | 0.000 | | | RA | 4 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.059 | | | RA | 4 | | 0.080 | | |
| 20:5 n-3 g | 0.002 | | | RA | 4 | | 0.002 | | |
| 22:5 n-3 g | 0.000 | | | RA | 4 | | 0.000 | | |
| 22:6 n-3 g | 0.015 | | | RA | 4 | | 0.021 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 180 | | | RA | 4 | | 245 | | |
| Phytosterols mg | 13 | | | RA | 4 | | 18 | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.105 | | | RA | 4 | | 0.142 | | |
| Threonine g | 0.352 | | | RA | 4 | | 0.479 | | |
| Isoleucine g | 0.416 | | | RA | 4 | | 0.565 | | |
| Leucine g | 0.690 | | | RA | 4 | | 0.938 | | |
| Lysine g | 0.487 | | | RA | 4 | | 0.662 | | |
| Methionine g | 0.226 | | | RA | 4 | | 0.307 | | |
| Cystine g | 0.182 | | | RA | 4 | | 0.247 | | |
| Phenylalanine g | 0.440 | | | RA | 4 | | 0.599 | | |
| Tyrosine g | 0.323 | | | RA | 4 | | 0.439 | | |
| Valine g | 0.468 | | | RA | 4 | | 0.636 | | |
| Arginine g | 0.442 | | | RA | 4 | | 0.601 | | |
| Histidine g | 0.199 | | | RA | 4 | | 0.271 | | |
| Alanine g | 0.396 | | | RA | 4 | | 0.539 | | |
| Aspartic acid g | 0.685 | | | RA | 4 | | 0.932 | | |
| Glutamic acid g | 1.685 | | | RA | 4 | | 2.291 | | |
| Glycine g | 0.282 | | | RA | 4 | | 0.383 | | |
| Proline g | 0.572 | | | RA | 4 | | 0.778 | | |
| Serine g | 0.554 | | | RA | 4 | | 0.753 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | | RA | 4 | | 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 = 136g: 1 biscuit

**Calories Factors: Protein Fat Carbohydrate**

**Food Group:** 21 Fast Foods

**NDB No. 21003**
**Fast foods, biscuit, with egg and bacon**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 46.67 | | 1 | | 4 | | 70.01 | | |
| Energy | kcal | 305 | | 0 | NC | 4 | | 458 | | |
| Energy | kj | 1276 | | | | 4 | | 1914 | | |
| Protein (N x 6.12) | g | 11.33 | 0.087 | 3 | | 1 | | 17.00 | | |
| Total lipid (fat) | g | 20.73 | 1.812 | 3 | | 1 | | 31.10 | | |
| Ash | g | 2.40 | | 1 | | 4 | | 3.60 | | |
| Carbohydrate, by difference | g | 19.06 | | 3 | | 9 | | 28.59 | | |
| Fiber, total dietary | g | 0.5 | | 0 | | 4 | | 0.8 | | |
| Sugars, total | g | 0.88 | | 0 | FLA | 4 | | 1.31 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 126 | | 2 | | 1 | | 189 | | |
| Iron, Fe | mg | 2.49 | | 2 | | 1 | | 3.74 | | |
| Magnesium, Mg | mg | 16 | | 1 | | 4 | | 24 | | |
| Phosphorus, P | mg | 159 | | 1 | | 4 | | 239 | | |
| Potassium, K | mg | 167 | | 1 | | 1 | | 251 | | |
| Sodium, Na | mg | 666 | 56.244 | 3 | | 1 | | 999 | | |
| Zinc, Zn | mg | 1.09 | | 1 | | 4 | | 1.64 | | |
| Copper, Cu | mg | 0.075 | | 1 | | 4 | | 0.113 | | |
| Manganese, Mn | mg | 0.186 | | 1 | | 4 | | 0.279 | | |
| Selenium, Se | mcg | 20.6 | | 0 | RK | 4 | | 30.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.8 | | 2 | | 1 | | 2.7 | | |
| Thiamin | mg | 0.090 | | 2 | | 1 | | 0.135 | | |
| Riboflavin | mg | 0.150 | | 2 | | 1 | | 0.225 | | |
| Niacin | mg | 1.600 | | 2 | | 1 | | 2.400 | | |
| Pantothenic acid | mg | 0.810 | | 1 | | 4 | | 1.215 | | |
| Vitamin B-6 | mg | 0.090 | | 1 | | 4 | | 0.135 | | |
| Folate, total | mcg | 40 | | 0 | RK | 4 | | 60 | | |
| Folic acid | mcg | 20 | | 0 | NC | 4 | | 30 | | |
| Folate, food | mcg | 20 | | 0 | | 4 | | 30 | | |
| Folate, DFE | mcg_DFE | 54 | | 0 | NC | 4 | | 81 | | |
| Vitamin B-12 | mcg | 0.69 | | 1 | | 4 | | 1.04 | | |
| Vitamin A, IU | IU | 247 | | 0 | FLA | 4 | | 370 | | |
| Vitamin A, RAE | mcg_RAE | 71 | | 0 | FLA | 4 | | 107 | | |
| Retinol | mcg | 71 | | 0 | FLA | 4 | | 106 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.31 | | 0 | FLA | 4 | | 1.96 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 2.7 | | 0 | FLA | 4 | | 4.1 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.300 | | 0 | | 4 | | 7.950 | | |
| 4:0 | g | 0.013 | | 0 | | 4 | | 0.020 | | |
| 6:0 | g | 0.008 | | 0 | | 4 | | 0.012 | | |
| 8:0 | g | 0.006 | | 0 | | 4 | | 0.009 | | |
| 10:0 | g | 0.022 | | 0 | | 4 | | 0.033 | | |
| 12:0 | g | 0.022 | | 0 | | 4 | | 0.033 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.147 | | 0 | | 4 | | 0.221 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.416 | | 0 | | 4 | | 5.124 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.647 | | 0 | | 4 | | 2.471 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21003**
**Fast foods, biscuit, with egg and bacon**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 8.960 | | 0 | | 4 | | 13.440 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.357 | | 0 | | 4 | | 0.536 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.587 | | 0 | | 4 | | 12.881 | | |
| 20:1 g | 0.011 | | 0 | | 4 | | 0.017 | | |
| 22:1 undifferentiated g | 0.001 | | 0 | | 4 | | 0.002 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.980 | | 0 | | 4 | | 7.470 | | |
| 18:2 undifferentiated g | 4.551 | | 0 | | 4 | | 6.827 | | |
| 18:3 undifferentiated g | 0.341 | | 0 | | 4 | | 0.512 | | |
| 18:4 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.069 | | 0 | | 4 | | 0.104 | | |
| 20:5 n-3 g | 0.001 | | 0 | | 4 | | 0.002 | | |
| 22:5 n-3 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 g | 0.014 | | 0 | | 4 | | 0.021 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 235 | 32.533 | 3 | | 1 | | 353 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.144 | | 0 | | 1 | | 0.216 | | |
| Threonine g | 0.453 | | 0 | | 1 | | 0.680 | | |
| Isoleucine g | 0.548 | | 0 | | 1 | | 0.822 | | |
| Leucine g | 0.875 | | 0 | | 1 | | 1.313 | | |
| Lysine g | 0.683 | | 0 | | 1 | | 1.025 | | |
| Methionine g | 0.281 | | 0 | | 1 | | 0.422 | | |
| Cystine g | 0.196 | | 0 | | 1 | | 0.294 | | |
| Phenylalanine g | 0.540 | | 0 | | 1 | | 0.810 | | |
| Tyrosine g | 0.396 | | 0 | | 1 | | 0.594 | | |
| Valine g | 0.635 | | 0 | | 1 | | 0.953 | | |
| Arginine g | 0.624 | | 0 | | 1 | | 0.936 | | |
| Histidine g | 0.287 | | 0 | | 1 | | 0.431 | | |
| Alanine g | 0.559 | | 0 | | 1 | | 0.839 | | |
| Aspartic acid g | 0.890 | | 0 | | 1 | | 1.335 | | |
| Glutamic acid g | 2.036 | | 0 | | 1 | | 3.054 | | |
| Glycine g | 0.513 | | 0 | | 1 | | 0.770 | | |
| Proline g | 0.727 | | 0 | | 1 | | 1.091 | | |
| Serine g | 0.624 | | 0 | | 1 | | 0.936 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 4 | | 0 | FLA | 4 | | 6.747 | | |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.021 | | |
| Cryptoxanthin, beta mcg | 4 | | 0 | FLA | 4 | | 5.912 | | |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 149 | | 0 | FLA | 4 | | 223.266 | | |

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

**Common Measures:**

Measure 1 = 150g: 1 biscuit

**NDB No. 21003**
**Fast foods, biscuit, with egg and bacon**

**Calories Factors:** **Protein** 4.18 **Fat** 8.8 **Carbohydrate** 3.94

**Food Group:** 21 Fast Foods

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

**NDB No. 21004**
**Fast foods, biscuit, with egg and ham**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 54.66 | | 1 | | 4 | | 104.95 | | |
| Energy kcal | 230 | | 0 | NC | 4 | | 442 | | |
| Energy kj | 962 | | | | 4 | | 1848 | | |
| Protein (N x 6.09) g | 10.64 | | 2 | | 1 | | 20.43 | | |
| Total lipid (fat) g | 14.08 | | 2 | | 1 | | 27.03 | | |
| Ash g | 2.31 | | 1 | | 4 | | 4.44 | | |
| Carbohydrate, by difference g | 15.79 | | 2 | | 9 | | 30.32 | | |
| Fiber, total dietary g | 0.4 | | 0 | | 4 | | 0.8 | | |
| Sugars, total g | 0.83 | | 0 | FLA | 4 | | 1.60 | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 115 | | 1 | | 1 | | 221 | | |
| Iron, Fe mg | 2.37 | | 1 | | 1 | | 4.55 | | |
| Magnesium, Mg mg | 16 | | 1 | | 4 | | 31 | | |
| Phosphorus, P mg | 165 | | 1 | | 4 | | 317 | | |
| Potassium, K mg | 166 | | 1 | | 1 | | 319 | | |
| Sodium, Na mg | 720 | | 2 | | 1 | | 1382 | | |
| Zinc, Zn mg | 1.16 | | 1 | | 4 | | 2.23 | | |
| Copper, Cu mg | 0.072 | | 1 | | 4 | | 0.138 | | |
| Manganese, Mn mg | 0.159 | | 1 | | 4 | | 0.305 | | |
| Selenium, Se mcg | 19.2 | | 0 | RK | 4 | | 36.9 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin mg | 0.350 | | 1 | | 1 | | 0.672 | | |
| Riboflavin mg | 0.310 | | 1 | | 1 | | 0.595 | | |
| Niacin mg | 1.040 | | 1 | | 1 | | 1.997 | | |
| Pantothenic acid mg | 0.870 | | 1 | | 4 | | 1.670 | | |
| Vitamin B-6 mg | 0.140 | | 1 | | 4 | | 0.269 | | |
| Folate, total mcg | 34 | | 0 | RK | 4 | | 65 | | |
| Folic acid mcg | 17 | | 0 | NC | 4 | | 33 | | |
| Folate, food mcg | 17 | | 0 | | 4 | | 33 | | |
| Folate, DFE mcg_DFE | 46 | | 0 | NC | 4 | | 88 | | |
| Vitamin B-12 mcg | 0.62 | | 1 | | 4 | | 1.19 | | |
| Vitamin A, IU IU | 455 | | 0 | FLA | 4 | | 874 | | |
| Vitamin A, RAE mcg_RAE | 123 | | 0 | FLA | 4 | | 237 | | |
| Retinol mcg | 121 | | 0 | FLA | 4 | | 232 | | |
| Vitamin E (alpha-tocopherol) mg | 1.19 | | 0 | FLA | 4 | | 2.29 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | 4.8 | | 0 | FLA | 4 | | 9.2 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.080 | | 0 | | 4 | | 5.914 | | |
| 4:0 g | 0.015 | | 0 | | 4 | | 0.029 | | |
| 6:0 g | 0.009 | | 0 | | 4 | | 0.017 | | |
| 8:0 g | 0.007 | | 0 | | 4 | | 0.013 | | |
| 10:0 g | 0.014 | | 0 | | 4 | | 0.027 | | |
| 12:0 g | 0.015 | | 0 | | 4 | | 0.029 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.075 | | 0 | | 4 | | 0.144 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.043 | | 0 | | 4 | | 3.923 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.890 | | 0 | | 4 | | 1.709 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21004**
**Fast foods, biscuit, with egg and ham**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.710 | | 0 | | 4 | | 10.963 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.168 | | 0 | | 4 | | 0.323 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.530 | | 0 | | 4 | | 10.618 | | |
| 20:1 g | 0.012 | | 0 | | 4 | | 0.023 | | |
| 22:1 undifferentiated g | 0.001 | | 0 | | 4 | | 0.002 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.010 | | 0 | | 4 | | 7.699 | | |
| 18:2 undifferentiated g | 3.691 | | 0 | | 4 | | 7.087 | | |
| 18:3 undifferentiated g | 0.243 | | 0 | | 4 | | 0.467 | | |
| 18:4 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.061 | | 0 | | 4 | | 0.117 | | |
| 20:5 n-3 g | 0.002 | | 0 | | 4 | | 0.004 | | |
| 22:5 n-3 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 22:6 n-3 g | 0.016 | | 0 | | 4 | | 0.031 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 156 | | 2 | | 1 | | 300 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.142 | | 0 | | 1 | | 0.273 | | |
| Threonine g | 0.456 | | 0 | | 1 | | 0.876 | | |
| Isoleucine g | 0.521 | | 0 | | 1 | | 1.000 | | |
| Leucine g | 0.863 | | 0 | | 1 | | 1.657 | | |
| Lysine g | 0.722 | | 0 | | 1 | | 1.386 | | |
| Methionine g | 0.281 | | 0 | | 1 | | 0.540 | | |
| Cystine g | 0.196 | | 0 | | 1 | | 0.376 | | |
| Phenylalanine g | 0.519 | | 0 | | 1 | | 0.996 | | |
| Tyrosine g | 0.383 | | 0 | | 1 | | 0.735 | | |
| Valine g | 0.564 | | 0 | | 1 | | 1.083 | | |
| Arginine g | 0.620 | | 0 | | 1 | | 1.190 | | |
| Histidine g | 0.311 | | 0 | | 1 | | 0.597 | | |
| Alanine g | 0.556 | | 0 | | 1 | | 1.068 | | |
| Aspartic acid g | 0.907 | | 0 | | 1 | | 1.741 | | |
| Glutamic acid g | 1.974 | | 0 | | 1 | | 3.790 | | |
| Glycine g | 0.439 | | 0 | | 1 | | 0.843 | | |
| Proline g | 0.620 | | 0 | | 1 | | 1.190 | | |
| Serine g | 0.575 | | 0 | | 1 | | 1.104 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 28 | | 0 | FLA | 4 | | 54.640 | | |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.021 | | |
| Cryptoxanthin, beta mcg | 6 | | 0 | FLA | 4 | | 11.586 | | |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 226 | | 0 | FLA | 4 | | 433.318 | | |

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

**NDB No. 21004**
**Fast foods, biscuit, with egg and ham**

**Calories Factors:** **Protein** 4.15 **Fat** 8.8 **Carbohydrate** 3.94

**Food Group:** 21 Fast Foods

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

**NDB No. 21007**
**Fast foods, biscuit, with egg, cheese, and bacon**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 41.20 | | 1 | | 1 | | 59.33 | | |
| Energy | kcal | 331 | | 0 | NC | 4 | | 477 | | |
| Energy | kj | 1385 | | | | 4 | | 1994 | | |
| Protein (N x 6.19) | g | 11.29 | | 1 | | 1 | | 16.26 | | |
| Total lipid (fat) | g | 21.80 | | 1 | | 1 | | 31.39 | | |
| Ash | g | 2.50 | | 1 | | 1 | | 3.60 | | |
| Carbohydrate, by difference | g | 23.21 | | 0 | NC | 4 | | 33.42 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 114 | | 1 | | 1 | | 164 | | |
| Iron, Fe | mg | 1.77 | | 1 | | 1 | | 2.55 | | |
| Magnesium, Mg | mg | 14 | | 1 | | 1 | | 20 | | |
| Phosphorus, P | mg | 319 | | 1 | | 1 | | 459 | | |
| Potassium, K | mg | 160 | | 1 | | 1 | | 230 | | |
| Sodium, Na | mg | 875 | | 1 | | 1 | | 1260 | | |
| Zinc, Zn | mg | 1.07 | | 1 | | 1 | | 1.54 | | |
| Copper, Cu | mg | 0.052 | | 1 | | 1 | | 0.075 | | |
| Manganese, Mn | mg | 0.177 | | 1 | | 4 | | 0.255 | | |
| Selenium, Se | mcg | 24.7 | | 0 | RK | 4 | | 35.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | | 1 | | 1 | | 1.6 | | |
| Thiamin | mg | 0.210 | | 1 | | 1 | | 0.302 | | |
| Riboflavin | mg | 0.300 | | 1 | | 1 | | 0.432 | | |
| Niacin | mg | 1.600 | | 1 | | 1 | | 2.304 | | |
| Pantothenic acid | mg | 0.820 | | 1 | | 1 | | 1.181 | | |
| Vitamin B-6 | mg | 0.070 | | 1 | | 1 | | 0.101 | | |
| Folate, total | mcg | 37 | | 0 | RK | 4 | | 53 | | |
| Folic acid | mcg | 11 | | 0 | NC | 4 | | 16 | | |
| Folate, food | mcg | 26 | | 1 | | 1 | | 37 | | |
| Folate, DFE | mcg_DFE | 45 | | 0 | NC | 4 | | 64 | | |
| Vitamin B-12 | mcg | 0.73 | | 1 | | 1 | | 1.05 | | |
| Vitamin A, IU | IU | 450 | | 1 | | 1 | | 648 | | |
| Vitamin A, RAE | mcg_RAE | 132 | | 0 | NC | 4 | | 189 | | |
| Retinol | mcg | 131 | | 0 | NC | 4 | | 189 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 7.915 | | 0 | | 1 | | 11.398 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.159 | | 1 | | 1 | | 0.229 | | |
| 10:0 | g | 0.235 | | 1 | | 1 | | 0.338 | | |
| 12:0 | g | 1.284 | | 1 | | 1 | | 1.849 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.045 | | 1 | | 1 | | 1.505 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 4.678 | | 1 | | 1 | | 6.736 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.316 | | 1 | | 1 | | 0.455 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21007**
**Fast foods, biscuit, with egg, cheese, and bacon**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 9.879 | | 0 | | 1 | | 14.226 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.474 | | 1 | | 1 | | 0.683 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 9.264 | | 1 | | 1 | | 13.340 | | |
| 20:1 g | 0.068 | | 1 | | 1 | | 0.098 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.427 | | 0 | | 1 | | 3.495 | | |
| 18:2 undifferentiated g | 2.236 | | 1 | | 1 | | 3.220 | | |
| 18:3 undifferentiated g | 0.101 | | 1 | | 1 | | 0.145 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.091 | | 1 | | 1 | | 0.131 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 181 | | 1 | | 1 | | 261 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.148 | | 0 | | 1 | | 0.213 | | |
| Threonine g | 0.430 | | 0 | | 1 | | 0.619 | | |
| Isoleucine g | 0.536 | | 0 | | 1 | | 0.772 | | |
| Leucine g | 0.894 | | 0 | | 1 | | 1.287 | | |
| Lysine g | 0.770 | | 0 | | 1 | | 1.109 | | |
| Methionine g | 0.281 | | 0 | | 1 | | 0.405 | | |
| Cystine g | 0.168 | | 0 | | 1 | | 0.242 | | |
| Phenylalanine g | 0.544 | | 0 | | 1 | | 0.783 | | |
| Tyrosine g | 0.441 | | 0 | | 1 | | 0.635 | | |
| Valine g | 0.637 | | 0 | | 1 | | 0.917 | | |
| Arginine g | 0.584 | | 0 | | 1 | | 0.841 | | |
| Histidine g | 0.321 | | 0 | | 1 | | 0.462 | | |
| Alanine g | 0.492 | | 0 | | 1 | | 0.708 | | |
| Aspartic acid g | 0.837 | | 0 | | 1 | | 1.205 | | |
| Glutamic acid g | 2.090 | | 0 | | 1 | | 3.010 | | |
| Glycine g | 0.436 | | 0 | | 1 | | 0.628 | | |
| Proline g | 0.815 | | 0 | | 1 | | 1.174 | | |
| Serine g | 0.600 | | 0 | | 1 | | 0.864 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 144g: 1 biscuit

**Calories Factors:** **Protein** 4.22 **Fat** 8.8 **Carbohydrate** 3.94

**Food Group:** 21 Fast Foods

**NDB No. 21008**
**Fast foods, biscuit, with ham**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 28.40 | | 1 | | 1 | | 32.09 | | |
| Energy | kcal | 342 | | 0 | NC | 4 | | 386 | | |
| Energy | kj | 1431 | | | | 4 | | 1617 | | |
| Protein (N x 5.98) | g | 11.85 | 0.838 | 4 | | 1 | | 13.39 | | |
| Total lipid (fat) | g | 16.30 | 1.265 | 4 | | 1 | | 18.42 | | |
| Ash | g | 4.70 | | 1 | | 1 | | 5.31 | | |
| Carbohydrate, by difference | g | 38.75 | | 0 | NC | 4 | | 43.79 | | |
| Fiber, total dietary | g | 0.7 | | 0 | | 4 | | 0.8 | | |
| Sugars, total | g | 0.81 | | 0 | FLA | 4 | | 0.91 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 142 | 19.383 | 4 | | 1 | | 160 | | |
| Iron, Fe | mg | 2.41 | 0.387 | 4 | | 1 | | 2.72 | | |
| Magnesium, Mg | mg | 20 | | 1 | | 1 | | 23 | | |
| Phosphorus, P | mg | 490 | | 1 | | 1 | | 554 | | |
| Potassium, K | mg | 174 | 14.834 | 4 | | 1 | | 197 | | |
| Sodium, Na | mg | 1268 | 141.692 | 4 | | 1 | | 1433 | | |
| Zinc, Zn | mg | 1.46 | | 1 | | 1 | | 1.65 | | |
| Copper, Cu | mg | 0.032 | | 1 | | 1 | | 0.036 | | |
| Manganese, Mn | mg | 0.320 | | 1 | | 1 | | 0.362 | | |
| Selenium, Se | mcg | 17.1 | | 0 | RK | 4 | | 19.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 1 | | 1 | | 0.1 | | |
| Thiamin | mg | 0.450 | 0.053 | 4 | | 1 | | 0.509 | | |
| Riboflavin | mg | 0.280 | 0.062 | 4 | | 1 | | 0.316 | | |
| Niacin | mg | 3.080 | 0.585 | 4 | | 1 | | 3.480 | | |
| Pantothenic acid | mg | 0.360 | | 1 | | 1 | | 0.407 | | |
| Vitamin B-6 | mg | 0.120 | | 1 | | 1 | | 0.136 | | |
| Folate, total | mcg | 34 | | 0 | RK | 4 | | 38 | | |
| Folic acid | mcg | 27 | | 0 | NC | 4 | | 31 | | |
| Folate, food | mcg | 7 | | 1 | | 1 | | 8 | | |
| Folate, DFE | mcg_DFE | 53 | | 0 | NC | 4 | | 60 | | |
| Vitamin B-12 | mcg | 0.03 | | 1 | | 1 | | 0.03 | | |
| Vitamin A, IU | IU | 118 | | 0 | FLA | 4 | | 133 | | |
| Vitamin A, RAE | mcg_RAE | 27 | | 0 | FLA | 4 | | 31 | | |
| Retinol | mcg | 25 | | 0 | FLA | 4 | | 29 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.47 | | 0 | FLA | 4 | | 1.66 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 6.3 | | 0 | FLA | 4 | | 7.1 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 10.096 | | 0 | | 1 | | 11.408 | | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 6:0 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 8:0 | g | 0.363 | | 1 | | 1 | | 0.410 | | |
| 10:0 | g | 0.346 | | 1 | | 1 | | 0.391 | | |
| 12:0 | g | 2.997 | | 1 | | 1 | | 3.387 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.280 | | 1 | | 1 | | 1.446 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.357 | | 1 | | 1 | | 2.663 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.644 | | 1 | | 1 | | 2.988 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21008**
**Fast foods, biscuit, with ham**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 4.277 | | 0 | | 1 | | 4.833 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.182 | | 1 | | 1 | | 0.206 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.064 | | 1 | | 1 | | 4.592 | | |
| 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 | 0.918 | | 0 | | 1 | | 1.037 | | |
| 18:2 undifferentiated g | 0.808 | | 1 | | 1 | | 0.913 | | |
| 18:3 undifferentiated g | 0.081 | | 1 | | 1 | | 0.092 | | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.029 | | 1 | | 1 | | 0.033 | | |
| 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 | 22 | 4.737 | 3 | | 1 | | 25 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.147 | | 0 | | 1 | | 0.166 | | |
| Threonine g | 0.481 | | 0 | | 1 | | 0.544 | | |
| Isoleucine g | 0.513 | | 0 | | 1 | | 0.580 | | |
| Leucine g | 0.937 | | 0 | | 1 | | 1.059 | | |
| Lysine g | 0.818 | | 0 | | 1 | | 0.924 | | |
| Methionine g | 0.289 | | 0 | | 1 | | 0.327 | | |
| Cystine g | 0.196 | | 0 | | 1 | | 0.221 | | |
| Phenylalanine g | 0.547 | | 0 | | 1 | | 0.618 | | |
| Tyrosine g | 0.400 | | 0 | | 1 | | 0.452 | | |
| Valine g | 0.533 | | 0 | | 1 | | 0.602 | | |
| Arginine g | 0.680 | | 0 | | 1 | | 0.768 | | |
| Histidine g | 0.382 | | 0 | | 1 | | 0.432 | | |
| Alanine g | 0.604 | | 0 | | 1 | | 0.683 | | |
| Aspartic acid g | 0.957 | | 0 | | 1 | | 1.081 | | |
| Glutamic acid g | 2.558 | | 0 | | 1 | | 2.891 | | |
| Glycine g | 0.549 | | 0 | | 1 | | 0.620 | | |
| Proline g | 0.794 | | 0 | | 1 | | 0.897 | | |
| Serine g | 0.533 | | 0 | | 1 | | 0.602 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 20 | | 0 | FLA | 4 | | 22.584 | | |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.031 | | |
| Cryptoxanthin, beta mcg | 0 | | 0 | FLA | 4 | | 0.044 | | |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 7 | | 0 | FLA | 4 | | 7.972 | | |

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

**Common Measures:**

Measure 1 = 113g: 1 biscuit

**NDB No. 21008**
**Fast foods, biscuit, with ham**

**Calories Factors:** **Protein** 4.03 **Fat** 8.67 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21009**
**Fast foods, biscuit, with sausage**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 29.30 | | 2 | | 1 | | 36.33 | | |
| Energy | kcal | 391 | | 0 | NC | 4 | | 485 | | |
| Energy | kj | 1636 | | | | 4 | | 2029 | | |
| Protein (N x 5.87) | g | 9.77 | 0.619 | 4 | | 1 | | 12.11 | | |
| Total lipid (fat) | g | 25.63 | 1.142 | 4 | | 1 | | 31.78 | | |
| Ash | g | 3.00 | | 2 | | 1 | | 3.72 | | |
| Carbohydrate, by difference | g | 32.29 | | 0 | NC | 4 | | 40.04 | | |
| Fiber, total dietary | g | 1.1 | | 0 | | 4 | | 1.4 | | |
| Sugars, total | g | 0.67 | | 0 | FLA | 4 | | 0.84 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 103 | 17.968 | 4 | | 1 | | 128 | | |
| Iron, Fe | mg | 2.08 | 0.354 | 4 | | 1 | | 2.58 | | |
| Magnesium, Mg | mg | 16 | | 2 | | 1 | | 20 | | |
| Phosphorus, P | mg | 360 | | 2 | | 1 | | 446 | | |
| Potassium, K | mg | 160 | 19.386 | 4 | | 1 | | 198 | | |
| Sodium, Na | mg | 864 | 67.493 | 4 | | 1 | | 1071 | | |
| Zinc, Zn | mg | 1.25 | | 2 | | 1 | | 1.55 | | |
| Copper, Cu | mg | 0.040 | | 2 | | 1 | | 0.050 | | |
| Manganese, Mn | mg | 0.290 | | 1 | | 1 | | 0.360 | | |
| Selenium, Se | mcg | 18.7 | | 0 | RK | 4 | | 23.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 1 | | 1 | | 0.1 | | |
| Thiamin | mg | 0.320 | 0.055 | 4 | | 1 | | 0.397 | | |
| Riboflavin | mg | 0.230 | 0.024 | 4 | | 1 | | 0.285 | | |
| Niacin | mg | 2.640 | 0.274 | 4 | | 1 | | 3.274 | | |
| Pantothenic acid | mg | 0.290 | | 2 | | 1 | | 0.360 | | |
| Vitamin B-6 | mg | 0.090 | | 2 | | 1 | | 0.112 | | |
| Folate, total | mcg | 37 | | 0 | RK | 4 | | 46 | | |
| Folic acid | mcg | 30 | | 0 | NC | 4 | | 37 | | |
| Folate, food | mcg | 7 | | 2 | | 1 | | 9 | | |
| Folate, DFE | mcg_DFE | 58 | | 0 | NC | 4 | | 72 | | |
| Vitamin B-12 | mcg | 0.41 | | 2 | | 1 | | 0.51 | | |
| Vitamin A, IU | IU | 45 | | 0 | FLA | 4 | | 56 | | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | FLA | 4 | | 13 | | |
| Retinol | mcg | 10 | | 0 | FLA | 4 | | 12 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.10 | | 0 | FLA | 4 | | 1.36 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.0 | | 0 | FLA | 4 | | 6.2 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.468 | | 0 | | 1 | | 14.220 | | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 6:0 | g | 0.115 | | 2 | | 1 | | 0.143 | | |
| 8:0 | g | 0.223 | | 2 | | 1 | | 0.277 | | |
| 10:0 | g | 0.206 | | 2 | | 1 | | 0.255 | | |
| 12:0 | g | 1.951 | | 2 | | 1 | | 2.419 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.901 | | 2 | | 1 | | 1.117 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 4.477 | | 2 | | 1 | | 5.551 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 3.412 | | 2 | | 1 | | 4.231 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21009**
**Fast foods, biscuit, with sausage**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 10.339 | | 0 | | 1 | | 12.820 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.485 | | 2 | | 1 | | 0.601 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 9.699 | | 2 | | 1 | | 12.027 | | |
| 20:1 g | 0.120 | | 2 | | 1 | | 0.149 | | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.440 | | 0 | | 1 | | 3.026 | | |
| 18:2 undifferentiated g | 2.188 | | 2 | | 1 | | 2.713 | | |
| 18:3 undifferentiated g | 0.214 | | 2 | | 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 | 0.038 | | 2 | | 1 | | 0.047 | | |
| 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 | 28 | 4.684 | 4 | | 1 | | 35 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.113 | | 0 | | 1 | | 0.140 | | |
| Threonine g | 0.345 | | 0 | | 1 | | 0.428 | | |
| Isoleucine g | 0.391 | | 0 | | 1 | | 0.485 | | |
| Leucine g | 0.724 | | 0 | | 1 | | 0.898 | | |
| Lysine g | 0.523 | | 0 | | 1 | | 0.649 | | |
| Methionine g | 0.210 | | 0 | | 1 | | 0.260 | | |
| Cystine g | 0.150 | | 0 | | 1 | | 0.186 | | |
| Phenylalanine g | 0.431 | | 0 | | 1 | | 0.534 | | |
| Tyrosine g | 0.318 | | 0 | | 1 | | 0.394 | | |
| Valine g | 0.443 | | 0 | | 1 | | 0.549 | | |
| Arginine g | 0.483 | | 0 | | 1 | | 0.599 | | |
| Histidine g | 0.260 | | 0 | | 1 | | 0.322 | | |
| Alanine g | 0.430 | | 0 | | 1 | | 0.533 | | |
| Aspartic acid g | 0.638 | | 0 | | 1 | | 0.791 | | |
| Glutamic acid g | 2.398 | | 0 | | 1 | | 2.974 | | |
| Glycine g | 0.458 | | 0 | | 1 | | 0.568 | | |
| Proline g | 0.846 | | 0 | | 1 | | 1.049 | | |
| Serine g | 0.455 | | 0 | | 1 | | 0.564 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 8 | | 0 | FLA | 4 | | 9.370 | | |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.028 | | |
| Cryptoxanthin, beta mcg | 0 | | 0 | FLA | 4 | | 0.040 | | |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 6 | | 0 | FLA | 4 | | 7.307 | | |

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

**Common Measures:**

Measure 1 = 124g: 1 biscuit

**NDB No. 21009**
**Fast foods, biscuit, with sausage**

**Calories Factors:** **Protein** 4.01 **Fat** 8.75 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21027**
**Fast foods, brownie**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 12.65 | | 2 | | 1 | | 7.59 | | |
| Energy kcal | 405 | | 0 | NC | 4 | | 243 | | |
| Energy kj | 1695 | | | | 4 | | 1017 | | |
| Protein (N x 6.09) g | 4.57 | 0.342 | 3 | | 1 | | 2.74 | | |
| Total lipid (fat) g | 16.84 | 0.733 | 3 | | 1 | | 10.10 | | |
| Ash g | 1.00 | | 2 | | 1 | | 0.60 | | |
| Carbohydrate, by difference g | 64.95 | | 0 | NC | 4 | | 38.97 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 42 | | 2 | | 1 | | 25 | | |
| Iron, Fe mg | 2.15 | | 2 | | 1 | | 1.29 | | |
| Magnesium, Mg mg | 27 | | 2 | | 1 | | 16 | | |
| Phosphorus, P mg | 146 | | 2 | | 1 | | 88 | | |
| Potassium, K mg | 139 | | 2 | | 1 | | 83 | | |
| Sodium, Na mg | 255 | 15.790 | 3 | | 1 | | 153 | | |
| Zinc, Zn mg | 0.92 | | 1 | | 1 | | 0.55 | | |
| Copper, Cu mg | 0.000 | | 2 | | 1 | | 0.000 | | |
| Manganese, Mn mg | 0.181 | 0.059 | 6 | | 1 | | 0.109 | | |
| Selenium, Se mcg | 6.3 | | 0 | BFZN | 4 | | 3.8 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 5.3 | | 2 | | 1 | | 3.2 | | |
| Thiamin mg | 0.120 | | 2 | | 1 | | 0.072 | | |
| Riboflavin mg | 0.210 | | 2 | | 1 | | 0.126 | | |
| Niacin mg | 0.970 | | 2 | | 1 | | 0.582 | | |
| Pantothenic acid mg | 0.550 | | 1 | | 4 | | 0.330 | | |
| Vitamin B-6 mg | 0.040 | | 1 | | 4 | | 0.024 | | |
| Folate, total mcg | 29 | | 0 | BFZN | 4 | | 17 | | |
| Folic acid mcg | 22 | | 0 | NC | 4 | | 13 | | |
| Folate, food mcg | 7 | | 0 | | 4 | | 4 | | |
| Folate, DFE mcg_DFE | 44 | | 0 | NC | 4 | | 27 | | |
| Vitamin B-12 mcg | 0.26 | | 1 | | 4 | | 0.16 | | |
| Vitamin A, IU IU | 18 | | 2 | | 1 | | 11 | | |
| Vitamin A, RAE mcg_RAE | 5 | | 0 | NC | 4 | | 3 | | |
| Retinol mcg | 5 | | 0 | NC | 4 | | 3 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 5.220 | | 1 | | 1 | | 3.132 | | |
| Fatty acids, total monounsaturated g | 6.377 | | 1 | | 1 | | 3.826 | | |
| Fatty acids, total polyunsaturated g | 4.398 | | 1 | | 1 | | 2.639 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 16 | | 1 | | 1 | | 10 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.057 | | 0 | | 1 | | 0.034 | | |
| Threonine g | 0.158 | | 0 | | 1 | | 0.095 | | |
| Isoleucine g | 0.199 | | 0 | | 1 | | 0.119 | | |
| Leucine g | 0.339 | | 0 | | 1 | | 0.203 | | |
| Lysine g | 0.223 | | 0 | | 1 | | 0.134 | | |
| Methionine g | 0.082 | | 0 | | 1 | | 0.049 | | |
| Cystine g | 0.060 | | 0 | | 1 | | 0.036 | | |

**NDB No. 21027**
**Fast foods, brownie**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine g | 0.207 | | 0 | | 1 | | 0.124 | | |
| Tyrosine g | 0.167 | | 0 | | 1 | | 0.100 | | |
| Valine g | 0.236 | | 0 | | 1 | | 0.142 | | |
| Arginine g | 0.176 | | 0 | | 1 | | 0.106 | | |
| Histidine g | 0.100 | | 0 | | 1 | | 0.060 | | |
| Alanine g | 0.151 | | 0 | | 1 | | 0.091 | | |
| Aspartic acid g | 0.287 | | 0 | | 1 | | 0.172 | | |
| Glutamic acid g | 1.038 | | 0 | | 1 | | 0.623 | | |
| Glycine g | 0.131 | | 0 | | 1 | | 0.079 | | |
| Proline g | 0.396 | | 0 | | 1 | | 0.238 | | |
| Serine g | 0.214 | | 0 | | 1 | | 0.128 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | | | | | | | | | |
| Caffeine mg | 2 | | 0 | BFZN | 4 | | 1 | | |
| Theobromine mg | 79 | | 0 | BFZN | 4 | | 47 | | |

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

**Common Measures:**

Measure 1 = 60g: 1 brownie (2" square)

**Calories Factors:** **Protein** 3.71 **Fat** 8.74 **Carbohydrate** 3.71

**Food Group:** 21 Fast Foods

**NDB No. 21060**
**Fast foods, burrito, with beans**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 52.53 | 1.681 | 7 | | 1 | | 113.99 | | |
| Energy kcal | 206 | | 0 | NC | 4 | | 447 | | |
| Energy kj | 862 | | | | 4 | | 1870 | | |
| Protein (N x 5.88) g | 6.48 | 0.145 | 7 | | 1 | | 14.06 | | |
| Total lipid (fat) g | 6.22 | 0.417 | 7 | | 1 | | 13.50 | | |
| Ash g | 1.85 | 0.047 | 7 | | 1 | | 4.01 | | |
| Carbohydrate, by difference g | 32.92 | | 0 | NC | 4 | | 71.44 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 52 | 7.447 | 7 | | 1 | | 113 | | |
| Iron, Fe mg | 2.08 | 0.206 | 7 | | 1 | | 4.51 | | |
| Magnesium, Mg mg | 40 | 0.732 | 7 | | 1 | | 87 | | |
| Phosphorus, P mg | 45 | 3.682 | 7 | | 1 | | 98 | | |
| Potassium, K mg | 301 | 13.129 | 7 | | 1 | | 653 | | |
| Sodium, Na mg | 454 | 38.455 | 7 | | 1 | | 985 | | |
| Zinc, Zn mg | 0.70 | 0.053 | 6 | | 1 | | 1.52 | | |
| Copper, Cu mg | 0.174 | 0.013 | 6 | | 1 | | 0.378 | | |
| Manganese, Mn mg | 0.400 | 0.049 | 7 | | 1 | | 0.868 | | |
| Selenium, Se mcg | 10.1 | | 0 | RK | 4 | | 21.9 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.9 | 0.337 | 7 | | 1 | | 2.0 | | |
| Thiamin mg | 0.290 | 0.049 | 7 | | 1 | | 0.629 | | |
| Riboflavin mg | 0.280 | 0.022 | 7 | | 1 | | 0.608 | | |
| Niacin mg | 1.870 | 0.072 | 7 | | 1 | | 4.058 | | |
| Pantothenic acid mg | 0.920 | 0.089 | 7 | | 1 | | 1.996 | | |
| Vitamin B-6 mg | 0.140 | 0.018 | 7 | | 1 | | 0.304 | | |
| Folate, total mcg | 40 | | 0 | RK | 4 | | 87 | | |
| Folic acid mcg | 31 | | 0 | RA | 4 | | 67 | | |
| Folate, food mcg | 9 | | 0 | NC | 4 | | 20 | | |
| Folate, DFE mcg_DFE | 62 | | 0 | NC | 4 | | 134 | | |
| Vitamin B-12 mcg | 0.50 | 0.111 | 7 | | 1 | | 1.09 | | |
| Vitamin A, IU IU | 153 | 44.633 | 3 | | 1 | | 332 | | |
| Vitamin A, RAE mcg_RAE | 8 | | 0 | NC | 4 | | 17 | | |
| Retinol mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.174 | | 0 | | 1 | | 6.888 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | | | | | | | | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.230 | | 1 | | 1 | | 0.499 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.965 | | 1 | | 1 | | 4.264 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.980 | | 1 | | 1 | | 2.127 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21060**
**Fast foods, burrito, with beans**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 2.184 | | 0 | | 1 | | 4.739 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 2.184 | | 1 | | 1 | | 4.739 | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.551 | | 0 | | 1 | | 1.196 | | |
| 18:2 undifferentiated.....g | 0.439 | | 1 | | 1 | | 0.953 | | |
| 18:3 undifferentiated.....g | 0.112 | | 1 | | 1 | | 0.243 | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 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 | | 1 | | 1 | | 4 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.079 | | 0 | | 1 | | 0.171 | | |
| Threonine.....g | 0.244 | | 0 | | 1 | | 0.529 | | |
| Isoleucine.....g | 0.270 | | 0 | | 1 | | 0.586 | | |
| Leucine.....g | 0.504 | | 0 | | 1 | | 1.094 | | |
| Lysine.....g | 0.343 | | 0 | | 1 | | 0.744 | | |
| Methionine.....g | 0.107 | | 0 | | 1 | | 0.232 | | |
| Cystine.....g | 0.098 | | 0 | | 1 | | 0.213 | | |
| Phenylalanine.....g | 0.351 | | 0 | | 1 | | 0.762 | | |
| Tyrosine.....g | 0.192 | | 0 | | 1 | | 0.417 | | |
| Valine.....g | 0.319 | | 0 | | 1 | | 0.692 | | |
| Arginine.....g | 0.359 | | 0 | | 1 | | 0.779 | | |
| Histidine.....g | 0.172 | | 0 | | 1 | | 0.373 | | |
| Alanine.....g | 0.255 | | 0 | | 1 | | 0.553 | | |
| Aspartic acid.....g | 0.610 | | 0 | | 1 | | 1.324 | | |
| Glutamic acid.....g | 1.469 | | 0 | | 1 | | 3.188 | | |
| Glycine.....g | 0.251 | | 0 | | 1 | | 0.545 | | |
| Proline.....g | 0.463 | | 0 | | 1 | | 1.005 | | |
| Serine.....g | 0.351 | | 0 | | 1 | | 0.762 | | |
| Hydroxyproline.....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 217g: 2 pieces

**Calories Factors:** **Protein** 3.68 **Fat** 8.37 **Carbohydrate** 3.96

**Food Group:** 21 Fast Foods

**NDB No. 21061**
**Fast foods, burrito, with beans and cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 53.91 | 0.950 | 15 | | 1 | | 100.27 | | |
| Energy | kcal | 203 | | 0 | NC | 4 | | 378 | | |
| Energy | kj | 849 | | | | 4 | | 1580 | | |
| Protein (N x 6.11) | g | 8.10 | 0.312 | 15 | | 1 | | 15.07 | | |
| Total lipid (fat) | g | 6.29 | 0.209 | 15 | | 1 | | 11.70 | | |
| Ash | g | 2.15 | 0.054 | 15 | | 1 | | 4.00 | | |
| Carbohydrate, by difference | g | 29.55 | | 0 | NC | 4 | | 54.96 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 115 | 11.049 | 15 | | 1 | | 214 | | |
| Iron, Fe | mg | 1.22 | 0.214 | 15 | | 1 | | 2.27 | | |
| Magnesium, Mg | mg | 43 | 2.727 | 15 | | 1 | | 80 | | |
| Phosphorus, P | mg | 97 | 8.336 | 15 | | 1 | | 180 | | |
| Potassium, K | mg | 267 | 16.373 | 15 | | 1 | | 497 | | |
| Sodium, Na | mg | 627 | 40.154 | 15 | | 1 | | 1166 | | |
| Zinc, Zn | mg | 0.88 | 0.071 | 15 | | 1 | | 1.64 | | |
| Copper, Cu | mg | 0.189 | 0.024 | 14 | | 1 | | 0.352 | | |
| Manganese, Mn | mg | 0.232 | 0.015 | 15 | | 1 | | 0.432 | | |
| Selenium, Se | mcg | 9.1 | | 0 | RK | 4 | | 16.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | 0.267 | 5 | | 1 | | 1.7 | | |
| Thiamin | mg | 0.120 | 0.065 | 5 | | 1 | | 0.223 | | |
| Riboflavin | mg | 0.380 | 0.052 | 5 | | 1 | | 0.707 | | |
| Niacin | mg | 1.920 | 0.209 | 5 | | 1 | | 3.571 | | |
| Pantothenic acid | mg | 0.860 | 0.132 | 5 | | 1 | | 1.600 | | |
| Vitamin B-6 | mg | 0.130 | 0.012 | 5 | | 1 | | 0.242 | | |
| Folate, total | mcg | 40 | | 0 | RK | 4 | | 74 | | |
| Folic acid | mcg | 23 | | 0 | RA | 4 | | 43 | | |
| Folate, food | mcg | 17 | | 0 | NC | 4 | | 32 | | |
| Folate, DFE | mcg_DFE | 56 | | 0 | NC | 4 | | 104 | | |
| Vitamin B-12 | mcg | 0.48 | 0.073 | 5 | | 1 | | 0.89 | | |
| Vitamin A, IU | IU | 672 | | 2 | | 1 | | 1250 | | |
| Vitamin A, RAE | mcg_RAE | 53 | | 0 | NC | 4 | | 99 | | |
| Retinol | mcg | 23 | | 0 | NC | 4 | | 43 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.682 | | 0 | | 1 | | 6.849 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.000 | | 2 | | 1 | | 0.000 | | |
| 12:0 | g | 0.146 | | 2 | | 1 | | 0.272 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.372 | | 2 | | 1 | | 0.692 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.187 | | 2 | | 1 | | 4.068 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.978 | | 2 | | 1 | | 1.819 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21061**
**Fast foods, burrito, with beans and cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 1.335 | | 0 | | 1 | | 2.483 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.335 | | 2 | | 1 | | 2.483 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.959 | | 0 | | 1 | | 1.784 | | |
| 18:2 undifferentiated g | 0.848 | | 2 | | 1 | | 1.577 | | |
| 18:3 undifferentiated g | 0.111 | | 2 | | 1 | | 0.206 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 15 | | 2 | | 1 | | 28 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.095 | | 0 | | 1 | | 0.177 | | |
| Threonine g | 0.272 | | 0 | | 1 | | 0.506 | | |
| Isoleucine g | 0.382 | | 0 | | 1 | | 0.711 | | |
| Leucine g | 0.634 | | 0 | | 1 | | 1.179 | | |
| Lysine g | 0.492 | | 0 | | 1 | | 0.915 | | |
| Methionine g | 0.156 | | 0 | | 1 | | 0.290 | | |
| Cystine g | 0.081 | | 0 | | 1 | | 0.151 | | |
| Phenylalanine g | 0.394 | | 0 | | 1 | | 0.733 | | |
| Tyrosine g | 0.289 | | 0 | | 1 | | 0.538 | | |
| Valine g | 0.423 | | 0 | | 1 | | 0.787 | | |
| Arginine g | 0.355 | | 0 | | 1 | | 0.660 | | |
| Histidine g | 0.229 | | 0 | | 1 | | 0.426 | | |
| Alanine g | 0.259 | | 0 | | 1 | | 0.482 | | |
| Aspartic acid g | 0.612 | | 0 | | 1 | | 1.138 | | |
| Glutamic acid g | 1.971 | | 0 | | 1 | | 3.666 | | |
| Glycine g | 0.213 | | 0 | | 1 | | 0.396 | | |
| Proline g | 0.697 | | 0 | | 1 | | 1.296 | | |
| Serine g | 0.416 | | 0 | | 1 | | 0.774 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Calories Factors:** **Protein** 3.76 **Fat** 8.71 **Carbohydrate** 3.98

**Food Group:** 21 Fast Foods

**NDB No. 21062**
**Fast foods, burrito, with beans and chili peppers**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 54.37 | 0.830 | 17 | | 1 | | 110.91 | | |
| Energy | kcal | 202 | | 0 | NC | 4 | | 412 | | |
| Energy | kj | 845 | | | | 4 | | 1724 | | |
| Protein (N x 5.92) | g | 8.03 | 0.157 | 17 | | 1 | | 16.38 | | |
| Total lipid (fat) | g | 7.19 | 0.419 | 17 | | 1 | | 14.67 | | |
| Ash | g | 1.94 | 0.032 | 17 | | 1 | | 3.96 | | |
| Carbohydrate, by difference | g | 28.47 | | 0 | NC | 4 | | 58.08 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 49 | 4.154 | 17 | | 1 | | 100 | | |
| Iron, Fe | mg | 2.23 | 0.100 | 17 | | 1 | | 4.55 | | |
| Magnesium, Mg | mg | 35 | 0.642 | 17 | | 1 | | 71 | | |
| Phosphorus, P | mg | 56 | 2.877 | 17 | | 1 | | 114 | | |
| Potassium, K | mg | 284 | 14.916 | 17 | | 1 | | 579 | | |
| Sodium, Na | mg | 512 | 14.481 | 17 | | 1 | | 1044 | | |
| Zinc, Zn | mg | 1.67 | 0.296 | 17 | | 1 | | 3.41 | | |
| Copper, Cu | mg | 0.163 | 0.007 | 13 | | 1 | | 0.333 | | |
| Manganese, Mn | mg | 0.384 | 0.034 | 17 | | 1 | | 0.783 | | |
| Selenium, Se | mcg | 9.0 | | 0 | RK | 4 | | 18.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | 0.218 | 17 | | 1 | | 1.2 | | |
| Thiamin | mg | 0.220 | 0.030 | 17 | | 1 | | 0.449 | | |
| Riboflavin | mg | 0.350 | 0.018 | 17 | | 1 | | 0.714 | | |
| Niacin | mg | 2.150 | 0.046 | 17 | | 1 | | 4.386 | | |
| Pantothenic acid | mg | 0.920 | 0.064 | 17 | | 1 | | 1.877 | | |
| Vitamin B-6 | mg | 0.140 | 0.008 | 17 | | 1 | | 0.286 | | |
| Folate, total | mcg | 47 | | 0 | RK | 4 | | 96 | | |
| Folic acid | mcg | 29 | | 0 | RA | 4 | | 59 | | |
| Folate, food | mcg | 18 | | 0 | NC | 4 | | 37 | | |
| Folate, DFE | mcg_DFE | 67 | | 0 | NC | 4 | | 137 | | |
| Vitamin B-12 | mcg | 0.57 | 0.054 | 17 | | 1 | | 1.16 | | |
| Vitamin A, IU | IU | 100 | 20.923 | 8 | | 1 | | 204 | | |
| Vitamin A, RAE | mcg_RAE | 5 | | 0 | NC | 4 | | 10 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.729 | | 0 | | 1 | | 7.607 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.040 | | 4 | | 1 | | 0.082 | | |
| 12:0 | g | 0.090 | | 4 | | 1 | | 0.184 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.422 | | 4 | | 1 | | 0.861 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.144 | | 4 | | 1 | | 4.374 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.033 | | 4 | | 1 | | 2.107 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21062**
**Fast foods, burrito, with beans and chili peppers**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 2.632 | | 0 | | 1 | | 5.369 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.632 | | 4 | | 1 | | 5.369 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.473 | | 0 | | 1 | | 0.965 | | |
| 18:2 undifferentiated g | 0.405 | | 4 | | 1 | | 0.826 | | |
| 18:3 undifferentiated g | 0.068 | | 4 | | 1 | | 0.139 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 16 | 6.320 | 3 | | 1 | | 33 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.094 | | 0 | | 1 | | 0.192 | | |
| Threonine g | 0.273 | | 0 | | 1 | | 0.557 | | |
| Isoleucine g | 0.304 | | 0 | | 1 | | 0.620 | | |
| Leucine g | 0.556 | | 0 | | 1 | | 1.134 | | |
| Lysine g | 0.362 | | 0 | | 1 | | 0.738 | | |
| Methionine g | 0.121 | | 0 | | 1 | | 0.247 | | |
| Cystine g | 0.121 | | 0 | | 1 | | 0.247 | | |
| Phenylalanine g | 0.391 | | 0 | | 1 | | 0.798 | | |
| Tyrosine g | 0.222 | | 0 | | 1 | | 0.453 | | |
| Valine g | 0.351 | | 0 | | 1 | | 0.716 | | |
| Arginine g | 0.407 | | 0 | | 1 | | 0.830 | | |
| Histidine g | 0.197 | | 0 | | 1 | | 0.402 | | |
| Alanine g | 0.296 | | 0 | | 1 | | 0.604 | | |
| Aspartic acid g | 0.715 | | 0 | | 1 | | 1.459 | | |
| Glutamic acid g | 2.083 | | 0 | | 1 | | 4.249 | | |
| Glycine g | 0.288 | | 0 | | 1 | | 0.588 | | |
| Proline g | 0.573 | | 0 | | 1 | | 1.169 | | |
| Serine g | 0.395 | | 0 | | 1 | | 0.806 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 204g: 2 pieces

**Calories Factors:** **Protein** 3.64 **Fat** 8.37 **Carbohydrate** 3.97

**Food Group:** 21 Fast Foods

**NDB No. 21063**
**Fast foods, burrito, with beans and meat**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 51.89 | 1.652 | 7 | | 1 | | 119.87 | | |
| Energy kcal | 220 | | 0 | NC | 4 | | 508 | | |
| Energy kj | 920 | | | | 4 | | 2126 | | |
| Protein (N x 6.14) g | 9.73 | 0.279 | 7 | | 1 | | 22.48 | | |
| Total lipid (fat) g | 7.71 | 0.489 | 7 | | 1 | | 17.81 | | |
| Ash g | 2.09 | 0.037 | 7 | | 1 | | 4.83 | | |
| Carbohydrate, by difference g | 28.58 | | 0 | NC | 4 | | 66.02 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 46 | 9.617 | 7 | | 1 | | 106 | | |
| Iron, Fe mg | 2.12 | 0.270 | 7 | | 1 | | 4.90 | | |
| Magnesium, Mg mg | 36 | 3.421 | 7 | | 1 | | 83 | | |
| Phosphorus, P mg | 61 | 4.211 | 7 | | 1 | | 141 | | |
| Potassium, K mg | 284 | 19.880 | 7 | | 1 | | 656 | | |
| Sodium, Na mg | 578 | 26.833 | 7 | | 1 | | 1335 | | |
| Zinc, Zn mg | 1.66 | 0.324 | 7 | | 1 | | 3.83 | | |
| Copper, Cu mg | 0.163 | 0.024 | 6 | | 1 | | 0.377 | | |
| Manganese, Mn mg | 0.360 | 0.008 | 7 | | 1 | | 0.832 | | |
| Selenium, Se mcg | 13.2 | | 0 | RK | 4 | | 30.5 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.8 | 0.392 | 7 | | 1 | | 1.8 | | |
| Thiamin mg | 0.230 | 0.034 | 7 | | 1 | | 0.531 | | |
| Riboflavin mg | 0.360 | 0.031 | 7 | | 1 | | 0.832 | | |
| Niacin mg | 2.340 | 0.122 | 7 | | 1 | | 5.405 | | |
| Pantothenic acid mg | 0.970 | 0.076 | 7 | | 1 | | 2.241 | | |
| Vitamin B-6 mg | 0.160 | 0.012 | 7 | | 1 | | 0.370 | | |
| Folate, total mcg | 50 | | 0 | RK | 4 | | 116 | | |
| Folic acid mcg | 18 | | 0 | NC | 4 | | 42 | | |
| Folate, food mcg | 32 | | 0 | | 4 | | 74 | | |
| Folate, DFE mcg_DFE | 63 | | 0 | NC | 4 | | 145 | | |
| Vitamin B-12 mcg | 0.75 | 0.104 | 7 | | 1 | | 1.73 | | |
| Vitamin A, IU IU | 275 | 61.265 | 3 | | 1 | | 635 | | |
| Vitamin A, RAE mcg_RAE | 14 | | 0 | NC | 4 | | 32 | | |
| Retinol mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.600 | | 0 | | 1 | | 8.316 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | | | | | | | | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.351 | | 1 | | 1 | | 0.811 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.248 | | 1 | | 1 | | 5.193 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.002 | | 1 | | 1 | | 2.315 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21063**
**Fast foods, burrito, with beans and meat**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 3.038 | | 0 | | 1 | | 7.018 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.038 | | 1 | | 1 | | 7.018 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.529 | | 0 | | 1 | | 1.222 | | |
| 18:2 undifferentiated g | 0.490 | | 1 | | 1 | | 1.132 | | |
| 18:3 undifferentiated g | 0.039 | | 1 | | 1 | | 0.090 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 21 | | 1 | | 1 | | 49 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.117 | | 0 | | 1 | | 0.270 | | |
| Threonine g | 0.358 | | 0 | | 1 | | 0.827 | | |
| Isoleucine g | 0.388 | | 0 | | 1 | | 0.896 | | |
| Leucine g | 0.727 | | 0 | | 1 | | 1.679 | | |
| Lysine g | 0.594 | | 0 | | 1 | | 1.372 | | |
| Methionine g | 0.190 | | 0 | | 1 | | 0.439 | | |
| Cystine g | 0.127 | | 0 | | 1 | | 0.293 | | |
| Phenylalanine g | 0.425 | | 0 | | 1 | | 0.982 | | |
| Tyrosine g | 0.288 | | 0 | | 1 | | 0.665 | | |
| Valine g | 0.445 | | 0 | | 1 | | 1.028 | | |
| Arginine g | 0.558 | | 0 | | 1 | | 1.289 | | |
| Histidine g | 0.269 | | 0 | | 1 | | 0.621 | | |
| Alanine g | 0.486 | | 0 | | 1 | | 1.123 | | |
| Aspartic acid g | 0.802 | | 0 | | 1 | | 1.853 | | |
| Glutamic acid g | 2.057 | | 0 | | 1 | | 4.752 | | |
| Glycine g | 0.532 | | 0 | | 1 | | 1.229 | | |
| Proline g | 0.648 | | 0 | | 1 | | 1.497 | | |
| Serine g | 0.428 | | 0 | | 1 | | 0.989 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 231g: 2 pieces

**Calories Factors:** **Protein** 4.02 **Fat** 8.73 **Carbohydrate** 3.97

**Food Group:** 21 Fast Foods

**NDB No. 21064**
**Fast foods, burrito, with beans, cheese, and beef**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 64.94 | 1.040 | 4 | | 1 | | 131.83 | | |
| Energy | kcal | 163 | | 0 | | 1 | | 331 | | |
| Energy | kj | 682 | | | | 1 | | 1384 | | |
| Protein (N x 6.17) | g | 7.18 | 0.425 | 4 | | 1 | | 14.58 | | |
| Total lipid (fat) | g | 6.55 | 0.240 | 4 | | 1 | | 13.30 | | |
| Ash | g | 1.77 | 0.090 | 4 | | 1 | | 3.59 | | |
| Carbohydrate, by difference | g | 19.55 | | 0 | NC | 4 | | 39.69 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 64 | 5.825 | 4 | | 1 | | 130 | | |
| Iron, Fe | mg | 1.84 | 0.193 | 4 | | 1 | | 3.74 | | |
| Magnesium, Mg | mg | 25 | 0.566 | 4 | | 1 | | 51 | | |
| Phosphorus, P | mg | 69 | 4.259 | 4 | | 1 | | 140 | | |
| Potassium, K | mg | 202 | 44.924 | 4 | | 1 | | 410 | | |
| Sodium, Na | mg | 488 | 15.267 | 4 | | 1 | | 991 | | |
| Zinc, Zn | mg | 1.16 | 0.048 | 4 | | 1 | | 2.35 | | |
| Copper, Cu | mg | 0.162 | 0.046 | 4 | | 1 | | 0.329 | | |
| Manganese, Mn | mg | 0.195 | 0.014 | 4 | | 1 | | 0.396 | | |
| Selenium, Se | mcg | 8.7 | | 0 | RK | 4 | | 17.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.5 | 0.733 | 4 | | 1 | | 5.1 | | |
| Thiamin | mg | 0.150 | 0.026 | 4 | | 1 | | 0.305 | | |
| Riboflavin | mg | 0.350 | 0.040 | 4 | | 1 | | 0.711 | | |
| Niacin | mg | 1.900 | 0.123 | 4 | | 1 | | 3.857 | | |
| Pantothenic acid | mg | 0.820 | 0.143 | 4 | | 1 | | 1.665 | | |
| Vitamin B-6 | mg | 0.110 | 0.008 | 4 | | 1 | | 0.223 | | |
| Folate, total | mcg | 37 | | 0 | RK | 4 | | 75 | | |
| Folic acid | mcg | 7 | | 0 | NC | 4 | | 14 | | |
| Folate, food | mcg | 30 | | 0 | | 4 | | 61 | | |
| Folate, DFE | mcg_DFE | 42 | | 0 | NC | 4 | | 85 | | |
| Vitamin B-12 | mcg | 0.54 | 0.076 | 4 | | 1 | | 1.10 | | |
| Vitamin A, IU | IU | 394 | | 2 | | 1 | | 800 | | |
| Vitamin A, RAE | mcg_RAE | 74 | | 0 | NC | 4 | | 150 | | |
| Retinol | mcg | 65 | | 0 | NC | 4 | | 132 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.522 | | 0 | | 1 | | 7.150 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.022 | | 1 | | 1 | | 0.045 | | |
| 12:0 | g | 0.145 | | 1 | | 1 | | 0.294 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.571 | | 1 | | 1 | | 1.159 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.854 | | 1 | | 1 | | 3.764 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.931 | | 1 | | 1 | | 1.890 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21064**
**Fast foods, burrito, with beans, cheese, and beef**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 2.196 | | 0 | | 1 | | 4.458 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.196 | | 1 | | 1 | | 4.458 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.502 | | 0 | | 1 | | 1.019 | | |
| 18:2 undifferentiated g | 0.451 | | 1 | | 1 | | 0.916 | | |
| 18:3 undifferentiated g | 0.051 | | 1 | | 1 | | 0.104 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 61 | | 1 | | 1 | | 124 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.086 | | 0 | | 1 | | 0.175 | | |
| Threonine g | 0.261 | | 0 | | 1 | | 0.530 | | |
| Isoleucine g | 0.324 | | 0 | | 1 | | 0.658 | | |
| Leucine g | 0.564 | | 0 | | 1 | | 1.145 | | |
| Lysine g | 0.459 | | 0 | | 1 | | 0.932 | | |
| Methionine g | 0.144 | | 0 | | 1 | | 0.292 | | |
| Cystine g | 0.081 | | 0 | | 1 | | 0.164 | | |
| Phenylalanine g | 0.334 | | 0 | | 1 | | 0.678 | | |
| Tyrosine g | 0.241 | | 0 | | 1 | | 0.489 | | |
| Valine g | 0.363 | | 0 | | 1 | | 0.737 | | |
| Arginine g | 0.370 | | 0 | | 1 | | 0.751 | | |
| Histidine g | 0.204 | | 0 | | 1 | | 0.414 | | |
| Alanine g | 0.298 | | 0 | | 1 | | 0.605 | | |
| Aspartic acid g | 0.569 | | 0 | | 1 | | 1.155 | | |
| Glutamic acid g | 1.536 | | 0 | | 1 | | 3.118 | | |
| Glycine g | 0.296 | | 0 | | 1 | | 0.601 | | |
| Proline g | 0.547 | | 0 | | 1 | | 1.110 | | |
| Serine g | 0.346 | | 0 | | 1 | | 0.702 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 203g: 2 pieces

**Calories Factors:** **Protein** 3.96 **Fat** 8.72 **Carbohydrate** 3.97

**Food Group:** 21 Fast Foods

**NDB No. 21065**
**Fast foods, burrito, with beans, cheese, and chili peppers**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 55.77 | 0.811 | 8 | | 1 | | 187.39 | | |
| Energy | kcal | 197 | | 0 | | 1 | | 662 | | |
| Energy | kj | 824 | | | | 1 | | 2769 | | |
| Protein (N x 6.13) | g | 9.91 | 0.283 | 8 | | 1 | | 33.30 | | |
| Total lipid (fat) | g | 6.84 | 0.170 | 8 | | 1 | | 22.98 | | |
| Ash | g | 2.14 | 0.051 | 8 | | 1 | | 7.19 | | |
| Carbohydrate, by difference | g | 25.35 | | 0 | NC | 4 | | 85.18 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 86 | 6.451 | 8 | | 1 | | 289 | | |
| Iron, Fe | mg | 2.29 | 0.080 | 8 | | 1 | | 7.69 | | |
| Magnesium, Mg | mg | 29 | 1.023 | 8 | | 1 | | 97 | | |
| Phosphorus, P | mg | 85 | 3.934 | 8 | | 1 | | 286 | | |
| Potassium, K | mg | 241 | 19.154 | 8 | | 1 | | 810 | | |
| Sodium, Na | mg | 613 | 20.166 | 8 | | 1 | | 2060 | | |
| Zinc, Zn | mg | 1.81 | 0.516 | 8 | | 1 | | 6.08 | | |
| Copper, Cu | mg | 0.175 | 0.051 | 7 | | 1 | | 0.588 | | |
| Manganese, Mn | mg | 0.242 | 0.008 | 8 | | 1 | | 0.813 | | |
| Selenium, Se | mcg | 13.2 | | 0 | RK | 4 | | 44.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.0 | 0.577 | 8 | | 1 | | 6.7 | | |
| Thiamin | mg | 0.160 | 0.025 | 8 | | 1 | | 0.538 | | |
| Riboflavin | mg | 0.360 | 0.022 | 8 | | 1 | | 1.210 | | |
| Niacin | mg | 2.290 | 0.095 | 8 | | 1 | | 7.694 | | |
| Pantothenic acid | mg | 0.860 | 0.108 | 8 | | 1 | | 2.890 | | |
| Vitamin B-6 | mg | 0.120 | 0.009 | 8 | | 1 | | 0.403 | | |
| Folate, total | mcg | 49 | | 0 | RK | 4 | | 165 | | |
| Folic acid | mcg | 6 | | 0 | NC | 4 | | 20 | | |
| Folate, food | mcg | 43 | | 0 | | 4 | | 144 | | |
| Folate, DFE | mcg_DFE | 53 | | 0 | NC | 4 | | 179 | | |
| Vitamin B-12 | mcg | 0.59 | 0.057 | 8 | | 1 | | 1.98 | | |
| Vitamin A, IU | IU | 475 | 162.918 | 4 | | 1 | | 1596 | | |
| Vitamin A, RAE | mcg_RAE | 55 | | 0 | NC | 4 | | 183 | | |
| Retinol | mcg | 37 | | 0 | NC | 4 | | 124 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.332 | | 0 | | 1 | | 11.196 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.247 | | 4 | | 1 | | 0.830 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.932 | | 4 | | 1 | | 6.492 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.153 | | 4 | | 1 | | 3.874 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21065**
**Fast foods, burrito, with beans, cheese, and chili peppers**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 2.515 | | 0 | | 1 | | 8.450 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.515 | | 4 | | 1 | | 8.450 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.377 | | 0 | | 1 | | 1.267 | | |
| 18:2 undifferentiated g | 0.377 | | 4 | | 1 | | 1.267 | | |
| 18:3 undifferentiated g | | | | | | | | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 47 | | 2 | | 1 | | 158 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.118 | | 0 | | 1 | | 0.396 | | |
| Threonine g | 0.330 | | 0 | | 1 | | 1.109 | | |
| Isoleucine g | 0.441 | | 0 | | 1 | | 1.482 | | |
| Leucine g | 0.766 | | 0 | | 1 | | 2.574 | | |
| Lysine g | 0.537 | | 0 | | 1 | | 1.804 | | |
| Methionine g | 0.186 | | 0 | | 1 | | 0.625 | | |
| Cystine g | 0.121 | | 0 | | 1 | | 0.407 | | |
| Phenylalanine g | 0.495 | | 0 | | 1 | | 1.663 | | |
| Tyrosine g | 0.335 | | 0 | | 1 | | 1.126 | | |
| Valine g | 0.498 | | 0 | | 1 | | 1.673 | | |
| Arginine g | 0.443 | | 0 | | 1 | | 1.488 | | |
| Histidine g | 0.268 | | 0 | | 1 | | 0.900 | | |
| Alanine g | 0.325 | | 0 | | 1 | | 1.092 | | |
| Aspartic acid g | 0.716 | | 0 | | 1 | | 2.406 | | |
| Glutamic acid g | 2.400 | | 0 | | 1 | | 8.064 | | |
| Glycine g | 0.294 | | 0 | | 1 | | 0.988 | | |
| Proline g | 0.866 | | 0 | | 1 | | 2.910 | | |
| Serine g | 0.512 | | 0 | | 1 | | 1.720 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 336g: 2 pieces

**Calories Factors:** **Protein** 3.82 **Fat** 8.61 **Carbohydrate** 3.97

**Food Group:** 21 Fast Foods

**NDB No. 21066**
**Fast foods, burrito, with beef**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 49.61 | 2.638 | 7 | | 1 | | 109.14 | | |
| Energy | kcal | 238 | | 0 | | 1 | | 524 | | |
| Energy | kj | 996 | | | | 1 | | 2191 | | |
| Protein (N x 6.09) | g | 12.09 | 0.745 | 7 | | 1 | | 26.60 | | |
| Total lipid (fat) | g | 9.46 | 0.869 | 7 | | 1 | | 20.81 | | |
| Ash | g | 2.24 | 0.093 | 7 | | 1 | | 4.93 | | |
| Carbohydrate, by difference | g | 26.60 | | 0 | NC | 4 | | 58.52 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 38 | 4.617 | 7 | | 1 | | 84 | | |
| Iron, Fe | mg | 2.77 | 0.176 | 7 | | 1 | | 6.09 | | |
| Magnesium, Mg | mg | 37 | 2.047 | 7 | | 1 | | 81 | | |
| Phosphorus, P | mg | 79 | 5.472 | 7 | | 1 | | 174 | | |
| Potassium, K | mg | 336 | 36.537 | 7 | | 1 | | 739 | | |
| Sodium, Na | mg | 678 | 33.132 | 7 | | 1 | | 1492 | | |
| Zinc, Zn | mg | 2.15 | 0.220 | 7 | | 1 | | 4.73 | | |
| Copper, Cu | mg | 0.186 | 0.022 | 7 | | 1 | | 0.409 | | |
| Manganese, Mn | mg | 0.357 | 0.012 | 7 | | 1 | | 0.785 | | |
| Selenium, Se | mcg | 16.7 | | 0 | RK | 4 | | 36.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | 0.161 | 7 | | 1 | | 1.1 | | |
| Thiamin | mg | 0.110 | 0.032 | 7 | | 1 | | 0.242 | | |
| Riboflavin | mg | 0.420 | 0.033 | 7 | | 1 | | 0.924 | | |
| Niacin | mg | 2.930 | 0.159 | 7 | | 1 | | 6.446 | | |
| Pantothenic acid | mg | 1.360 | 0.126 | 7 | | 1 | | 2.992 | | |
| Vitamin B-6 | mg | 0.140 | 0.003 | 7 | | 1 | | 0.308 | | |
| Folate, total | mcg | 59 | | 0 | RK | 4 | | 130 | | |
| Folic acid | mcg | 41 | | 0 | NC | 4 | | 90 | | |
| Folate, food | mcg | 18 | | 0 | | 4 | | 40 | | |
| Folate, DFE | mcg_DFE | 88 | | 0 | NC | 4 | | 193 | | |
| Vitamin B-12 | mcg | 0.89 | 0.126 | 7 | | 1 | | 1.96 | | |
| Vitamin A, IU | IU | 126 | | 2 | | 1 | | 277 | | |
| Vitamin A, RAE | mcg_RAE | 6 | | 0 | NC | 4 | | 14 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.754 | | 0 | | 1 | | 10.459 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.414 | | 3 | | 1 | | 0.911 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.590 | | 3 | | 1 | | 5.698 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.750 | | 3 | | 1 | | 3.850 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21066**
**Fast foods, burrito, with beef**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 3.368 | | 0 | | 1 | | 7.410 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.368 | | 3 | | 1 | | 7.410 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.388 | | 0 | | 1 | | 0.854 | | |
| 18:2 undifferentiated g | 0.350 | | 3 | | 1 | | 0.770 | | |
| 18:3 undifferentiated g | 0.039 | | 3 | | 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 | 29 | 13.110 | 3 | | 1 | | 64 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.147 | | 0 | | 1 | | 0.323 | | |
| Threonine g | 0.449 | | 0 | | 1 | | 0.988 | | |
| Isoleucine g | 0.482 | | 0 | | 1 | | 1.060 | | |
| Leucine g | 0.909 | | 0 | | 1 | | 2.000 | | |
| Lysine g | 0.782 | | 0 | | 1 | | 1.720 | | |
| Methionine g | 0.256 | | 0 | | 1 | | 0.563 | | |
| Cystine g | 0.155 | | 0 | | 1 | | 0.341 | | |
| Phenylalanine g | 0.494 | | 0 | | 1 | | 1.087 | | |
| Tyrosine g | 0.367 | | 0 | | 1 | | 0.807 | | |
| Valine g | 0.548 | | 0 | | 1 | | 1.206 | | |
| Arginine g | 0.712 | | 0 | | 1 | | 1.566 | | |
| Histidine g | 0.347 | | 0 | | 1 | | 0.763 | | |
| Alanine g | 0.663 | | 0 | | 1 | | 1.459 | | |
| Aspartic acid g | 0.945 | | 0 | | 1 | | 2.079 | | |
| Glutamic acid g | 2.582 | | 0 | | 1 | | 5.680 | | |
| Glycine g | 0.746 | | 0 | | 1 | | 1.641 | | |
| Proline g | 0.824 | | 0 | | 1 | | 1.813 | | |
| Serine g | 0.500 | | 0 | | 1 | | 1.100 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 220g: 2 pieces

**Calories Factors:** **Protein** 4.11 **Fat** 8.76 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21067**
**Fast foods, burrito, with beef and chili peppers**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 54.45 | 0.994 | 16 | | 1 | | 109.44 | | |
| Energy kcal | 212 | | 0 | | 1 | | 426 | | |
| Energy kj | 887 | | | | 1 | | 1783 | | |
| Protein (N x 6.09) g | 10.70 | 0.304 | 16 | | 1 | | 21.51 | | |
| Total lipid (fat) g | 8.23 | 0.403 | 16 | | 1 | | 16.54 | | |
| Ash g | 2.02 | 0.048 | 16 | | 1 | | 4.06 | | |
| Carbohydrate, by difference g | 24.60 | | 0 | NC | 4 | | 49.45 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 43 | 4.976 | 16 | | 1 | | 86 | | |
| Iron, Fe mg | 2.21 | 0.118 | 16 | | 1 | | 4.44 | | |
| Magnesium, Mg mg | 30 | 1.359 | 16 | | 1 | | 60 | | |
| Phosphorus, P mg | 70 | 3.153 | 16 | | 1 | | 141 | | |
| Potassium, K mg | 248 | 18.287 | 16 | | 1 | | 498 | | |
| Sodium, Na mg | 555 | 17.767 | 16 | | 1 | | 1116 | | |
| Zinc, Zn mg | 2.15 | 0.210 | 16 | | 1 | | 4.32 | | |
| Copper, Cu mg | 0.157 | 0.013 | 12 | | 1 | | 0.316 | | |
| Manganese, Mn mg | 0.371 | 0.041 | 16 | | 1 | | 0.746 | | |
| Selenium, Se mcg | 11.9 | | 0 | RK | 4 | | 23.9 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.8 | 0.213 | 16 | | 1 | | 1.6 | | |
| Thiamin mg | 0.200 | 0.021 | 16 | | 1 | | 0.402 | | |
| Riboflavin mg | 0.400 | 0.018 | 16 | | 1 | | 0.804 | | |
| Niacin mg | 2.530 | 0.064 | 16 | | 1 | | 5.085 | | |
| Pantothenic acid mg | 0.930 | 0.054 | 16 | | 1 | | 1.869 | | |
| Vitamin B-6 mg | 0.150 | 0.006 | 16 | | 1 | | 0.302 | | |
| Folate, total mcg | 48 | | 0 | RK | 4 | | 96 | | |
| Folic acid mcg | 30 | | 0 | NC | 4 | | 60 | | |
| Folate, food mcg | 18 | | 0 | | 4 | | 36 | | |
| Folate, DFE mcg_DFE | 69 | | 0 | NC | 4 | | 139 | | |
| Vitamin B-12 mcg | 0.64 | 0.053 | 16 | | 1 | | 1.29 | | |
| Vitamin A, IU IU | 230 | 66.498 | 8 | | 1 | | 462 | | |
| Vitamin A, RAE mcg_RAE | 12 | | 0 | NC | 4 | | 23 | | |
| Retinol mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.980 | | 0 | | 1 | | 8.000 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | | | | | | | | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.299 | | 4 | | 1 | | 0.601 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.293 | | 4 | | 1 | | 4.609 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.388 | | 4 | | 1 | | 2.790 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21067**
**Fast foods, burrito, with beef and chili peppers**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 3.022 | | 0 | | 1 | | 6.074 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.022 | | 4 | | 1 | | 6.074 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.485 | | 0 | | 1 | | 0.975 | | |
| 18:2 undifferentiated g | 0.451 | | 4 | | 1 | | 0.907 | | |
| 18:3 undifferentiated g | 0.034 | | 4 | | 1 | | 0.068 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 27 | 2.241 | 4 | | 1 | | 54 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.130 | | 0 | | 1 | | 0.261 | | |
| Threonine g | 0.409 | | 0 | | 1 | | 0.822 | | |
| Isoleucine g | 0.432 | | 0 | | 1 | | 0.868 | | |
| Leucine g | 0.810 | | 0 | | 1 | | 1.628 | | |
| Lysine g | 0.733 | | 0 | | 1 | | 1.473 | | |
| Methionine g | 0.230 | | 0 | | 1 | | 0.462 | | |
| Cystine g | 0.130 | | 0 | | 1 | | 0.261 | | |
| Phenylalanine g | 0.427 | | 0 | | 1 | | 0.858 | | |
| Tyrosine g | 0.325 | | 0 | | 1 | | 0.653 | | |
| Valine g | 0.490 | | 0 | | 1 | | 0.985 | | |
| Arginine g | 0.650 | | 0 | | 1 | | 1.307 | | |
| Histidine g | 0.313 | | 0 | | 1 | | 0.629 | | |
| Alanine g | 0.610 | | 0 | | 1 | | 1.226 | | |
| Aspartic acid g | 0.886 | | 0 | | 1 | | 1.781 | | |
| Glutamic acid g | 2.193 | | 0 | | 1 | | 4.408 | | |
| Glycine g | 0.684 | | 0 | | 1 | | 1.375 | | |
| Proline g | 0.680 | | 0 | | 1 | | 1.367 | | |
| Serine g | 0.436 | | 0 | | 1 | | 0.876 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 201g: 2 pieces

**Calories Factors:** **Protein** 4.06 **Fat** 8.75 **Carbohydrate** 3.93

**Food Group:** 21 Fast Foods

**NDB No. 21068**
**Fast foods, burrito, with beef, cheese, and chili peppers**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 55.19 | 0.645 | 8 | | 1 | | 167.78 | | |
| Energy | kcal | 208 | | 0 | | 1 | | 632 | | |
| Energy | kj | 870 | | | | 1 | | 2646 | | |
| Protein (N x 6.14) | g | 13.46 | 0.590 | 8 | | 1 | | 40.92 | | |
| Total lipid (fat) | g | 8.15 | 0.193 | 8 | | 1 | | 24.78 | | |
| Ash | g | 2.24 | 0.053 | 8 | | 1 | | 6.81 | | |
| Carbohydrate, by difference | g | 20.96 | | 0 | NC | 4 | | 63.72 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 73 | 4.809 | 8 | | 1 | | 222 | | |
| Iron, Fe | mg | 2.57 | 0.090 | 8 | | 1 | | 7.81 | | |
| Magnesium, Mg | mg | 23 | 0.688 | 8 | | 1 | | 70 | | |
| Phosphorus, P | mg | 104 | 4.907 | 8 | | 1 | | 316 | | |
| Potassium, K | mg | 219 | 16.341 | 8 | | 1 | | 666 | | |
| Sodium, Na | mg | 688 | 18.242 | 8 | | 1 | | 2092 | | |
| Zinc, Zn | mg | 2.60 | 0.320 | 8 | | 1 | | 7.90 | | |
| Copper, Cu | mg | 0.119 | 0.033 | 8 | | 1 | | 0.362 | | |
| Manganese, Mn | mg | 0.200 | 0.005 | 8 | | 1 | | 0.608 | | |
| Selenium, Se | mcg | 11.0 | | 0 | RK | 4 | | 33.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.2 | 0.383 | 8 | | 1 | | 3.6 | | |
| Thiamin | mg | 0.200 | 0.041 | 8 | | 1 | | 0.608 | | |
| Riboflavin | mg | 0.410 | 0.021 | 8 | | 1 | | 1.246 | | |
| Niacin | mg | 2.740 | 0.079 | 8 | | 1 | | 8.330 | | |
| Pantothenic acid | mg | 0.990 | 0.080 | 8 | | 1 | | 3.010 | | |
| Vitamin B-6 | mg | 0.120 | 0.010 | 8 | | 1 | | 0.365 | | |
| Folate, total | mcg | 46 | | 0 | RK | 4 | | 140 | | |
| Folic acid | mcg | 27 | | 0 | NC | 4 | | 82 | | |
| Folate, food | mcg | 19 | | 0 | | 4 | | 58 | | |
| Folate, DFE | mcg_DFE | 65 | | 0 | NC | 4 | | 197 | | |
| Vitamin B-12 | mcg | 0.68 | 0.054 | 8 | | 1 | | 2.07 | | |
| Vitamin A, IU | IU | 320 | 60.154 | 4 | | 1 | | 973 | | |
| Vitamin A, RAE | mcg_RAE | 65 | | 0 | NC | 4 | | 198 | | |
| Retinol | mcg | 59 | | 0 | NC | 4 | | 179 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.420 | | 1 | | 1 | | 10.397 | | |
| Fatty acids, total monounsaturated | g | 3.267 | | 1 | | 1 | | 9.932 | | |
| Fatty acids, total polyunsaturated | g | 0.732 | | 1 | | 1 | | 2.225 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 56 | | 2 | | 1 | | 170 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.162 | | 0 | | 1 | | 0.492 | | |
| Threonine | g | 0.495 | | 0 | | 1 | | 1.505 | | |
| Isoleucine | g | 0.574 | | 0 | | 1 | | 1.745 | | |
| Leucine | g | 1.032 | | 0 | | 1 | | 3.137 | | |
| Lysine | g | 0.920 | | 0 | | 1 | | 2.797 | | |
| Methionine | g | 0.289 | | 0 | | 1 | | 0.879 | | |
| Cystine | g | 0.147 | | 0 | | 1 | | 0.447 | | |

**NDB No. 21068**
**Fast foods, burrito, with beef, cheese, and chili peppers**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.554 | | 0 | | 1 | | 1.684 | | |
| Tyrosine....g | 0.436 | | 0 | | 1 | | 1.325 | | |
| Valine....g | 0.642 | | 0 | | 1 | | 1.952 | | |
| Arginine....g | 0.756 | | 0 | | 1 | | 2.298 | | |
| Histidine....g | 0.397 | | 0 | | 1 | | 1.207 | | |
| Alanine....g | 0.686 | | 0 | | 1 | | 2.085 | | |
| Aspartic acid....g | 1.054 | | 0 | | 1 | | 3.204 | | |
| Glutamic acid....g | 2.851 | | 0 | | 1 | | 8.667 | | |
| Glycine....g | 0.739 | | 0 | | 1 | | 2.247 | | |
| Proline....g | 0.947 | | 0 | | 1 | | 2.879 | | |
| Serine....g | 0.574 | | 0 | | 1 | | 1.745 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 304g: 2 pieces

**Calories Factors:** **Protein** 4.08 **Fat** 8.76 **Carbohydrate** 3.92

**Food Group:** 21 Fast Foods

**NDB No. 21069**
**Fast foods, burrito, with fruit (apple or cherry)**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 35.63 | 2.114 | 10 | | 1 | | 55.23 | 26.37 | |
| Energy kcal | 312 | | 0 | | 1 | | 484 | 231 | |
| Energy kj | 1305 | | | | 1 | | 2023 | 966 | |
| Protein (N x 5.74) g | 3.38 | 0.275 | 10 | | 1 | | 5.24 | 2.50 | |
| Total lipid (fat) g | 12.87 | 1.043 | 10 | | 1 | | 19.95 | 9.52 | |
| Ash g | 0.85 | 0.025 | 10 | | 1 | | 1.32 | 0.63 | |
| Carbohydrate, by difference g | 47.27 | | 0 | NC | 4 | | 73.27 | 34.98 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 21 | 3.042 | 10 | | 1 | | 33 | 16 | |
| Iron, Fe mg | 1.45 | 0.099 | 10 | | 1 | | 2.25 | 1.07 | |
| Magnesium, Mg mg | 10 | 0.730 | 10 | | 1 | | 16 | 7 | |
| Phosphorus, P mg | 20 | 2.218 | 9 | | 1 | | 31 | 15 | |
| Potassium, K mg | 141 | 62.419 | 10 | | 1 | | 219 | 104 | |
| Sodium, Na mg | 286 | 29.626 | 10 | | 1 | | 443 | 212 | |
| Zinc, Zn mg | 0.54 | 0.171 | 10 | | 1 | | 0.84 | 0.40 | |
| Copper, Cu mg | 0.110 | 0.014 | 8 | | 1 | | 0.171 | 0.081 | |
| Manganese, Mn mg | 0.175 | 0.006 | 10 | | 1 | | 0.271 | 0.130 | |
| Selenium, Se mcg | 9.3 | | 0 | RK | 4 | | 14.4 | 6.9 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.0 | 0.329 | 10 | | 1 | | 1.6 | 0.7 | |
| Thiamin mg | 0.230 | 0.046 | 10 | | 1 | | 0.357 | 0.170 | |
| Riboflavin mg | 0.240 | 0.014 | 10 | | 1 | | 0.372 | 0.178 | |
| Niacin mg | 2.510 | 0.200 | 10 | | 1 | | 3.891 | 1.857 | |
| Pantothenic acid mg | 1.280 | 0.091 | 10 | | 1 | | 1.984 | 0.947 | |
| Vitamin B-6 mg | 0.100 | 0.048 | 10 | | 1 | | 0.155 | 0.074 | |
| Folate, total mcg | 33 | | 0 | RK | 4 | | 51 | 24 | |
| Folic acid mcg | 28 | | 0 | NC | 4 | | 43 | 21 | |
| Folate, food mcg | 5 | | 0 | | 4 | | 8 | 4 | |
| Folate, DFE mcg_DFE | 53 | | 0 | NC | 4 | | 82 | 39 | |
| Vitamin B-12 mcg | 0.69 | 0.090 | 10 | | 1 | | 1.07 | 0.51 | |
| Vitamin A, IU IU | 548 | 165.608 | 4 | | 1 | | 849 | 406 | |
| Vitamin A, RAE mcg_RAE | 28 | | 0 | NC | 4 | | 43 | 20 | |
| Retinol mcg | 0 | | 0 | NC | 4 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 6.175 | | 0 | | 1 | | 9.571 | 4.570 | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | | | | | | | | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.304 | | 1 | | 1 | | 0.471 | 0.225 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.236 | | 1 | | 1 | | 5.016 | 2.395 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.635 | | 1 | | 1 | | 4.084 | 1.950 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21069**
**Fast foods, burrito, with fruit (apple or cherry)**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 4.621 | | 0 | | 1 | | 7.163 | 3.420 | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.621 | | 1 | | 1 | | 7.163 | 3.420 | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.426 | | 0 | | 1 | | 2.210 | 1.055 | |
| 18:2 undifferentiated....g | 1.426 | | 1 | | 1 | | 2.210 | 1.055 | |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 5 | | 2 | | 1 | | 8 | 4 | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.041 | | 0 | | 1 | | 0.064 | 0.030 | |
| Threonine....g | 0.091 | | 0 | | 1 | | 0.141 | 0.067 | |
| Isoleucine....g | 0.117 | | 0 | | 1 | | 0.181 | 0.087 | |
| Leucine....g | 0.228 | | 0 | | 1 | | 0.353 | 0.169 | |
| Lysine....g | 0.078 | | 0 | | 1 | | 0.121 | 0.058 | |
| Methionine....g | 0.059 | | 0 | | 1 | | 0.091 | 0.044 | |
| Cystine....g | 0.071 | | 0 | | 1 | | 0.110 | 0.053 | |
| Phenylalanine....g | 0.167 | | 0 | | 1 | | 0.259 | 0.124 | |
| Tyrosine....g | 0.100 | | 0 | | 1 | | 0.155 | 0.074 | |
| Valine....g | 0.135 | | 0 | | 1 | | 0.209 | 0.100 | |
| Arginine....g | 0.135 | | 0 | | 1 | | 0.209 | 0.100 | |
| Histidine....g | 0.075 | | 0 | | 1 | | 0.116 | 0.056 | |
| Alanine....g | 0.108 | | 0 | | 1 | | 0.167 | 0.080 | |
| Aspartic acid....g | 0.168 | | 0 | | 1 | | 0.260 | 0.124 | |
| Glutamic acid....g | 1.109 | | 0 | | 1 | | 1.719 | 0.821 | |
| Glycine....g | 0.120 | | 0 | | 1 | | 0.186 | 0.089 | |
| Proline....g | 0.382 | | 0 | | 1 | | 0.592 | 0.283 | |
| Serine....g | 0.166 | | 0 | | 1 | | 0.257 | 0.123 | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 155g: 1 burrito, large

Measure 2 = 74g: 1 burrito, small

**Calories Factors:** **Protein** 4 **Fat** 8.9 **Carbohydrate** 3.9

**Food Group:** 21 Fast Foods

**NDB No. 21100**
**Fast foods, cheeseburger, large, double patty, with condiments and vegetables**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 51.09 | 0.933 | 13 | | 1 | | 131.81 | | |
| Energy | kcal | 273 | | 0 | | 1 | | 704 | | |
| Energy | kj | 1142 | | | | 1 | | 2947 | | |
| Protein (N x 6.2) | g | 14.72 | 0.381 | 15 | | 1 | | 37.98 | | |
| Total lipid (fat) | g | 16.92 | 0.319 | 15 | | 1 | | 43.65 | | |
| Ash | g | 1.90 | 0.073 | 13 | | 1 | | 4.90 | | |
| Carbohydrate, by difference | g | 15.37 | | 0 | NC | 4 | | 39.65 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 93 | 9.043 | 14 | | 1 | | 240 | | |
| Iron, Fe | mg | 2.29 | 0.122 | 14 | | 1 | | 5.91 | | |
| Magnesium, Mg | mg | 20 | 0.575 | 12 | | 1 | | 52 | | |
| Phosphorus, P | mg | 153 | 6.382 | 13 | | 1 | | 395 | | |
| Potassium, K | mg | 231 | 6.472 | 14 | | 1 | | 596 | | |
| Sodium, Na | mg | 445 | 19.057 | 15 | | 1 | | 1148 | | |
| Zinc, Zn | mg | 2.59 | 0.100 | 13 | | 1 | | 6.68 | | |
| Copper, Cu | mg | 0.080 | 0.004 | 12 | | 1 | | 0.206 | | |
| Manganese, Mn | mg | 0.123 | | 1 | | 4 | | 0.317 | | |
| Selenium, Se | mcg | 11.2 | | 0 | RK | 4 | | 28.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 2 | | 1 | | 1.0 | | |
| Thiamin | mg | 0.140 | 0.008 | 14 | | 1 | | 0.361 | | |
| Riboflavin | mg | 0.190 | 0.010 | 14 | | 1 | | 0.490 | | |
| Niacin | mg | 2.810 | 0.123 | 14 | | 1 | | 7.250 | | |
| Pantothenic acid | mg | 0.330 | | 1 | | 4 | | 0.851 | | |
| Vitamin B-6 | mg | 0.160 | | 1 | | 4 | | 0.413 | | |
| Folate, total | mcg | 29 | | 0 | RK | 4 | | 75 | | |
| Folic acid | mcg | 10 | | 0 | NC | 4 | | 26 | | |
| Folate, food | mcg | 19 | | 0 | | 4 | | 49 | | |
| Folate, DFE | mcg_DFE | 36 | | 0 | NC | 4 | | 93 | | |
| Vitamin B-12 | mcg | 1.32 | | 1 | | 4 | | 3.41 | | |
| Vitamin A, IU | IU | 135 | | 1 | | 1 | | 348 | | |
| Vitamin A, RAE | mcg_RAE | 24 | | 0 | NC | 4 | | 62 | | |
| Retinol | mcg | 21 | | 0 | NC | 4 | | 54 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.850 | | 1 | | 1 | | 17.673 | | |
| Fatty acids, total monounsaturated | g | 6.726 | | 1 | | 1 | | 17.353 | | |
| Fatty acids, total polyunsaturated | g | 1.821 | | 1 | | 1 | | 4.698 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 55 | 4.028 | 3 | | 1 | | 142 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.183 | | 0 | | 1 | | 0.472 | | |
| Threonine | g | 0.568 | | 0 | | 1 | | 1.465 | | |
| Isoleucine | g | 0.627 | | 0 | | 1 | | 1.618 | | |
| Leucine | g | 1.159 | | 0 | | 1 | | 2.990 | | |
| Lysine | g | 1.126 | | 0 | | 1 | | 2.905 | | |
| Methionine | g | 0.328 | | 0 | | 1 | | 0.846 | | |
| Cystine | g | 0.152 | | 0 | | 1 | | 0.392 | | |

**NDB No. 21100**
**Fast foods, cheeseburger, large, double patty, with condiments and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine g | 0.601 | | 0 | | 1 | | 1.551 | | |
| Tyrosine g | 0.482 | | 0 | | 1 | | 1.244 | | |
| Valine g | 0.731 | | 0 | | 1 | | 1.886 | | |
| Arginine g | 0.881 | | 0 | | 1 | | 2.273 | | |
| Histidine g | 0.458 | | 0 | | 1 | | 1.182 | | |
| Alanine g | 0.815 | | 0 | | 1 | | 2.103 | | |
| Aspartic acid g | 1.211 | | 0 | | 1 | | 3.124 | | |
| Glutamic acid g | 2.764 | | 0 | | 1 | | 7.131 | | |
| Glycine g | 0.900 | | 0 | | 1 | | 2.322 | | |
| Proline g | 0.950 | | 0 | | 1 | | 2.451 | | |
| Serine g | 0.539 | | 0 | | 1 | | 1.391 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 258g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21098**
**Fast foods, cheeseburger, large, single patty, with condiments and vegetables**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 52.50 | 1.027 | 9 | | 1 | | 114.98 | | |
| Energy | kcal | 257 | | 0 | | 1 | | 563 | | |
| Energy | kj | 1075 | | | | 1 | | 2355 | | |
| Protein (N x 6.2) | g | 12.87 | 0.513 | 15 | | 1 | | 28.19 | | |
| Total lipid (fat) | g | 15.04 | 0.422 | 15 | | 1 | | 32.94 | | |
| Ash | g | 2.06 | 0.068 | 9 | | 1 | | 4.51 | | |
| Carbohydrate, by difference | g | 17.53 | | 0 | NC | 4 | | 38.39 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 94 | 8.411 | 14 | | 1 | | 206 | | |
| Iron, Fe | mg | 2.13 | 0.103 | 14 | | 1 | | 4.66 | | |
| Magnesium, Mg | mg | 20 | 0.765 | 8 | | 1 | | 44 | | |
| Phosphorus, P | mg | 142 | 8.446 | 10 | | 1 | | 311 | | |
| Potassium, K | mg | 203 | 6.229 | 14 | | 1 | | 445 | | |
| Sodium, Na | mg | 506 | 22.522 | 15 | | 1 | | 1108 | | |
| Zinc, Zn | mg | 2.10 | 0.171 | 9 | | 1 | | 4.60 | | |
| Copper, Cu | mg | 0.085 | 0.006 | 8 | | 1 | | 0.186 | | |
| Manganese, Mn | mg | 0.142 | 0.019 | 3 | | 1 | | 0.311 | | |
| Selenium, Se | mcg | 17.1 | | 0 | RK | 4 | | 37.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 3.6 | 1.968 | 8 | | 1 | | 7.9 | | |
| Thiamin | mg | 0.180 | 0.014 | 14 | | 1 | | 0.394 | | |
| Riboflavin | mg | 0.210 | 0.017 | 14 | | 1 | | 0.460 | | |
| Niacin | mg | 3.370 | 0.405 | 14 | | 1 | | 7.380 | | |
| Pantothenic acid | mg | 0.330 | 0.022 | 4 | | 1 | | 0.723 | | |
| Vitamin B-6 | mg | 0.130 | 0.011 | 4 | | 1 | | 0.285 | | |
| Folate, total | mcg | 37 | | 0 | RK | 4 | | 81 | | |
| Folic acid | mcg | 24 | | 0 | NC | 4 | | 53 | | |
| Folate, food | mcg | 13 | 1.202 | 3 | | 1 | | 28 | | |
| Folate, DFE | mcg_DFE | 54 | | 0 | NC | 4 | | 118 | | |
| Vitamin B-12 | mcg | 1.17 | 0.033 | 4 | | 1 | | 2.56 | | |
| Vitamin A, IU | IU | 280 | 46.818 | 9 | | 1 | | 613 | | |
| Vitamin A, RAE | mcg_RAE | 64 | | 0 | NC | 4 | | 140 | | |
| Retinol | mcg | 60 | | 0 | NC | 4 | | 131 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.54 | | 0 | | 1 | | 1.18 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.867 | | 0 | | 1 | | 15.039 | | |
| 4:0 | g | 0.139 | | 3 | | 1 | | 0.304 | | |
| 6:0 | g | 0.155 | | 3 | | 1 | | 0.339 | | |
| 8:0 | g | 0.043 | | 3 | | 1 | | 0.094 | | |
| 10:0 | g | 0.105 | | 3 | | 1 | | 0.230 | | |
| 12:0 | g | 0.132 | | 3 | | 1 | | 0.289 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.731 | | 3 | | 1 | | 1.601 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.353 | | 3 | | 1 | | 7.343 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.877 | | 3 | | 1 | | 4.111 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21098**

**Fast foods, cheeseburger, large, single patty, with condiments and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.758 | | 0 | | 1 | | 12.610 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.588 | | 3 | | 1 | | 1.288 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.960 | | 3 | | 1 | | 10.862 | | |
| 20:1 g | 0.042 | | 3 | | 1 | | 0.092 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.925 | | 0 | | 1 | | 2.026 | | |
| 18:2 undifferentiated g | 0.716 | | 3 | | 1 | | 1.568 | | |
| 18:3 undifferentiated g | 0.178 | | 3 | | 1 | | 0.390 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.031 | | 3 | | 1 | | 0.068 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 40 | 2.643 | 10 | | 1 | | 88 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.162 | | 0 | | 1 | | 0.355 | | |
| Threonine g | 0.480 | | 0 | | 1 | | 1.051 | | |
| Isoleucine g | 0.548 | | 0 | | 1 | | 1.200 | | |
| Leucine g | 1.009 | | 0 | | 1 | | 2.210 | | |
| Lysine g | 0.968 | | 0 | | 1 | | 2.120 | | |
| Methionine g | 0.284 | | 0 | | 1 | | 0.622 | | |
| Cystine g | 0.133 | | 0 | | 1 | | 0.291 | | |
| Phenylalanine g | 0.542 | | 0 | | 1 | | 1.187 | | |
| Tyrosine g | 0.440 | | 0 | | 1 | | 0.964 | | |
| Valine g | 0.648 | | 0 | | 1 | | 1.419 | | |
| Arginine g | 0.725 | | 0 | | 1 | | 1.588 | | |
| Histidine g | 0.401 | | 0 | | 1 | | 0.878 | | |
| Alanine g | 0.652 | | 0 | | 1 | | 1.428 | | |
| Aspartic acid g | 1.013 | | 0 | | 1 | | 2.218 | | |
| Glutamic acid g | 2.554 | | 0 | | 1 | | 5.593 | | |
| Glycine g | 0.702 | | 0 | | 1 | | 1.537 | | |
| Proline g | 0.901 | | 0 | | 1 | | 1.973 | | |
| Serine g | 0.494 | | 0 | | 1 | | 1.082 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 219g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21099**
**Fast foods, cheeseburger, large, single patty, with ham, condiments and vegetables**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 50.05 | | 1 | | 1 | | 127.13 | | |
| Energy | kcal | 293 | | 0 | | 1 | | 744 | | |
| Energy | kj | 1226 | | | | 1 | | 3114 | | |
| Protein (N x 6.2) | g | 15.55 | | 2 | | 1 | | 39.50 | | |
| Total lipid (fat) | g | 18.97 | | 2 | | 1 | | 48.18 | | |
| Ash | g | 2.42 | | 1 | | 4 | | 6.15 | | |
| Carbohydrate, by difference | g | 14.83 | | 2 | | 9 | | 37.67 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 119 | | 1 | | 4 | | 302 | | |
| Iron, Fe | mg | 1.98 | | 1 | | 4 | | 5.03 | | |
| Magnesium, Mg | mg | 20 | | 1 | | 4 | | 51 | | |
| Phosphorus, P | mg | 209 | | 1 | | 4 | | 531 | | |
| Potassium, K | mg | 212 | | 1 | | 4 | | 538 | | |
| Sodium, Na | mg | 674 | | 2 | | 1 | | 1712 | | |
| Zinc, Zn | mg | 2.61 | | 1 | | 4 | | 6.63 | | |
| Copper, Cu | mg | 0.097 | | 1 | | 4 | | 0.246 | | |
| Manganese, Mn | mg | 0.147 | | 1 | | 4 | | 0.373 | | |
| Selenium, Se | mcg | 12.8 | | 0 | RK | 4 | | 32.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.9 | | 1 | | 4 | | 7.4 | | |
| Thiamin | mg | 0.210 | | 1 | | 4 | | 0.533 | | |
| Riboflavin | mg | 0.220 | | 1 | | 4 | | 0.559 | | |
| Niacin | mg | 3.610 | | 1 | | 4 | | 9.169 | | |
| Pantothenic acid | mg | 0.410 | | 1 | | 4 | | 1.041 | | |
| Vitamin B-6 | mg | 0.150 | | 1 | | 4 | | 0.381 | | |
| Folate, total | mcg | 31 | | 0 | RK | 4 | | 79 | | |
| Folic acid | mcg | 11 | | 0 | NC | 4 | | 28 | | |
| Folate, food | mcg | 20 | | 0 | | 4 | | 51 | | |
| Folate, DFE | mcg_DFE | 39 | | 0 | NC | 4 | | 98 | | |
| Vitamin B-12 | mcg | 1.13 | | 1 | | 4 | | 2.87 | | |
| Vitamin A, IU | IU | 199 | | 1 | | 4 | | 505 | | |
| Vitamin A, RAE | mcg_RAE | 33 | | 0 | NC | 4 | | 83 | | |
| Retinol | mcg | 27 | | 0 | NC | 4 | | 69 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.317 | | 1 | | 1 | | 21.125 | | |
| Fatty acids, total monounsaturated | g | 7.429 | | 1 | | 1 | | 18.870 | | |
| Fatty acids, total polyunsaturated | g | 1.516 | | 1 | | 1 | | 3.851 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 48 | | 2 | | 1 | | 122 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.196 | | 0 | | 1 | | 0.498 | | |
| Threonine | g | 0.597 | | 0 | | 1 | | 1.516 | | |
| Isoleucine | g | 0.670 | | 0 | | 1 | | 1.702 | | |
| Leucine | g | 1.232 | | 0 | | 1 | | 3.129 | | |
| Lysine | g | 1.197 | | 0 | | 1 | | 3.040 | | |
| Methionine | g | 0.354 | | 0 | | 1 | | 0.899 | | |
| Cystine | g | 0.171 | | 0 | | 1 | | 0.434 | | |

**NDB No. 21099**

**Fast foods, cheeseburger, large, single patty, with ham, condiments and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.662 | | 0 | | 1 | | 1.681 | | |
| Tyrosine....g | 0.532 | | 0 | | 1 | | 1.351 | | |
| Valine....g | 0.773 | | 0 | | 1 | | 1.963 | | |
| Arginine....g | 0.901 | | 0 | | 1 | | 2.289 | | |
| Histidine....g | 0.499 | | 0 | | 1 | | 1.267 | | |
| Alanine....g | 0.810 | | 0 | | 1 | | 2.057 | | |
| Aspartic acid....g | 1.244 | | 0 | | 1 | | 3.160 | | |
| Glutamic acid....g | 2.975 | | 0 | | 1 | | 7.557 | | |
| Glycine....g | 0.850 | | 0 | | 1 | | 2.159 | | |
| Proline....g | 1.046 | | 0 | | 1 | | 2.657 | | |
| Serine....g | 0.657 | | 0 | | 1 | | 1.669 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 254g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21094**
**Fast foods, cheeseburger, regular, double patty and bun, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 43.40 | | 1 | | 1 | | 69.44 | | |
| Energy | kcal | 288 | | 0 | | 1 | | 461 | | |
| Energy | kj | 1205 | | | | 1 | | 1928 | | |
| Protein (N x 6.2) | g | 13.83 | | 1 | | 1 | | 22.13 | | |
| Total lipid (fat) | g | 13.51 | | 1 | | 1 | | 21.62 | | |
| Ash | g | 1.60 | | 1 | | 1 | | 2.56 | | |
| Carbohydrate, by difference | g | 27.66 | | 0 | NC | 4 | | 44.26 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 140 | | 1 | | 4 | | 224 | | |
| Iron, Fe | mg | 2.31 | | 1 | | 4 | | 3.70 | | |
| Magnesium, Mg | mg | 21 | | 1 | | 4 | | 34 | | |
| Phosphorus, P | mg | 211 | | 1 | | 4 | | 338 | | |
| Potassium, K | mg | 178 | | 1 | | 4 | | 285 | | |
| Sodium, Na | mg | 557 | | 1 | | 4 | | 891 | | |
| Zinc, Zn | mg | 2.72 | | 1 | | 4 | | 4.35 | | |
| Copper, Cu | mg | 0.088 | | 1 | | 4 | | 0.141 | | |
| Manganese, Mn | mg | 0.190 | | 1 | | 4 | | 0.304 | | |
| Selenium, Se | mcg | 21.3 | | 0 | RK | 4 | | 34.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.210 | | 1 | | 4 | | 0.336 | | |
| Riboflavin | mg | 0.240 | | 1 | | 4 | | 0.384 | | |
| Niacin | mg | 3.760 | | 1 | | 4 | | 6.016 | | |
| Pantothenic acid | mg | 0.410 | | 1 | | 4 | | 0.656 | | |
| Vitamin B-6 | mg | 0.140 | | 1 | | 4 | | 0.224 | | |
| Folate, total | mcg | 44 | | 0 | RK | 4 | | 70 | | |
| Folic acid | mcg | 21 | | 0 | NC | 4 | | 34 | | |
| Folate, food | mcg | 23 | | 0 | | 4 | | 37 | | |
| Folate, DFE | mcg_DFE | 59 | | 0 | NC | 4 | | 94 | | |
| Vitamin B-12 | mcg | 1.20 | | 1 | | 4 | | 1.92 | | |
| Vitamin A, IU | IU | 173 | | 1 | | 4 | | 277 | | |
| Vitamin A, RAE | mcg_RAE | 52 | | 0 | NC | 4 | | 83 | | |
| Retinol | mcg | 52 | | 0 | NC | 4 | | 83 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.943 | | 1 | | 1 | | 9.509 | | |
| Fatty acids, total monounsaturated | g | 5.208 | | 1 | | 1 | | 8.333 | | |
| Fatty acids, total polyunsaturated | g | 1.143 | | 1 | | 1 | | 1.829 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 50 | | 1 | | 1 | | 80 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.174 | | 0 | | 1 | | 0.278 | | |
| Threonine | g | 0.508 | | 0 | | 1 | | 0.813 | | |
| Isoleucine | g | 0.589 | | 0 | | 1 | | 0.942 | | |
| Leucine | g | 1.086 | | 0 | | 1 | | 1.738 | | |
| Lysine | g | 1.008 | | 0 | | 1 | | 1.613 | | |
| Methionine | g | 0.303 | | 0 | | 1 | | 0.485 | | |
| Cystine | g | 0.147 | | 0 | | 1 | | 0.235 | | |

**NDB No. 21094**
**Fast foods, cheeseburger, regular, double patty and bun, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.591 | | 0 | | 1 | | 0.946 | | |
| Tyrosine....g | 0.468 | | 0 | | 1 | | 0.749 | | |
| Valine....g | 0.698 | | 0 | | 1 | | 1.117 | | |
| Arginine....g | 0.769 | | 0 | | 1 | | 1.230 | | |
| Histidine....g | 0.426 | | 0 | | 1 | | 0.682 | | |
| Alanine....g | 0.691 | | 0 | | 1 | | 1.106 | | |
| Aspartic acid....g | 1.046 | | 0 | | 1 | | 1.674 | | |
| Glutamic acid....g | 2.776 | | 0 | | 1 | | 4.442 | | |
| Glycine....g | 0.749 | | 0 | | 1 | | 1.198 | | |
| Proline....g | 1.012 | | 0 | | 1 | | 1.619 | | |
| Serine....g | 0.542 | | 0 | | 1 | | 0.867 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21095**
**Fast foods, cheeseburger, regular, double patty and bun, with condiments and vegetables**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 46.56 | 0.469 | 13 | | 1 | | 106.16 | | |
| Energy | kcal | 285 | | 0 | | 1 | | 650 | | |
| Energy | kj | 1192 | | | | 1 | | 2719 | | |
| Protein (N x 6.2) | g | 13.04 | 0.252 | 10 | | 1 | | 29.73 | | |
| Total lipid (fat) | g | 15.47 | 0.395 | 10 | | 1 | | 35.27 | | |
| Ash | g | 1.63 | 0.099 | 8 | | 1 | | 3.72 | | |
| Carbohydrate, by difference | g | 23.30 | | 0 | NC | 4 | | 53.12 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 74 | 7.980 | 8 | | 1 | | 169 | | |
| Iron, Fe | mg | 2.07 | 0.176 | 8 | | 1 | | 4.72 | | |
| Magnesium, Mg | mg | 16 | 1.579 | 8 | | 1 | | 36 | | |
| Phosphorus, P | mg | 153 | 11.545 | 7 | | 1 | | 349 | | |
| Potassium, K | mg | 171 | 16.193 | 6 | | 1 | | 390 | | |
| Sodium, Na | mg | 404 | 46.710 | 8 | | 1 | | 921 | | |
| Zinc, Zn | mg | 1.81 | 0.194 | 8 | | 1 | | 4.13 | | |
| Copper, Cu | mg | 0.071 | 0.007 | 6 | | 1 | | 0.162 | | |
| Manganese, Mn | mg | 0.120 | 0.018 | 5 | | 1 | | 0.274 | | |
| Selenium, Se | mcg | 17.3 | | 0 | RK | 4 | | 39.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.2 | 0.075 | 5 | | 1 | | 2.7 | | |
| Thiamin | mg | 0.250 | 0.022 | 7 | | 1 | | 0.570 | | |
| Riboflavin | mg | 0.190 | 0.005 | 7 | | 1 | | 0.433 | | |
| Niacin | mg | 3.660 | 0.149 | 7 | | 1 | | 8.345 | | |
| Pantothenic acid | mg | 0.280 | 0.094 | 4 | | 1 | | 0.638 | | |
| Vitamin B-6 | mg | 0.120 | 0.007 | 7 | | 1 | | 0.274 | | |
| Folate, total | mcg | 40 | | 0 | RK | 4 | | 91 | | |
| Folic acid | mcg | 25 | | 0 | NC | 4 | | 57 | | |
| Folate, food | mcg | 15 | 1.795 | 9 | | 1 | | 34 | | |
| Folate, DFE | mcg_DFE | 58 | | 0 | NC | 4 | | 131 | | |
| Vitamin B-12 | mcg | 0.91 | 0.040 | 5 | | 1 | | 2.07 | | |
| Vitamin A, IU | IU | 163 | 31.822 | 5 | | 1 | | 372 | | |
| Vitamin A, RAE | mcg_RAE | 34 | | 0 | NC | 4 | | 78 | | |
| Retinol | mcg | 31 | | 0 | NC | 4 | | 71 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.87 | | 0 | | 1 | | 1.98 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.600 | | 0 | | 1 | | 12.768 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | 0.102 | | 5 | | 1 | | 0.233 | | |
| 8:0 | g | 0.028 | | 5 | | 1 | | 0.064 | | |
| 10:0 | g | 0.040 | | 5 | | 1 | | 0.091 | | |
| 12:0 | g | 0.060 | | 5 | | 1 | | 0.137 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.447 | | 5 | | 1 | | 1.019 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.034 | | 5 | | 1 | | 6.918 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.641 | | 5 | | 1 | | 3.741 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21095**

**Fast foods, cheeseburger, regular, double patty and bun, with condiments and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.543 | | 0 | | 1 | | 12.638 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.457 | | 5 | | 1 | | 1.042 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.931 | | 5 | | 1 | | 11.243 | | |
| 20:1 g | 0.043 | | 5 | | 1 | | 0.098 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.792 | | 0 | | 1 | | 6.366 | | |
| 18:2 undifferentiated g | 2.465 | | 5 | | 1 | | 5.620 | | |
| 18:3 undifferentiated g | 0.285 | | 5 | | 1 | | 0.650 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.043 | | 5 | | 1 | | 0.098 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 41 | 0.402 | 4 | | 1 | | 93 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.164 | | 0 | | 1 | | 0.374 | | |
| Threonine g | 0.482 | | 0 | | 1 | | 1.099 | | |
| Isoleucine g | 0.558 | | 0 | | 1 | | 1.272 | | |
| Leucine g | 1.023 | | 0 | | 1 | | 2.332 | | |
| Lysine g | 0.949 | | 0 | | 1 | | 2.164 | | |
| Methionine g | 0.286 | | 0 | | 1 | | 0.652 | | |
| Cystine g | 0.139 | | 0 | | 1 | | 0.317 | | |
| Phenylalanine g | 0.558 | | 0 | | 1 | | 1.272 | | |
| Tyrosine g | 0.440 | | 0 | | 1 | | 1.003 | | |
| Valine g | 0.661 | | 0 | | 1 | | 1.507 | | |
| Arginine g | 0.728 | | 0 | | 1 | | 1.660 | | |
| Histidine g | 0.402 | | 0 | | 1 | | 0.917 | | |
| Alanine g | 0.652 | | 0 | | 1 | | 1.487 | | |
| Aspartic acid g | 0.989 | | 0 | | 1 | | 2.255 | | |
| Glutamic acid g | 2.615 | | 0 | | 1 | | 5.962 | | |
| Glycine g | 0.705 | | 0 | | 1 | | 1.607 | | |
| Proline g | 0.949 | | 0 | | 1 | | 2.164 | | |
| Serine g | 0.511 | | 0 | | 1 | | 1.165 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 228g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21092**
**Fast foods, cheeseburger, regular, double patty, plain**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 42.37 | 0.991 | 3 | | 1 | | 65.67 | | |
| Energy kcal | 295 | | 0 | | 1 | | 457 | | |
| Energy kj | 1234 | | | | 1 | | 1913 | | |
| Protein (N x 6.2) g | 17.85 | | 1 | | 1 | | 27.67 | | |
| Total lipid (fat) g | 18.37 | 0.999 | 4 | | 1 | | 28.47 | | |
| Ash g | 2.39 | | 1 | | 4 | | 3.70 | | |
| Carbohydrate, by difference g | 14.23 | | 0 | NC | 4 | | 22.06 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 150 | | 1 | | 4 | | 233 | | |
| Iron, Fe mg | 2.20 | | 1 | | 4 | | 3.41 | | |
| Magnesium, Mg mg | 21 | | 1 | | 4 | | 33 | | |
| Phosphorus, P mg | 241 | | 1 | | 4 | | 374 | | |
| Potassium, K mg | 199 | | 1 | | 4 | | 308 | | |
| Sodium, Na mg | 410 | | 1 | | 1 | | 636 | | |
| Zinc, Zn mg | 3.20 | | 1 | | 4 | | 4.96 | | |
| Copper, Cu mg | 0.084 | | 1 | | 4 | | 0.130 | | |
| Manganese, Mn mg | 0.151 | | 1 | | 4 | | 0.234 | | |
| Selenium, Se mcg | 20.7 | | 0 | RK | 4 | | 32.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin mg | 0.160 | | 1 | | 4 | | 0.248 | | |
| Riboflavin mg | 0.240 | | 1 | | 4 | | 0.372 | | |
| Niacin mg | 3.880 | | 1 | | 4 | | 6.014 | | |
| Pantothenic acid mg | 0.400 | | 1 | | 4 | | 0.620 | | |
| Vitamin B-6 mg | 0.160 | | 1 | | 4 | | 0.248 | | |
| Folate, total mcg | 44 | | 0 | RK | 4 | | 68 | | |
| Folic acid mcg | 25 | | 0 | NC | 4 | | 39 | | |
| Folate, food mcg | 19 | | 0 | | 4 | | 29 | | |
| Folate, DFE mcg_DFE | 62 | | 0 | NC | 4 | | 95 | | |
| Vitamin B-12 mcg | 1.49 | | 1 | | 4 | | 2.31 | | |
| Vitamin A, IU IU | 214 | | 1 | | 4 | | 332 | | |
| Vitamin A, RAE mcg_RAE | 64 | | 0 | NC | 4 | | 99 | | |
| Retinol mcg | 64 | | 0 | NC | 4 | | 99 | | |
| Vitamin E (alpha-tocopherol) mg | 0.77 | | 0 | | 1 | | 1.19 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 8.385 | | 1 | | 1 | | 12.997 | | |
| Fatty acids, total monounsaturated g | 7.102 | | 1 | | 1 | | 11.008 | | |
| Fatty acids, total polyunsaturated g | 1.235 | | 1 | | 1 | | 1.914 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 71 | 9.588 | 4 | | 1 | | 110 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.227 | | 0 | | 1 | | 0.352 | | |
| Threonine g | 0.676 | | 0 | | 1 | | 1.048 | | |
| Isoleucine g | 0.769 | | 0 | | 1 | | 1.192 | | |
| Leucine g | 1.428 | | 0 | | 1 | | 2.213 | | |
| Lysine g | 1.393 | | 0 | | 1 | | 2.159 | | |
| Methionine g | 0.406 | | 0 | | 1 | | 0.629 | | |
| Cystine g | 0.178 | | 0 | | 1 | | 0.276 | | |

**NDB No. 21092**
**Fast foods, cheeseburger, regular, double patty, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine g | 0.754 | | 0 | | 1 | | 1.169 | | |
| Tyrosine g | 0.627 | | 0 | | 1 | | 0.972 | | |
| Valine g | 0.910 | | 0 | | 1 | | 1.411 | | |
| Arginine g | 1.028 | | 0 | | 1 | | 1.593 | | |
| Histidine g | 0.573 | | 0 | | 1 | | 0.888 | | |
| Alanine g | 0.924 | | 0 | | 1 | | 1.432 | | |
| Aspartic acid g | 1.405 | | 0 | | 1 | | 2.178 | | |
| Glutamic acid g | 3.405 | | 0 | | 1 | | 5.278 | | |
| Glycine g | 1.002 | | 0 | | 1 | | 1.553 | | |
| Proline g | 1.252 | | 0 | | 1 | | 1.941 | | |
| Serine g | 0.682 | | 0 | | 1 | | 1.057 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 155g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21093**
**Fast foods, cheeseburger, regular, double patty, with condiments and vegetables**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 51.20 | | 1 | | 1 | | 84.99 | | |
| Energy | kcal | 251 | | 0 | | 1 | | 417 | | |
| Energy | kj | 1050 | | | | 1 | | 1743 | | |
| Protein (N x 6.2) | g | 12.80 | | 1 | | 1 | | 21.25 | | |
| Total lipid (fat) | g | 12.70 | | 1 | | 1 | | 21.08 | | |
| Ash | g | 2.10 | | 1 | | 1 | | 3.49 | | |
| Carbohydrate, by difference | g | 21.20 | | 0 | NC | 4 | | 35.19 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 103 | | 1 | | 1 | | 171 | | |
| Iron, Fe | mg | 2.06 | | 1 | | 1 | | 3.42 | | |
| Magnesium, Mg | mg | 18 | | 1 | | 1 | | 30 | | |
| Phosphorus, P | mg | 146 | | 1 | | 1 | | 242 | | |
| Potassium, K | mg | 202 | | 1 | | 1 | | 335 | | |
| Sodium, Na | mg | 633 | | 1 | | 1 | | 1051 | | |
| Zinc, Zn | mg | 2.10 | | 1 | | 1 | | 3.49 | | |
| Copper, Cu | mg | 0.090 | | 1 | | 1 | | 0.149 | | |
| Manganese, Mn | mg | 0.180 | | 1 | | 1 | | 0.299 | | |
| Selenium, Se | mcg | 14.2 | | 0 | RK | 4 | | 23.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 1 | | 1 | | 1.7 | | |
| Thiamin | mg | 0.210 | | 1 | | 1 | | 0.349 | | |
| Riboflavin | mg | 0.170 | | 1 | | 1 | | 0.282 | | |
| Niacin | mg | 4.850 | | 1 | | 1 | | 8.051 | | |
| Pantothenic acid | mg | 0.260 | | 1 | | 1 | | 0.432 | | |
| Vitamin B-6 | mg | 0.110 | | 1 | | 1 | | 0.183 | | |
| Folate, total | mcg | 37 | | 0 | RK | 4 | | 61 | | |
| Folic acid | mcg | 23 | | 0 | NC | 4 | | 38 | | |
| Folate, food | mcg | 14 | | 1 | | 1 | | 23 | | |
| Folate, DFE | mcg_DFE | 53 | | 0 | NC | 4 | | 88 | | |
| Vitamin B-12 | mcg | 1.16 | | 1 | | 1 | | 1.93 | | |
| Vitamin A, IU | IU | 240 | | 1 | | 1 | | 398 | | |
| Vitamin A, RAE | mcg_RAE | 43 | | 0 | NC | 4 | | 71 | | |
| Retinol | mcg | 37 | | 0 | NC | 4 | | 61 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.251 | | 1 | | 1 | | 8.717 | | |
| Fatty acids, total monounsaturated | g | 4.704 | | 1 | | 1 | | 7.809 | | |
| Fatty acids, total polyunsaturated | g | 1.601 | | 1 | | 1 | | 2.658 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 36 | | 1 | | 1 | | 60 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.161 | | 0 | | 1 | | 0.267 | | |
| Threonine | g | 0.483 | | 0 | | 1 | | 0.802 | | |
| Isoleucine | g | 0.549 | | 0 | | 1 | | 0.911 | | |
| Leucine | g | 1.013 | | 0 | | 1 | | 1.682 | | |
| Lysine | g | 0.989 | | 0 | | 1 | | 1.642 | | |
| Methionine | g | 0.287 | | 0 | | 1 | | 0.476 | | |
| Cystine | g | 0.128 | | 0 | | 1 | | 0.212 | | |

**NDB No. 21093**
**Fast foods, cheeseburger, regular, double patty, with condiments and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine g | 0.539 | | 0 | | 1 | | 0.895 | | |
| Tyrosine g | 0.444 | | 0 | | 1 | | 0.737 | | |
| Valine g | 0.648 | | 0 | | 1 | | 1.076 | | |
| Arginine g | 0.731 | | 0 | | 1 | | 1.213 | | |
| Histidine g | 0.407 | | 0 | | 1 | | 0.676 | | |
| Alanine g | 0.658 | | 0 | | 1 | | 1.092 | | |
| Aspartic acid g | 1.018 | | 0 | | 1 | | 1.690 | | |
| Glutamic acid g | 2.475 | | 0 | | 1 | | 4.109 | | |
| Glycine g | 0.710 | | 0 | | 1 | | 1.179 | | |
| Proline g | 0.883 | | 0 | | 1 | | 1.466 | | |
| Serine g | 0.487 | | 0 | | 1 | | 0.808 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21090**
**Fast foods, cheeseburger, regular, single patty, with condiments**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.66 | 0.623 | 41 | | 1 | | 53.86 | | |
| Energy | kcal | 261 | | 0 | | 1 | | 295 | | |
| Energy | kj | 1092 | | | | 1 | | 1234 | | |
| Protein (N x 6.11) | g | 14.12 | 0.326 | 33 | | 1 | | 15.96 | | |
| Total lipid (fat) | g | 12.52 | 0.430 | 26 | | 1 | | 14.15 | | |
| Ash | g | 2.22 | 0.082 | 21 | | 1 | | 2.51 | | |
| Carbohydrate, by difference | g | 23.48 | | 0 | NC | 4 | | 26.53 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 98 | 7.967 | 23 | | 1 | | 111 | | |
| Iron, Fe | mg | 2.15 | 0.112 | 23 | | 1 | | 2.43 | | |
| Magnesium, Mg | mg | 18 | 0.992 | 19 | | 1 | | 20 | | |
| Phosphorus, P | mg | 156 | 7.239 | 21 | | 1 | | 176 | | |
| Potassium, K | mg | 197 | 7.379 | 19 | | 1 | | 223 | | |
| Sodium, Na | mg | 545 | 32.896 | 23 | | 1 | | 616 | | |
| Zinc, Zn | mg | 1.85 | 0.100 | 19 | | 1 | | 2.09 | | |
| Copper, Cu | mg | 0.089 | 0.011 | 18 | | 1 | | 0.101 | | |
| Manganese, Mn | mg | 0.156 | 0.018 | 9 | | 1 | | 0.176 | | |
| Selenium, Se | mcg | 17.5 | | 0 | RK | 4 | | 19.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.7 | 0.472 | 7 | | 1 | | 1.9 | | |
| Thiamin | mg | 0.220 | 0.018 | 16 | | 1 | | 0.249 | | |
| Riboflavin | mg | 0.200 | 0.010 | 16 | | 1 | | 0.226 | | |
| Niacin | mg | 3.290 | 0.236 | 16 | | 1 | | 3.718 | | |
| Pantothenic acid | mg | 0.280 | 0.051 | 4 | | 1 | | 0.316 | | |
| Vitamin B-6 | mg | 0.100 | 0.006 | 4 | | 1 | | 0.113 | | |
| Folate, total | mcg | 48 | | 0 | RK | 4 | | 54 | | |
| Folic acid | mcg | 32 | | 0 | NC | 4 | | 36 | | |
| Folate, food | mcg | 16 | 1.086 | 15 | | 1 | | 18 | | |
| Folate, DFE | mcg_DFE | 70 | | 0 | NC | 4 | | 80 | | |
| Vitamin B-12 | mcg | 0.83 | 0.021 | 4 | | 1 | | 0.94 | | |
| Vitamin A, IU | IU | 409 | 65.462 | 8 | | 1 | | 462 | | |
| Vitamin A, RAE | mcg_RAE | 76 | | 0 | NC | 4 | | 85 | | |
| Retinol | mcg | 66 | | 0 | NC | 4 | | 75 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.47 | | 0 | | 1 | | 0.53 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.582 | | 0 | | 1 | | 6.308 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | 0.084 | | 3 | | 1 | | 0.095 | | |
| 8:0 | g | 0.042 | | 3 | | 1 | | 0.047 | | |
| 10:0 | g | 0.098 | | 3 | | 1 | | 0.111 | | |
| 12:0 | g | 0.118 | | 3 | | 1 | | 0.133 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.616 | | 3 | | 1 | | 0.696 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.823 | | 3 | | 1 | | 3.190 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.552 | | 3 | | 1 | | 1.754 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21090**
**Fast foods, cheeseburger, regular, single patty, with condiments**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 4.732 | | 0 | | 1 | | 5.347 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.471 | | 3 | | 1 | | 0.532 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.098 | | 3 | | 1 | | 4.631 | | |
| 20:1 g | 0.037 | | 3 | | 1 | | 0.042 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.965 | | 0 | | 1 | | 1.090 | | |
| 18:2 undifferentiated g | 0.782 | | 3 | | 1 | | 0.884 | | |
| 18:3 undifferentiated g | 0.163 | | 3 | | 1 | | 0.184 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.021 | | 3 | | 1 | | 0.024 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 33 | 1.991 | 7 | | 1 | | 37 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.178 | | 0 | | 1 | | 0.201 | | |
| Threonine g | 0.511 | | 0 | | 1 | | 0.577 | | |
| Isoleucine g | 0.601 | | 0 | | 1 | | 0.679 | | |
| Leucine g | 1.103 | | 0 | | 1 | | 1.246 | | |
| Lysine g | 0.971 | | 0 | | 1 | | 1.097 | | |
| Methionine g | 0.303 | | 0 | | 1 | | 0.342 | | |
| Cystine g | 0.162 | | 0 | | 1 | | 0.183 | | |
| Phenylalanine g | 0.617 | | 0 | | 1 | | 0.697 | | |
| Tyrosine g | 0.469 | | 0 | | 1 | | 0.530 | | |
| Valine g | 0.719 | | 0 | | 1 | | 0.812 | | |
| Arginine g | 0.765 | | 0 | | 1 | | 0.864 | | |
| Histidine g | 0.425 | | 0 | | 1 | | 0.480 | | |
| Alanine g | 0.682 | | 0 | | 1 | | 0.771 | | |
| Aspartic acid g | 1.040 | | 0 | | 1 | | 1.175 | | |
| Glutamic acid g | 3.033 | | 0 | | 1 | | 3.427 | | |
| Glycine g | 0.735 | | 0 | | 1 | | 0.831 | | |
| Proline g | 1.096 | | 0 | | 1 | | 1.238 | | |
| Serine g | 0.576 | | 0 | | 1 | | 0.651 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 113g: 1 sandwich

**Calories Factors:** **Protein** 4.12 **Fat** 8.8 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21091**
**Fast foods, cheeseburger, regular, single patty, with condiments and vegetables**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 55.20 | | 1 | | 1 | | 85.01 | | |
| Energy | kcal | 233 | | 0 | | 1 | | 359 | | |
| Energy | kj | 975 | | | | 1 | | 1501 | | |
| Protein (N x 6.11) | g | 11.58 | | 2 | | 1 | | 17.83 | | |
| Total lipid (fat) | g | 12.85 | | 2 | | 1 | | 19.79 | | |
| Ash | g | 2.10 | | 1 | | 1 | | 3.23 | | |
| Carbohydrate, by difference | g | 18.27 | | 0 | NC | 4 | | 28.14 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 118 | | 1 | | 1 | | 182 | | |
| Iron, Fe | mg | 1.72 | | 1 | | 1 | | 2.65 | | |
| Magnesium, Mg | mg | 17 | | 1 | | 1 | | 26 | | |
| Phosphorus, P | mg | 140 | | 1 | | 1 | | 216 | | |
| Potassium, K | mg | 149 | | 1 | | 1 | | 229 | | |
| Sodium, Na | mg | 634 | | 2 | | 1 | | 976 | | |
| Zinc, Zn | mg | 1.70 | | 1 | | 1 | | 2.62 | | |
| Copper, Cu | mg | 0.080 | | 1 | | 1 | | 0.123 | | |
| Manganese, Mn | mg | 0.190 | | 1 | | 1 | | 0.293 | | |
| Selenium, Se | mcg | 13.3 | | 0 | RK | 4 | | 20.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.5 | | 1 | | 1 | | 2.3 | | |
| Thiamin | mg | 0.210 | | 1 | | 1 | | 0.323 | | |
| Riboflavin | mg | 0.150 | | 1 | | 1 | | 0.231 | | |
| Niacin | mg | 4.140 | | 1 | | 1 | | 6.376 | | |
| Pantothenic acid | mg | 0.220 | | 1 | | 1 | | 0.339 | | |
| Vitamin B-6 | mg | 0.100 | | 1 | | 1 | | 0.154 | | |
| Folate, total | mcg | 42 | | 0 | RK | 4 | | 65 | | |
| Folic acid | mcg | 28 | | 0 | NC | 4 | | 43 | | |
| Folate, food | mcg | 14 | | 1 | | 1 | | 22 | | |
| Folate, DFE | mcg_DFE | 62 | | 0 | NC | 4 | | 95 | | |
| Vitamin B-12 | mcg | 0.80 | | 1 | | 1 | | 1.23 | | |
| Vitamin A, IU | IU | 280 | | 1 | | 1 | | 431 | | |
| Vitamin A, RAE | mcg_RAE | 53 | | 0 | NC | 4 | | 82 | | |
| Retinol | mcg | 47 | | 0 | NC | 4 | | 72 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.966 | | 0 | | 1 | | 9.188 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | 0.119 | | 1 | | 1 | | 0.183 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.716 | | 1 | | 1 | | 1.103 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.983 | | 1 | | 1 | | 4.594 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.790 | | 1 | | 1 | | 2.757 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21091**
**Fast foods, cheeseburger, regular, single patty, with condiments and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 4.654 | | 0 | | 1 | | 7.167 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.477 | | 1 | | 1 | | 0.735 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.176 | | 1 | | 1 | | 6.431 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.955 | | 0 | | 1 | | 1.471 | | |
| 18:2 undifferentiated g | 0.597 | | 1 | | 1 | | 0.919 | | |
| 18:3 undifferentiated g | 0.358 | | 1 | | 1 | | 0.551 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 34 | | 2 | | 1 | | 52 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.146 | | 0 | | 1 | | 0.225 | | |
| Threonine g | 0.419 | | 0 | | 1 | | 0.645 | | |
| Isoleucine g | 0.493 | | 0 | | 1 | | 0.759 | | |
| Leucine g | 0.901 | | 0 | | 1 | | 1.388 | | |
| Lysine g | 0.794 | | 0 | | 1 | | 1.223 | | |
| Methionine g | 0.246 | | 0 | | 1 | | 0.379 | | |
| Cystine g | 0.131 | | 0 | | 1 | | 0.202 | | |
| Phenylalanine g | 0.506 | | 0 | | 1 | | 0.779 | | |
| Tyrosine g | 0.383 | | 0 | | 1 | | 0.590 | | |
| Valine g | 0.588 | | 0 | | 1 | | 0.906 | | |
| Arginine g | 0.626 | | 0 | | 1 | | 0.964 | | |
| Histidine g | 0.349 | | 0 | | 1 | | 0.537 | | |
| Alanine g | 0.557 | | 0 | | 1 | | 0.858 | | |
| Aspartic acid g | 0.863 | | 0 | | 1 | | 1.329 | | |
| Glutamic acid g | 2.503 | | 0 | | 1 | | 3.855 | | |
| Glycine g | 0.601 | | 0 | | 1 | | 0.926 | | |
| Proline g | 0.891 | | 0 | | 1 | | 1.372 | | |
| Serine g | 0.472 | | 0 | | 1 | | 0.727 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 154g: 1 sandwich

**Calories Factors:** **Protein** 4.12 **Fat** 8.8 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21101**
**Fast foods, cheeseburger, triple patty, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 54.10 | | 1 | | 1 | | 164.46 | | |
| Energy | kcal | 262 | | 0 | | 1 | | 796 | | |
| Energy | kj | 1096 | | | | 1 | | 3332 | | |
| Protein (N x 6.2) | g | 18.44 | | 2 | | 1 | | 56.06 | | |
| Total lipid (fat) | g | 16.76 | | 2 | | 1 | | 50.95 | | |
| Ash | g | 1.91 | | 1 | | 1 | | 5.81 | | |
| Carbohydrate, by difference | g | 8.78 | | 0 | NC | 4 | | 26.69 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 93 | | 1 | | 1 | | 283 | | |
| Iron, Fe | mg | 2.73 | | 1 | | 1 | | 8.30 | | |
| Magnesium, Mg | mg | 20 | | 1 | | 4 | | 61 | | |
| Phosphorus, P | mg | 178 | | 1 | | 1 | | 541 | | |
| Potassium, K | mg | 270 | | 1 | | 1 | | 821 | | |
| Sodium, Na | mg | 399 | | 2 | | 1 | | 1213 | | |
| Zinc, Zn | mg | 3.58 | | 1 | | 1 | | 10.88 | | |
| Copper, Cu | mg | 0.085 | | 1 | | 4 | | 0.258 | | |
| Manganese, Mn | mg | 0.116 | | 1 | | 4 | | 0.353 | | |
| Selenium, Se | mcg | 8.4 | | 0 | RK | 4 | | 25.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 1 | | 1 | | 2.7 | | |
| Thiamin | mg | 0.200 | | 1 | | 1 | | 0.608 | | |
| Riboflavin | mg | 0.210 | | 1 | | 1 | | 0.638 | | |
| Niacin | mg | 3.770 | | 1 | | 1 | | 11.461 | | |
| Pantothenic acid | mg | 0.380 | | 1 | | 4 | | 1.155 | | |
| Vitamin B-6 | mg | 0.200 | | 1 | | 4 | | 0.608 | | |
| Folate, total | mcg | 23 | | 0 | RK | 4 | | 70 | | |
| Folic acid | mcg | 6 | | 0 | NC | 4 | | 18 | | |
| Folate, food | mcg | 17 | | 0 | | 4 | | 52 | | |
| Folate, DFE | mcg_DFE | 27 | | 0 | NC | 4 | | 83 | | |
| Vitamin B-12 | mcg | 1.94 | | 1 | | 4 | | 5.90 | | |
| Vitamin A, IU | IU | 118 | | 1 | | 1 | | 359 | | |
| Vitamin A, RAE | mcg_RAE | 35 | | 0 | NC | 4 | | 106 | | |
| Retinol | mcg | 35 | | 0 | NC | 4 | | 106 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 7.140 | | 1 | | 1 | | 21.706 | | |
| Fatty acids, total monounsaturated | g | 7.080 | | 1 | | 1 | | 21.523 | | |
| Fatty acids, total polyunsaturated | g | 1.037 | | 1 | | 1 | | 3.152 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 53 | | 2 | | 1 | | 161 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.229 | | 0 | | 1 | | 0.696 | | |
| Threonine | g | 0.732 | | 0 | | 1 | | 2.225 | | |
| Isoleucine | g | 0.791 | | 0 | | 1 | | 2.405 | | |
| Leucine | g | 1.469 | | 0 | | 1 | | 4.466 | | |
| Lysine | g | 1.454 | | 0 | | 1 | | 4.420 | | |
| Methionine | g | 0.419 | | 0 | | 1 | | 1.274 | | |
| Cystine | g | 0.187 | | 0 | | 1 | | 0.568 | | |

**NDB No. 21101**
**Fast foods, cheeseburger, triple patty, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.744 | | 0 | | 1 | | 2.262 | | |
| Tyrosine....g | 0.601 | | 0 | | 1 | | 1.827 | | |
| Valine....g | 0.916 | | 0 | | 1 | | 2.785 | | |
| Arginine....g | 1.148 | | 0 | | 1 | | 3.490 | | |
| Histidine....g | 0.580 | | 0 | | 1 | | 1.763 | | |
| Alanine....g | 1.077 | | 0 | | 1 | | 3.274 | | |
| Aspartic acid....g | 1.556 | | 0 | | 1 | | 4.730 | | |
| Glutamic acid....g | 3.290 | | 0 | | 1 | | 10.002 | | |
| Glycine....g | 1.202 | | 0 | | 1 | | 3.654 | | |
| Proline....g | 1.133 | | 0 | | 1 | | 3.444 | | |
| Serine....g | 0.753 | | 0 | | 1 | | 2.289 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 304g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21102**
**Fast foods, chicken fillet sandwich, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.31 | 0.772 | 27 | | 1 | | 86.10 | | |
| Energy | kcal | 283 | | 0 | | 1 | | 515 | | |
| Energy | kj | 1184 | | | | 1 | | 2155 | | |
| Protein (N x 6.15) | g | 13.25 | 0.538 | 20 | | 1 | | 24.12 | | |
| Total lipid (fat) | g | 16.18 | 0.891 | 13 | | 1 | | 29.45 | | |
| Ash | g | 2.00 | | 1 | | 1 | | 3.64 | | |
| Carbohydrate, by difference | g | 21.26 | | 0 | NC | 4 | | 38.69 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 33 | 4.937 | 11 | | 1 | | 60 | | |
| Iron, Fe | mg | 2.57 | 0.441 | 12 | | 1 | | 4.68 | | |
| Magnesium, Mg | mg | 19 | 2.331 | 12 | | 1 | | 35 | | |
| Phosphorus, P | mg | 128 | 9.120 | 12 | | 1 | | 233 | | |
| Potassium, K | mg | 194 | 15.630 | 9 | | 1 | | 353 | | |
| Sodium, Na | mg | 526 | 50.378 | 14 | | 1 | | 957 | | |
| Zinc, Zn | mg | 1.03 | 0.179 | 11 | | 1 | | 1.87 | | |
| Copper, Cu | mg | 0.127 | 0.030 | 9 | | 1 | | 0.231 | | |
| Manganese, Mn | mg | 0.260 | 0.038 | 10 | | 1 | | 0.473 | | |
| Selenium, Se | mcg | 22.2 | | 0 | RK | 4 | | 40.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 4.9 | | 1 | | 1 | | 8.9 | | |
| Thiamin | mg | 0.180 | 0.026 | 3 | | 1 | | 0.328 | | |
| Riboflavin | mg | 0.130 | 0.015 | 3 | | 1 | | 0.237 | | |
| Niacin | mg | 3.740 | 0.898 | 3 | | 1 | | 6.807 | | |
| Pantothenic acid | mg | 0.330 | | 2 | | 1 | | 0.601 | | |
| Vitamin B-6 | mg | 0.110 | | 2 | | 1 | | 0.200 | | |
| Folate, total | mcg | 55 | | 0 | RK | 4 | | 100 | | |
| Folic acid | mcg | 39 | | 0 | NC | 4 | | 71 | | |
| Folate, food | mcg | 16 | 1.755 | 14 | | 1 | | 29 | | |
| Folate, DFE | mcg_DFE | 82 | | 0 | NC | 4 | | 150 | | |
| Vitamin B-12 | mcg | 0.21 | | 2 | | 1 | | 0.38 | | |
| Vitamin A, IU | IU | 55 | | 1 | | 1 | | 100 | | |
| Vitamin A, RAE | mcg_RAE | 17 | | 0 | NC | 4 | | 31 | | |
| Retinol | mcg | 17 | | 0 | NC | 4 | | 31 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.685 | | 0 | | 1 | | 8.527 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.003 | | 1 | | 1 | | 0.005 | | |
| 12:0 | g | 0.006 | | 1 | | 1 | | 0.011 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.160 | | 1 | | 1 | | 0.291 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.018 | | 1 | | 1 | | 5.493 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.408 | | 1 | | 1 | | 2.563 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21102**
**Fast foods, chicken fillet sandwich, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.720 | | 0 | | 1 | | 10.410 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.541 | | 1 | | 1 | | 0.985 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.128 | | 1 | | 1 | | 9.333 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.606 | | 0 | | 1 | | 8.383 | | |
| 18:2 undifferentiated g | 4.000 | | 1 | | 1 | | 7.280 | | |
| 18:3 undifferentiated g | 0.527 | | 1 | | 1 | | 0.959 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.079 | | 1 | | 1 | | 0.144 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 33 | 2.339 | 7 | | 1 | | 60 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.155 | | 0 | | 1 | | 0.282 | | |
| Threonine g | 0.523 | | 0 | | 1 | | 0.952 | | |
| Isoleucine g | 0.666 | | 0 | | 1 | | 1.212 | | |
| Leucine g | 0.978 | | 0 | | 1 | | 1.780 | | |
| Lysine g | 0.958 | | 0 | | 1 | | 1.744 | | |
| Methionine g | 0.334 | | 0 | | 1 | | 0.608 | | |
| Cystine g | 0.183 | | 0 | | 1 | | 0.333 | | |
| Phenylalanine g | 0.554 | | 0 | | 1 | | 1.008 | | |
| Tyrosine g | 0.418 | | 0 | | 1 | | 0.761 | | |
| Valine g | 0.659 | | 0 | | 1 | | 1.199 | | |
| Arginine g | 0.743 | | 0 | | 1 | | 1.352 | | |
| Histidine g | 0.383 | | 0 | | 1 | | 0.697 | | |
| Alanine g | 0.670 | | 0 | | 1 | | 1.219 | | |
| Aspartic acid g | 1.077 | | 0 | | 1 | | 1.960 | | |
| Glutamic acid g | 2.440 | | 0 | | 1 | | 4.441 | | |
| Glycine g | 0.622 | | 0 | | 1 | | 1.132 | | |
| Proline g | 0.732 | | 0 | | 1 | | 1.332 | | |
| Serine g | 0.504 | | 0 | | 1 | | 0.917 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 182g: 1 sandwich

**Calories Factors:** **Protein** 4.18 **Fat** 8.88 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21103**
**Fast foods, chicken fillet sandwich, with cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 46.01 | | 1 | | 4 | | 104.90 | | |
| Energy | kcal | 277 | | 0 | | 1 | | 632 | | |
| Energy | kj | 1159 | | | | 1 | | 2642 | | |
| Protein (N x 6.17) | g | 12.90 | | 2 | | 1 | | 29.41 | | |
| Total lipid (fat) | g | 17.00 | | 2 | | 1 | | 38.76 | | |
| Ash | g | 2.10 | | 1 | | 4 | | 4.79 | | |
| Carbohydrate, by difference | g | 18.24 | | 2 | | 9 | | 41.59 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 113 | | 1 | | 4 | | 258 | | |
| Iron, Fe | mg | 1.59 | | 1 | | 4 | | 3.63 | | |
| Magnesium, Mg | mg | 19 | | 1 | | 4 | | 43 | | |
| Phosphorus, P | mg | 178 | | 1 | | 4 | | 406 | | |
| Potassium, K | mg | 146 | | 1 | | 4 | | 333 | | |
| Sodium, Na | mg | 543 | | 2 | | 1 | | 1238 | | |
| Zinc, Zn | mg | 1.27 | | 1 | | 4 | | 2.90 | | |
| Copper, Cu | mg | 0.075 | | 1 | | 4 | | 0.171 | | |
| Manganese, Mn | mg | 0.167 | | 1 | | 4 | | 0.381 | | |
| Selenium, Se | mcg | 21.1 | | 0 | RK | 4 | | 48.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.3 | | 1 | | 4 | | 3.0 | | |
| Thiamin | mg | 0.180 | | 1 | | 4 | | 0.410 | | |
| Riboflavin | mg | 0.200 | | 1 | | 4 | | 0.456 | | |
| Niacin | mg | 3.980 | | 1 | | 4 | | 9.074 | | |
| Pantothenic acid | mg | 0.590 | | 1 | | 4 | | 1.345 | | |
| Vitamin B-6 | mg | 0.180 | | 1 | | 4 | | 0.410 | | |
| Folate, total | mcg | 48 | | 0 | RK | 4 | | 109 | | |
| Folic acid | mcg | 28 | | 0 | NC | 4 | | 64 | | |
| Folate, food | mcg | 20 | | 0 | | 4 | | 46 | | |
| Folate, DFE | mcg_DFE | 68 | | 0 | NC | 4 | | 154 | | |
| Vitamin B-12 | mcg | 0.20 | | 1 | | 4 | | 0.46 | | |
| Vitamin A, IU | IU | 272 | | 1 | | 4 | | 620 | | |
| Vitamin A, RAE | mcg_RAE | 72 | | 0 | NC | 4 | | 164 | | |
| Retinol | mcg | 70 | | 0 | NC | 4 | | 160 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.460 | | 1 | | 1 | | 12.449 | | |
| Fatty acids, total monounsaturated | g | 5.987 | | 1 | | 1 | | 13.650 | | |
| Fatty acids, total polyunsaturated | g | 4.363 | | 1 | | 1 | | 9.948 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 34 | | 2 | | 1 | | 78 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.152 | | 0 | | 1 | | 0.347 | | |
| Threonine | g | 0.474 | | 0 | | 1 | | 1.081 | | |
| Isoleucine | g | 0.601 | | 0 | | 1 | | 1.370 | | |
| Leucine | g | 0.955 | | 0 | | 1 | | 2.177 | | |
| Lysine | g | 0.924 | | 0 | | 1 | | 2.107 | | |
| Methionine | g | 0.308 | | 0 | | 1 | | 0.702 | | |
| Cystine | g | 0.168 | | 0 | | 1 | | 0.383 | | |

**NDB No. 21103**
**Fast foods, chicken fillet sandwich, with cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.553 | | 0 | | 1 | | 1.261 | | |
| Tyrosine....g | 0.441 | | 0 | | 1 | | 1.005 | | |
| Valine....g | 0.647 | | 0 | | 1 | | 1.475 | | |
| Arginine....g | 0.695 | | 0 | | 1 | | 1.585 | | |
| Histidine....g | 0.376 | | 0 | | 1 | | 0.857 | | |
| Alanine....g | 0.607 | | 0 | | 1 | | 1.384 | | |
| Aspartic acid....g | 0.978 | | 0 | | 1 | | 2.230 | | |
| Glutamic acid....g | 2.469 | | 0 | | 1 | | 5.629 | | |
| Glycine....g | 0.649 | | 0 | | 1 | | 1.480 | | |
| Proline....g | 0.903 | | 0 | | 1 | | 2.059 | | |
| Serine....g | 0.526 | | 0 | | 1 | | 1.199 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 228g: 1 sandwich

**Calories Factors:** **Protein** 4.19 **Fat** 8.9 **Carbohydrate** 3.94

**Food Group:** 21 Fast Foods

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

**NDB No. 21037**
**Fast foods, chicken, breaded and fried, boneless pieces, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.25 | 0.270 | 21 | A | 1 | | 8.51 | 50.09 | |
| Energy | kcal | 301 | | 0 | NC | 4 | | 54 | 319 | |
| Energy | kj | 1259 | | | | 4 | | 227 | 1335 | |
| Protein | g | 17.00 | | 1 | MA | 12 | | 3.06 | 18.02 | |
| Total lipid (fat) | g | 19.44 | 0.104 | 21 | A | 1 | | 3.50 | 20.61 | |
| Ash | g | 1.90 | | 1 | MA | 12 | | 0.34 | 2.01 | |
| Carbohydrate, by difference | g | 14.41 | | 0 | NC | 4 | | 2.59 | 15.27 | |
| Fiber, total dietary | g | 0.0 | | 1 | MA | 12 | | 0.0 | 0.0 | |
| Sugars, total | g | 0.00 | | 1 | MA | 12 | | 0.00 | 0.00 | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 13 | | 1 | MA | 12 | | 2 | 14 | |
| Iron, Fe | mg | 0.89 | | 1 | MA | 12 | | 0.16 | 0.94 | |
| Magnesium, Mg | mg | 23 | | 1 | MA | 12 | | 4 | 24 | |
| Phosphorus, P | mg | 273 | | 1 | MA | 12 | | 49 | 289 | |
| Potassium, K | mg | 288 | | 1 | MA | 12 | | 52 | 305 | |
| Sodium, Na | mg | 484 | | 1 | MA | 12 | | 87 | 513 | |
| Zinc, Zn | mg | 0.94 | | 1 | MA | 12 | | 0.17 | 1.00 | |
| Copper, Cu | mg | 0.059 | | 1 | MA | 12 | | 0.011 | 0.063 | |
| Manganese, Mn | mg | 0.111 | | 1 | MA | 12 | | 0.020 | 0.118 | |
| Selenium, Se | mcg | 16.3 | 0.603 | 57 | A | 1 | | 2.9 | 17.3 | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | MA | 12 | | 0.0 | 0.0 | |
| Thiamin | mg | 0.110 | | 1 | MA | 12 | | 0.020 | 0.117 | |
| Riboflavin | mg | 0.150 | | 1 | MA | 12 | | 0.027 | 0.159 | |
| Niacin | mg | 7.050 | | 1 | MA | 12 | | 1.269 | 7.473 | |
| Pantothenic acid | mg | 0.800 | | 1 | MA | 12 | | 0.144 | 0.848 | |
| Vitamin B-6 | mg | 0.289 | | 1 | MA | 12 | | 0.052 | 0.306 | |
| Folate, total | mcg | 29 | | 0 | NC | 4 | | 5 | 31 | |
| Folic acid | mcg | 18 | | 0 | NC | 4 | | 3 | 19 | |
| Folate, food | mcg | 11 | | 0 | | 4 | | 2 | 12 | |
| Folate, DFE | mcg_DFE | 42 | | 0 | NC | 4 | | 7 | 44 | |
| Vitamin B-12 | mcg | 0.29 | | 1 | MA | 12 | | 0.05 | 0.31 | |
| Vitamin A, IU | IU | 16 | | 0 | FLA | 4 | | 3 | 17 | |
| Vitamin A, RAE | mcg_RAE | 5 | | 0 | FLA | 4 | | 1 | 5 | |
| Retinol | mcg | 5 | | 0 | FLA | 4 | | 1 | 5 | |
| Vitamin E (alpha-tocopherol) | mg | 1.23 | | 0 | FLA | 4 | | 0.22 | 1.31 | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 5.9 | | 0 | FLA | 4 | | 1.1 | 6.2 | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.390 | 0.020 | 21 | A | 1 | | 0.790 | 4.653 | |
| 4:0 | g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 6:0 | g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 8:0 | g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 10:0 | g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 12:0 | g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.041 | | 21 | A | 1 | | 0.007 | 0.043 | |
| 15:0 | g | 0.010 | | 21 | A | 1 | | 0.002 | 0.011 | |
| 16:0 | g | 2.267 | | 21 | A | 1 | | 0.408 | 2.403 | |
| 17:0 | g | 0.503 | | 21 | A | 1 | | 0.091 | 0.533 | |
| 18:0 | g | 1.198 | | 21 | A | 1 | | 0.216 | 1.270 | |
| 20:0 | g | 0.294 | | 21 | A | 1 | | 0.053 | 0.312 | |
| 22:0 | g | 0.047 | | 21 | A | 1 | | 0.008 | 0.050 | |
| 24:0 | g | 0.026 | | 21 | A | 1 | | 0.005 | 0.028 | |

**NDB No. 21037**

**Fast foods, chicken, breaded and fried, boneless pieces, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 9.889 | | 21 | A | 1 | | 1.780 | 10.482 | |
| 14:1 g | 0.000 | | 21 | A | 1 | | 0.000 | 0.000 | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.412 | | 21 | A | 1 | | 0.074 | 0.437 | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 9.421 | | 21 | A | 1 | | 1.696 | 9.986 | |
| 20:1 g | 0.045 | | 21 | A | 1 | | 0.008 | 0.048 | |
| 22:1 undifferentiated g | 0.000 | | 21 | A | 1 | | 0.000 | 0.000 | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.332 | | 21 | A | 1 | | 0.780 | 4.592 | |
| 18:2 undifferentiated g | 2.635 | | 21 | A | 1 | | 0.474 | 2.793 | |
| 18:3 undifferentiated g | 0.205 | | 21 | A | 1 | | 0.037 | 0.217 | |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | 0.017 | | 21 | A | 1 | | 0.003 | 0.018 | |
| 20:4 undifferentiated g | 0.050 | | 21 | A | 1 | | 0.009 | 0.053 | |
| 20:5 n-3 g | 0.000 | | 21 | A | 1 | | 0.000 | 0.000 | |
| 22:5 n-3 g | 0.000 | | 21 | A | 1 | | 0.000 | 0.000 | |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 58 | | 1 | MA | 12 | | 10 | 61 | |
| Phytosterols mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | 0.0 | |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 0 | | 0 | FLA | 4 | | 0.005 | 0.031 | |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.001 | 0.007 | |
| Cryptoxanthin, beta mcg | 0 | | 0 | FLA | 4 | | 0.005 | 0.027 | |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | |
| Lutein + zeaxanthin mcg | 2 | | 0 | FLA | 4 | | 0.287 | 1.688 | |

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

**Common Measures:**

Measure 1 = 18g: 1 piece

Measure 2 = 106g: 6 pieces

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21038**
**Fast foods, chicken, breaded and fried, boneless pieces, with barb. sauce**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 51.81 | | 0 | | 1 | | 67.35 | | |
| Energy | kcal | 254 | | 0 | NC | 4 | | 330 | | |
| Energy | kj | 1063 | | | | 4 | | 1382 | | |
| Protein (N x 6.25) | g | 13.19 | | 0 | | 1 | | 17.15 | | |
| Total lipid (fat) | g | 13.82 | | 0 | | 1 | | 17.97 | | |
| Ash | g | 1.93 | | 0 | | 1 | | 2.51 | | |
| Carbohydrate, by difference | g | 19.25 | | 0 | NC | 4 | | 25.03 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 16 | | 0 | | 1 | | 21 | | |
| Iron, Fe | mg | 1.12 | | 0 | | 1 | | 1.46 | | |
| Magnesium, Mg | mg | 19 | | 0 | | 1 | | 25 | | |
| Phosphorus, P | mg | 165 | | 0 | | 1 | | 215 | | |
| Potassium, K | mg | 245 | | 0 | | 1 | | 319 | | |
| Sodium, Na | mg | 638 | | 0 | | 1 | | 829 | | |
| Zinc, Zn | mg | 0.86 | | 0 | | 1 | | 1.12 | | |
| Copper, Cu | mg | 0.133 | | 0 | | 1 | | 0.173 | | |
| Manganese, Mn | mg | 0.125 | | 0 | | 1 | | 0.163 | | |
| Selenium, Se | mcg | 13.2 | | 0 | BFZN | 4 | | 17.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | | 1 | | 0.8 | | |
| Thiamin | mg | 0.080 | | 0 | | 1 | | 0.104 | | |
| Riboflavin | mg | 0.120 | | 0 | | 1 | | 0.156 | | |
| Niacin | mg | 5.400 | | 0 | | 1 | | 7.020 | | |
| Pantothenic acid | mg | 0.740 | | 0 | | 1 | | 0.962 | | |
| Vitamin B-6 | mg | 0.260 | | 0 | | 1 | | 0.338 | | |
| Folate, total | mcg | 23 | | 0 | BFZN | 4 | | 30 | | |
| Folic acid | mcg | 2 | | 0 | NC | 4 | | 3 | | |
| Folate, food | mcg | 21 | | 0 | | 1 | | 27 | | |
| Folate, DFE | mcg_DFE | 24 | | 0 | NC | 4 | | 32 | | |
| Vitamin B-12 | mcg | 0.23 | | 0 | | 1 | | 0.30 | | |
| Vitamin A, IU | IU | 263 | | 0 | | 1 | | 342 | | |
| Vitamin A, RAE | mcg_RAE | 13 | | 0 | NC | 4 | | 17 | | |
| Retinol | mcg | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.285 | | 0 | | 1 | | 5.571 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.007 | | 0 | | 1 | | 0.009 | | |
| 10:0 | g | 0.004 | | 0 | | 1 | | 0.005 | | |
| 12:0 | g | 0.015 | | 0 | | 1 | | 0.020 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.170 | | 0 | | 1 | | 0.221 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.453 | | 0 | | 1 | | 3.189 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.362 | | 0 | | 1 | | 1.771 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21038**

**Fast foods, chicken, breaded and fried, boneless pieces, with barb. sauce**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 6.742 | | 0 | | 1 | | 8.765 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.440 | | 0 | | 1 | | 0.572 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.033 | | 0 | | 1 | | 7.843 | | |
| 20:1 g | 0.048 | | 0 | | 1 | | 0.062 | | |
| 22:1 undifferentiated g | 0.127 | | 0 | | 1 | | 0.165 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.838 | | 0 | | 1 | | 2.389 | | |
| 18:2 undifferentiated g | 1.685 | | 0 | | 1 | | 2.191 | | |
| 18:3 undifferentiated g | 0.113 | | 0 | | 1 | | 0.147 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.040 | | 0 | | 1 | | 0.052 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 47 | | 0 | | 1 | | 61 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.155 | | 0 | | 1 | | 0.202 | | |
| Threonine g | 0.522 | | 0 | | 1 | | 0.679 | | |
| Isoleucine g | 0.654 | | 0 | | 1 | | 0.850 | | |
| Leucine g | 0.964 | | 0 | | 1 | | 1.253 | | |
| Lysine g | 0.970 | | 0 | | 1 | | 1.261 | | |
| Methionine g | 0.341 | | 0 | | 1 | | 0.443 | | |
| Cystine g | 0.189 | | 0 | | 1 | | 0.246 | | |
| Phenylalanine g | 0.542 | | 0 | | 1 | | 0.705 | | |
| Tyrosine g | 0.434 | | 0 | | 1 | | 0.564 | | |
| Valine g | 0.637 | | 0 | | 1 | | 0.828 | | |
| Arginine g | 0.744 | | 0 | | 1 | | 0.967 | | |
| Histidine g | 0.379 | | 0 | | 1 | | 0.493 | | |
| Alanine g | 0.664 | | 0 | | 1 | | 0.863 | | |
| Aspartic acid g | 1.068 | | 0 | | 1 | | 1.388 | | |
| Glutamic acid g | 2.260 | | 0 | | 1 | | 2.938 | | |
| Glycine g | 0.599 | | 0 | | 1 | | 0.779 | | |
| Proline g | 0.666 | | 0 | | 1 | | 0.866 | | |
| Serine g | 0.499 | | 0 | | 1 | | 0.649 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.19 **Fat** 8.87 **Carbohydrate** 3.91

**Food Group:** 21 Fast Foods

**NDB No. 21039**
**Fast foods, chicken, breaded and fried, boneless pieces, with honey**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 45.39 | | 0 | | 1 | | 52.20 | | |
| Energy | kcal | 286 | | 0 | NC | 4 | | 329 | | |
| Energy | kj | 1197 | | | | 4 | | 1376 | | |
| Protein (N x 6.17) | g | 14.58 | | 0 | | 1 | | 16.77 | | |
| Total lipid (fat) | g | 15.25 | | 0 | | 1 | | 17.54 | | |
| Ash | g | 1.41 | | 0 | | 1 | | 1.62 | | |
| Carbohydrate, by difference | g | 23.37 | | 0 | NC | 4 | | 26.88 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 15 | | 0 | | 1 | | 17 | | |
| Iron, Fe | mg | 1.15 | | 0 | | 1 | | 1.32 | | |
| Magnesium, Mg | mg | 17 | | 0 | | 1 | | 20 | | |
| Phosphorus, P | mg | 176 | | 0 | | 1 | | 202 | | |
| Potassium, K | mg | 222 | | 0 | | 1 | | 255 | | |
| Sodium, Na | mg | 467 | | 0 | | 1 | | 537 | | |
| Zinc, Zn | mg | 0.94 | | 0 | | 1 | | 1.08 | | |
| Copper, Cu | mg | 0.150 | | 0 | | 1 | | 0.173 | | |
| Manganese, Mn | mg | 0.120 | | 0 | | 1 | | 0.138 | | |
| Selenium, Se | mcg | 14.4 | | 0 | BFZN | 4 | | 16.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.4 | | 0 | | 1 | | 0.5 | | |
| Thiamin | mg | 0.080 | | 0 | | 4 | | 0.092 | | |
| Riboflavin | mg | 0.130 | | 0 | | 1 | | 0.150 | | |
| Niacin | mg | 5.920 | | 0 | | 1 | | 6.808 | | |
| Pantothenic acid | mg | 0.790 | | 0 | | 1 | | 0.909 | | |
| Vitamin B-6 | mg | 0.270 | | 0 | | 1 | | 0.311 | | |
| Folate, total | mcg | 26 | | 0 | BFZN | 4 | | 30 | | |
| Folic acid | mcg | 16 | | 0 | NC | 4 | | 18 | | |
| Folate, food | mcg | 10 | | 0 | | 1 | | 12 | | |
| Folate, DFE | mcg_DFE | 37 | | 0 | NC | 4 | | 43 | | |
| Vitamin B-12 | mcg | 0.26 | | 0 | | 4 | | 0.30 | | |
| Vitamin A, IU | IU | 88 | | 0 | | 4 | | 101 | | |
| Vitamin A, RAE | mcg_RAE | 26 | | 0 | NC | 4 | | 30 | | |
| Retinol | mcg | 26 | | 0 | NC | 4 | | 30 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.776 | | 0 | | 1 | | 5.492 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.008 | | 0 | | 1 | | 0.009 | | |
| 10:0 | g | 0.005 | | 0 | | 1 | | 0.006 | | |
| 12:0 | g | 0.016 | | 0 | | 1 | | 0.018 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.189 | | 0 | | 1 | | 0.217 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.729 | | 0 | | 1 | | 3.138 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.523 | | 0 | | 1 | | 1.751 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21039**
**Fast foods, chicken, breaded and fried, boneless pieces, with honey**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 7.489 | | 0 | | 1 | | 8.612 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.491 | | 0 | | 1 | | 0.565 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.694 | | 0 | | 1 | | 7.698 | | |
| 20:1 g | 0.054 | | 0 | | 1 | | 0.062 | | |
| 22:1 undifferentiated g | 0.143 | | 0 | | 1 | | 0.164 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.934 | | 0 | | 1 | | 2.224 | | |
| 18:2 undifferentiated g | 1.807 | | 0 | | 1 | | 2.078 | | |
| 18:3 undifferentiated g | 0.083 | | 0 | | 1 | | 0.095 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.045 | | 0 | | 1 | | 0.052 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 53 | | 0 | | 4 | | 61 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.175 | | 0 | | 1 | | 0.201 | | |
| Threonine g | 0.588 | | 0 | | 1 | | 0.676 | | |
| Isoleucine g | 0.737 | | 0 | | 1 | | 0.848 | | |
| Leucine g | 1.086 | | 0 | | 1 | | 1.249 | | |
| Lysine g | 1.093 | | 0 | | 1 | | 1.257 | | |
| Methionine g | 0.385 | | 0 | | 1 | | 0.443 | | |
| Cystine g | 0.213 | | 0 | | 1 | | 0.245 | | |
| Phenylalanine g | 0.612 | | 0 | | 1 | | 0.704 | | |
| Tyrosine g | 0.489 | | 0 | | 1 | | 0.562 | | |
| Valine g | 0.718 | | 0 | | 1 | | 0.826 | | |
| Arginine g | 0.838 | | 0 | | 1 | | 0.964 | | |
| Histidine g | 0.427 | | 0 | | 1 | | 0.491 | | |
| Alanine g | 0.748 | | 0 | | 1 | | 0.860 | | |
| Aspartic acid g | 1.206 | | 0 | | 1 | | 1.387 | | |
| Glutamic acid g | 2.547 | | 0 | | 1 | | 2.929 | | |
| Glycine g | 0.675 | | 0 | | 1 | | 0.776 | | |
| Proline g | 0.761 | | 0 | | 1 | | 0.875 | | |
| Serine g | 0.562 | | 0 | | 1 | | 0.646 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.2 **Fat** 8.89 **Carbohydrate** 3.71

**Food Group:** 21 Fast Foods

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

**NDB No. 21040**
**Fast foods, chicken, breaded and fried, boneless pieces, with mustard sauce**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 54.24 | | 0 | | 1 | | 70.51 | | |
| Energy | kcal | 248 | | 0 | NC | 4 | | 322 | | |
| Energy | kj | 1038 | | | | 4 | | 1349 | | |
| Protein (N x 5.4) | g | 13.40 | | 0 | | 1 | | 17.42 | | |
| Total lipid (fat) | g | 14.57 | | 0 | | 1 | | 18.94 | | |
| Ash | g | 1.76 | | 0 | | 1 | | 2.29 | | |
| Carbohydrate, by difference | g | 16.04 | | 0 | NC | 4 | | 20.85 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 19 | | 0 | | 1 | | 25 | | |
| Iron, Fe | mg | 1.14 | | 0 | | 1 | | 1.48 | | |
| Magnesium, Mg | mg | 20 | | 0 | | 1 | | 26 | | |
| Phosphorus, P | mg | 168 | | 0 | | 1 | | 218 | | |
| Potassium, K | mg | 215 | | 0 | | 1 | | 280 | | |
| Sodium, Na | mg | 608 | | 0 | | 1 | | 790 | | |
| Zinc, Zn | mg | 0.88 | | 0 | | 1 | | 1.14 | | |
| Copper, Cu | mg | 0.129 | | 0 | | 1 | | 0.168 | | |
| Manganese, Mn | mg | 0.127 | | 0 | | 1 | | 0.165 | | |
| Selenium, Se | mcg | 20.4 | | 0 | BFZN | 4 | | 26.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.3 | | 0 | | 1 | | 0.4 | | |
| Thiamin | mg | 0.090 | | 0 | | 1 | | 0.117 | | |
| Riboflavin | mg | 0.120 | | 0 | | 1 | | 0.156 | | |
| Niacin | mg | 5.340 | | 0 | | 1 | | 6.942 | | |
| Pantothenic acid | mg | 0.710 | | 0 | | 1 | | 0.923 | | |
| Vitamin B-6 | mg | 0.240 | | 0 | | 1 | | 0.312 | | |
| Folate, total | mcg | 23 | | 0 | BFZN | 4 | | 30 | | |
| Folic acid | mcg | 14 | | 0 | NC | 4 | | 18 | | |
| Folate, food | mcg | 9 | | 0 | | 1 | | 12 | | |
| Folate, DFE | mcg_DFE | 33 | | 0 | NC | 4 | | 43 | | |
| Vitamin B-12 | mcg | 0.24 | | 0 | | 1 | | 0.31 | | |
| Vitamin A, IU | IU | 84 | | 0 | | 1 | | 109 | | |
| Vitamin A, RAE | mcg_RAE | 17 | | 0 | NC | 4 | | 21 | | |
| Retinol | mcg | 15 | | 0 | NC | 4 | | 20 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.397 | | 0 | | 1 | | 5.716 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.007 | | 0 | | 1 | | 0.009 | | |
| 10:0 | g | 0.004 | | 0 | | 1 | | 0.005 | | |
| 12:0 | g | 0.014 | | 0 | | 1 | | 0.018 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.168 | | 0 | | 1 | | 0.218 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.539 | | 0 | | 1 | | 3.301 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.392 | | 0 | | 1 | | 1.810 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21040**
**Fast foods, chicken, breaded and fried, boneless pieces, with mustard sauce**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 6.947 | | 0 | | 1 | | 9.031 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.441 | | 0 | | 1 | | 0.573 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.236 | | 0 | | 1 | | 8.107 | | |
| 20:1 g | 0.048 | | 0 | | 1 | | 0.062 | | |
| 22:1 undifferentiated g | 0.127 | | 0 | | 1 | | 0.165 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.238 | | 0 | | 1 | | 2.909 | | |
| 18:2 undifferentiated g | 2.016 | | 0 | | 1 | | 2.621 | | |
| 18:3 undifferentiated g | 0.183 | | 0 | | 1 | | 0.238 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.040 | | 0 | | 1 | | 0.052 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 47 | | 0 | | 1 | | 61 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.155 | | 0 | | 1 | | 0.202 | | |
| Threonine g | 0.522 | | 0 | | 1 | | 0.679 | | |
| Isoleucine g | 0.654 | | 0 | | 1 | | 0.850 | | |
| Leucine g | 0.964 | | 0 | | 1 | | 1.253 | | |
| Lysine g | 0.970 | | 0 | | 1 | | 1.261 | | |
| Methionine g | 0.341 | | 0 | | 1 | | 0.443 | | |
| Cystine g | 0.189 | | 0 | | 1 | | 0.246 | | |
| Phenylalanine g | 0.542 | | 0 | | 1 | | 0.705 | | |
| Tyrosine g | 0.434 | | 0 | | 1 | | 0.564 | | |
| Valine g | 0.637 | | 0 | | 1 | | 0.828 | | |
| Arginine g | 0.744 | | 0 | | 1 | | 0.967 | | |
| Histidine g | 0.379 | | 0 | | 1 | | 0.493 | | |
| Alanine g | 0.664 | | 0 | | 1 | | 0.863 | | |
| Aspartic acid g | 1.068 | | 0 | | 1 | | 1.388 | | |
| Glutamic acid g | 2.260 | | 0 | | 1 | | 2.938 | | |
| Glycine g | 0.599 | | 0 | | 1 | | 0.779 | | |
| Proline g | 0.666 | | 0 | | 1 | | 0.866 | | |
| Serine g | 0.499 | | 0 | | 1 | | 0.649 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Calories Factors:** **Protein** 3.47 **Fat** 8.84 **Carbohydrate** 3.87

**Food Group:** 21 Fast Foods

**NDB No. 21041**
**Fast foods, chicken, breaded and fried, boneless pieces, with sweet and sour**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 49.21 | | 0 | | 1 | | 63.97 | | |
| Energy | kcal | 266 | | 0 | NC | 4 | | 346 | | |
| Energy | kj | 1113 | | | | 4 | | 1447 | | |
| Protein (N x 6.25) | g | 13.04 | | 0 | | 1 | | 16.95 | | |
| Total lipid (fat) | g | 13.81 | | 0 | | 1 | | 17.95 | | |
| Ash | g | 1.67 | | 0 | | 1 | | 2.17 | | |
| Carbohydrate, by difference | g | 22.27 | | 0 | NC | 4 | | 28.95 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 16 | | 0 | | 1 | | 21 | | |
| Iron, Fe | mg | 1.14 | | 0 | | 1 | | 1.48 | | |
| Magnesium, Mg | mg | 18 | | 0 | | 1 | | 23 | | |
| Phosphorus, P | mg | 162 | | 0 | | 1 | | 211 | | |
| Potassium, K | mg | 213 | | 0 | | 1 | | 277 | | |
| Sodium, Na | mg | 521 | | 0 | | 1 | | 677 | | |
| Zinc, Zn | mg | 0.84 | | 0 | | 1 | | 1.09 | | |
| Copper, Cu | mg | 0.131 | | 0 | | 1 | | 0.170 | | |
| Manganese, Mn | mg | 0.116 | | 0 | | 1 | | 0.151 | | |
| Selenium, Se | mcg | 13.0 | | 0 | BFZN | 4 | | 16.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | | 0 | | 1 | | 0.8 | | |
| Thiamin | mg | 0.080 | | 0 | | 1 | | 0.104 | | |
| Riboflavin | mg | 0.150 | | 0 | | 1 | | 0.195 | | |
| Niacin | mg | 5.280 | | 0 | | 1 | | 6.864 | | |
| Pantothenic acid | mg | 0.710 | | 0 | | 1 | | 0.923 | | |
| Vitamin B-6 | mg | 0.250 | | 0 | | 1 | | 0.325 | | |
| Folate, total | mcg | 23 | | 0 | BFZN | 4 | | 30 | | |
| Folic acid | mcg | 14 | | 0 | NC | 4 | | 18 | | |
| Folate, food | mcg | 9 | | 0 | | 1 | | 12 | | |
| Folate, DFE | mcg_DFE | 33 | | 0 | NC | 4 | | 43 | | |
| Vitamin B-12 | mcg | 0.28 | | 0 | | 1 | | 0.36 | | |
| Vitamin A, IU | IU | 186 | | 0 | | 1 | | 242 | | |
| Vitamin A, RAE | mcg_RAE | 47 | | 0 | NC | 4 | | 61 | | |
| Retinol | mcg | 45 | | 0 | NC | 4 | | 59 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.242 | | 0 | | 1 | | 5.515 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.007 | | 0 | | 1 | | 0.009 | | |
| 10:0 | g | 0.004 | | 0 | | 1 | | 0.005 | | |
| 12:0 | g | 0.014 | | 0 | | 1 | | 0.018 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.168 | | 0 | | 1 | | 0.218 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.424 | | 0 | | 1 | | 3.151 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.353 | | 0 | | 1 | | 1.759 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21041**
**Fast foods, chicken, breaded and fried, boneless pieces, with sweet and sour**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 6.651 | | 0 | | 1 | | 8.646 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.436 | | 0 | | 1 | | 0.567 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.945 | | 0 | | 1 | | 7.729 | | |
| 20:1 g | 0.048 | | 0 | | 1 | | 0.062 | | |
| 22:1 undifferentiated g | 0.127 | | 0 | | 1 | | 0.165 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.718 | | 0 | | 1 | | 2.233 | | |
| 18:2 undifferentiated g | 1.605 | | 0 | | 1 | | 2.087 | | |
| 18:3 undifferentiated g | 0.074 | | 0 | | 1 | | 0.096 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.040 | | 0 | | 1 | | 0.052 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 47 | | 0 | | 1 | | 61 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.155 | | 0 | | 1 | | 0.202 | | |
| Threonine g | 0.522 | | 0 | | 1 | | 0.679 | | |
| Isoleucine g | 0.654 | | 0 | | 1 | | 0.850 | | |
| Leucine g | 0.964 | | 0 | | 1 | | 1.253 | | |
| Lysine g | 0.970 | | 0 | | 1 | | 1.261 | | |
| Methionine g | 0.341 | | 0 | | 1 | | 0.443 | | |
| Cystine g | 0.189 | | 0 | | 1 | | 0.246 | | |
| Phenylalanine g | 0.542 | | 0 | | 1 | | 0.705 | | |
| Tyrosine g | 0.434 | | 0 | | 1 | | 0.564 | | |
| Valine g | 0.637 | | 0 | | 1 | | 0.828 | | |
| Arginine g | 0.744 | | 0 | | 1 | | 0.967 | | |
| Histidine g | 0.379 | | 0 | | 1 | | 0.493 | | |
| Alanine g | 0.664 | | 0 | | 1 | | 0.863 | | |
| Aspartic acid g | 1.068 | | 0 | | 1 | | 1.388 | | |
| Glutamic acid g | 2.260 | | 0 | | 1 | | 2.938 | | |
| Glycine g | 0.599 | | 0 | | 1 | | 0.779 | | |
| Proline g | 0.666 | | 0 | | 1 | | 0.866 | | |
| Serine g | 0.499 | | 0 | | 1 | | 0.649 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.2 **Fat** 8.89 **Carbohydrate** 3.99

**Food Group:** 21 Fast Foods

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

**NDB No. 21035**
**Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)**

**Refuse:** 23% Bone

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 48.99 | 0.445 | 50 | | 1 | | 72.51 | | |
| Energy kcal | 291 | | 0 | NC | 4 | | 431 | | |
| Energy kj | 1218 | | | | 4 | | 1802 | | |
| Protein (N x 6.25) g | 20.32 | 0.217 | 54 | | 1 | | 30.07 | | |
| Total lipid (fat) g | 18.04 | 0.264 | 54 | | 1 | | 26.70 | | |
| Ash g | 2.05 | 0.050 | 49 | | 1 | | 3.03 | | |
| Carbohydrate, by difference g | 10.61 | | 0 | NC | 4 | | 15.70 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 24 | 4.081 | 6 | | 1 | | 36 | | |
| Iron, Fe mg | 1.08 | 0.030 | 6 | | 1 | | 1.60 | | |
| Magnesium, Mg mg | 25 | | 2 | | 1 | | 37 | | |
| Phosphorus, P mg | 162 | | 1 | | 1 | | 240 | | |
| Potassium, K mg | 301 | | 2 | | 1 | | 445 | | |
| Sodium, Na mg | 510 | 29.877 | 9 | | 1 | | 755 | | |
| Zinc, Zn mg | 2.19 | | 2 | | 1 | | 3.24 | | |
| Copper, Cu mg | 0.080 | | 2 | | 1 | | 0.118 | | |
| Manganese, Mn mg | 0.086 | | 2 | | 1 | | 0.127 | | |
| Selenium, Se mcg | 23.7 | | 0 | BFZN | 4 | | 35.1 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin mg | 0.090 | 0.004 | 50 | | 1 | | 0.133 | | |
| Riboflavin mg | 0.290 | 0.006 | 51 | | 1 | | 0.429 | | |
| Niacin mg | 4.870 | 0.128 | 51 | | 1 | | 7.208 | | |
| Pantothenic acid mg | 1.660 | 0.031 | 47 | | 1 | | 2.457 | | |
| Vitamin B-6 mg | 0.220 | 0.007 | 47 | | 1 | | 0.326 | | |
| Folate, total mcg | 17 | | 0 | FLA | 4 | | 25 | | |
| Folic acid mcg | 11 | | 0 | NC | 4 | | 16 | | |
| Folate, food mcg | 6 | 0.332 | 47 | | 1 | | 9 | | |
| Folate, DFE mcg_DFE | 25 | | 0 | NC | 4 | | 37 | | |
| Vitamin B-12 mcg | 0.56 | 0.035 | 47 | | 1 | | 0.83 | | |
| Vitamin A, IU IU | 150 | | 1 | | 1 | | 222 | | |
| Vitamin A, RAE mcg_RAE | 45 | | 0 | NC | 4 | | 67 | | |
| Retinol mcg | 45 | | 0 | NC | 4 | | 67 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.763 | | 0 | | 1 | | 7.049 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | 0.019 | | 1 | | 1 | | 0.028 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.108 | | 1 | | 1 | | 0.160 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.231 | | 1 | | 1 | | 4.782 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.405 | | 1 | | 1 | | 2.079 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21035**
**Fast foods, chicken, breaded and fried, dark meat (drumstick or thigh)**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 7.385 | | 0 | | 1 | | 10.930 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.579 | | 1 | | 1 | | 0.857 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.718 | | 1 | | 1 | | 9.943 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | 0.088 | | 1 | | 1 | | 0.130 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.272 | | 0 | | 1 | | 6.323 | | |
| 18:2 undifferentiated g | 3.890 | | 1 | | 1 | | 5.757 | | |
| 18:3 undifferentiated g | 0.206 | | 1 | | 1 | | 0.305 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.108 | | 1 | | 1 | | 0.160 | | |
| 20:5 n-3 g | 0.010 | | 1 | | 1 | | 0.015 | | |
| 22:5 n-3 g | 0.019 | | 1 | | 1 | | 0.028 | | |
| 22:6 n-3 g | 0.040 | | 1 | | 1 | | 0.059 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 112 | 10.942 | 5 | | 1 | | 166 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.228 | | 0 | | 1 | | 0.337 | | |
| Threonine g | 0.819 | | 0 | | 1 | | 1.212 | | |
| Isoleucine g | 0.988 | | 0 | | 1 | | 1.462 | | |
| Leucine g | 1.466 | | 0 | | 1 | | 2.170 | | |
| Lysine g | 1.570 | | 0 | | 1 | | 2.324 | | |
| Methionine g | 0.527 | | 0 | | 1 | | 0.780 | | |
| Cystine g | 0.283 | | 0 | | 1 | | 0.419 | | |
| Phenylalanine g | 0.800 | | 0 | | 1 | | 1.184 | | |
| Tyrosine g | 0.650 | | 0 | | 1 | | 0.962 | | |
| Valine g | 0.975 | | 0 | | 1 | | 1.443 | | |
| Arginine g | 1.245 | | 0 | | 1 | | 1.843 | | |
| Histidine g | 0.582 | | 0 | | 1 | | 0.861 | | |
| Alanine g | 1.154 | | 0 | | 1 | | 1.708 | | |
| Aspartic acid g | 1.749 | | 0 | | 1 | | 2.589 | | |
| Glutamic acid g | 3.160 | | 0 | | 1 | | 4.677 | | |
| Glycine g | 1.287 | | 0 | | 1 | | 1.905 | | |
| Proline g | 1.063 | | 0 | | 1 | | 1.573 | | |
| Serine g | 0.738 | | 0 | | 1 | | 1.092 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 148g: 2 pieces

**Calories Factors:** **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 21 Fast Foods

**NDB No. 21036**
**Fast foods, chicken, breaded and fried, light meat (breast or wing)**

**Refuse:** 21% Bone

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water g | 45.70 | 0.624 | 51 | | 1 | | 74.49 | | |
| Energy kcal | 303 | | 0 | NC | 4 | | 494 | | |
| Energy kj | 1268 | | | | 4 | | 2066 | | |
| Protein (N x 6.25) g | 21.91 | 0.315 | 59 | | 1 | | 35.71 | | |
| Total lipid (fat) g | 18.11 | 0.371 | 57 | | 1 | | 29.52 | | |
| Ash g | 2.27 | 0.062 | 48 | | 1 | | 3.70 | | |
| Carbohydrate, by difference g | 12.01 | | 0 | NC | 4 | | 19.58 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 37 | 5.666 | 8 | | 1 | | 60 | | |
| Iron, Fe mg | 0.91 | 0.129 | 8 | | 1 | | 1.48 | | |
| Magnesium, Mg mg | 23 | | 2 | | 1 | | 37 | | |
| Phosphorus, P mg | 188 | | 1 | | 1 | | 306 | | |
| Potassium, K mg | 347 | | 1 | | 1 | | 566 | | |
| Sodium, Na mg | 598 | 35.189 | 13 | | 1 | | 975 | | |
| Zinc, Zn mg | 0.95 | | 2 | | 1 | | 1.55 | | |
| Copper, Cu mg | 0.062 | | 1 | | 1 | | 0.101 | | |
| Manganese, Mn mg | 0.095 | | 2 | | 1 | | 0.155 | | |
| Selenium, Se mcg | 21.7 | | 0 | BFZN | 4 | | 35.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin mg | 0.090 | 0.004 | 52 | | 1 | | 0.147 | | |
| Riboflavin mg | 0.180 | 0.006 | 52 | | 1 | | 0.293 | | |
| Niacin mg | 7.350 | 0.174 | 52 | | 1 | | 11.981 | | |
| Pantothenic acid mg | 1.590 | 0.026 | 46 | | 1 | | 2.592 | | |
| Vitamin B-6 mg | 0.350 | 0.012 | 46 | | 1 | | 0.571 | | |
| Folate, total mcg | 18 | | 0 | FLA | 4 | | 29 | | |
| Folic acid mcg | 13 | | 0 | NC | 4 | | 21 | | |
| Folate, food mcg | 5 | 0.322 | 45 | | 1 | | 8 | | |
| Folate, DFE mcg_DFE | 27 | | 0 | NC | 4 | | 44 | | |
| Vitamin B-12 mcg | 0.41 | 0.021 | 46 | | 1 | | 0.67 | | |
| Vitamin A, IU IU | 118 | | 1 | | 1 | | 192 | | |
| Vitamin A, RAE mcg_RAE | 35 | | 0 | NC | 4 | | 57 | | |
| Retinol mcg | 35 | | 0 | NC | 4 | | 57 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.812 | | 0 | | 1 | | 7.844 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | 0.012 | | 1 | | 1 | | 0.020 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.106 | | 1 | | 1 | | 0.173 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.272 | | 1 | | 1 | | 5.333 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.422 | | 1 | | 1 | | 2.318 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21036**
**Fast foods, chicken, breaded and fried, light meat (breast or wing)**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 7.502 | | 0 | | 1 | | 12.228 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.533 | | 1 | | 1 | | 0.869 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.863 | | 1 | | 1 | | 11.187 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | 0.106 | | 1 | | 1 | | 0.173 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 4.163 | | 0 | | 1 | | 6.786 | | |
| 18:2 undifferentiated g | 3.840 | | 1 | | 1 | | 6.259 | | |
| 18:3 undifferentiated g | 0.214 | | 1 | | 1 | | 0.349 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.083 | | 1 | | 1 | | 0.135 | | |
| 20:5 n-3 g | 0.001 | | 1 | | 1 | | 0.002 | | |
| 22:5 n-3 g | 0.001 | | 1 | | 1 | | 0.002 | | |
| 22:6 n-3 g | 0.023 | | 1 | | 1 | | 0.037 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 91 | 5.502 | 9 | | 1 | | 148 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.245 | | 0 | | 1 | | 0.399 | | |
| Threonine g | 0.883 | | 0 | | 1 | | 1.439 | | |
| Isoleucine g | 1.066 | | 0 | | 1 | | 1.738 | | |
| Leucine g | 1.581 | | 0 | | 1 | | 2.577 | | |
| Lysine g | 1.693 | | 0 | | 1 | | 2.760 | | |
| Methionine g | 0.568 | | 0 | | 1 | | 0.926 | | |
| Cystine g | 0.305 | | 0 | | 1 | | 0.497 | | |
| Phenylalanine g | 0.862 | | 0 | | 1 | | 1.405 | | |
| Tyrosine g | 0.701 | | 0 | | 1 | | 1.143 | | |
| Valine g | 1.052 | | 0 | | 1 | | 1.715 | | |
| Arginine g | 1.343 | | 0 | | 1 | | 2.189 | | |
| Histidine g | 0.628 | | 0 | | 1 | | 1.024 | | |
| Alanine g | 1.245 | | 0 | | 1 | | 2.029 | | |
| Aspartic acid g | 1.886 | | 0 | | 1 | | 3.074 | | |
| Glutamic acid g | 3.407 | | 0 | | 1 | | 5.553 | | |
| Glycine g | 1.388 | | 0 | | 1 | | 2.262 | | |
| Proline g | 1.146 | | 0 | | 1 | | 1.868 | | |
| Serine g | 0.796 | | 0 | | 1 | | 1.297 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.27 **Fat** 9.02 **Carbohydrate** 3.87

**Food Group:** 21 Fast Foods

**NDB No. 21042**
**Fast foods, chili con carne**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 76.70 | 1.742 | 6 | | 1 | | 194.05 | | |
| Energy kcal | 101 | | 0 | NC | 4 | | 256 | | |
| Energy kj | 423 | | | | 4 | | 1069 | | |
| Protein (N x 6.23) g | 9.73 | 0.998 | 6 | | 1 | | 24.62 | | |
| Total lipid (fat) g | 3.27 | 0.402 | 5 | | 1 | | 8.27 | | |
| Ash g | 1.64 | 0.026 | 3 | | 1 | | 4.15 | | |
| Carbohydrate, by difference g | 8.67 | | 0 | NC | 4 | | 21.94 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 27 | 1.409 | 6 | | 1 | | 68 | | |
| Iron, Fe mg | 2.05 | 0.349 | 6 | | 1 | | 5.19 | | |
| Magnesium, Mg mg | 18 | 1.423 | 5 | | 1 | | 46 | | |
| Phosphorus, P mg | 78 | 9.963 | 5 | | 1 | | 197 | | |
| Potassium, K mg | 273 | 10.833 | 5 | | 1 | | 691 | | |
| Sodium, Na mg | 398 | 24.269 | 6 | | 1 | | 1007 | | |
| Zinc, Zn mg | 1.41 | 0.090 | 6 | | 1 | | 3.57 | | |
| Copper, Cu mg | 0.235 | 0.103 | 3 | | 1 | | 0.595 | | |
| Manganese, Mn mg | 0.157 | 0.022 | 3 | | 1 | | 0.397 | | |
| Selenium, Se mcg | 17.4 | | 0 | RK | 4 | | 44.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.6 | 0.282 | 4 | | 1 | | 1.5 | | |
| Thiamin mg | 0.050 | 0.019 | 4 | | 1 | | 0.127 | | |
| Riboflavin mg | 0.450 | 0.155 | 4 | | 1 | | 1.139 | | |
| Niacin mg | 0.980 | 0.234 | 4 | | 1 | | 2.479 | | |
| Pantothenic acid mg | 1.420 | | 1 | | 4 | | 3.593 | | |
| Vitamin B-6 mg | 0.130 | | 2 | | 1 | | 0.329 | | |
| Folate, total mcg | 18 | | 0 | RK | 4 | | 46 | | |
| Folic acid mcg | 6 | | 0 | NC | 4 | | 15 | | |
| Folate, food mcg | 12 | | 2 | | 1 | | 30 | | |
| Folate, DFE mcg_DFE | 22 | | 0 | NC | 4 | | 56 | | |
| Vitamin B-12 mcg | 0.45 | | 2 | | 1 | | 1.14 | | |
| Vitamin A, IU IU | 657 | 95.037 | 3 | | 1 | | 1662 | | |
| Vitamin A, RAE mcg_RAE | 33 | | 0 | NC | 4 | | 83 | | |
| Retinol mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | 2.0 | | 0 | A | 1 | | 5.1 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 1.356 | | 0 | | 1 | | 3.431 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | 0.012 | | 1 | | 1 | | 0.030 | | |
| 12:0 g | 0.008 | | 1 | | 1 | | 0.020 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.082 | | 1 | | 1 | | 0.207 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 0.969 | | 1 | | 1 | | 2.452 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.285 | | 1 | | 1 | | 0.721 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21042**
**Fast foods, chili con carne**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 1.347 | | 0 | | 1 | | 3.408 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.047 | | 1 | | 1 | | 0.119 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.300 | | 1 | | 1 | | 3.289 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.209 | | 0 | | 1 | | 0.529 | | |
| 18:2 undifferentiated g | 0.120 | | 1 | | 1 | | 0.304 | | |
| 18:3 undifferentiated g | 0.089 | | 1 | | 1 | | 0.225 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 53 | | 2 | | 1 | | 134 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.116 | | 0 | | 1 | | 0.293 | | |
| Threonine g | 0.392 | | 0 | | 1 | | 0.992 | | |
| Isoleucine g | 0.403 | | 0 | | 1 | | 1.020 | | |
| Leucine g | 0.735 | | 0 | | 1 | | 1.860 | | |
| Lysine g | 0.727 | | 0 | | 1 | | 1.839 | | |
| Methionine g | 0.190 | | 0 | | 1 | | 0.481 | | |
| Cystine g | 0.100 | | 0 | | 1 | | 0.253 | | |
| Phenylalanine g | 0.400 | | 0 | | 1 | | 1.012 | | |
| Tyrosine g | 0.283 | | 0 | | 1 | | 0.716 | | |
| Valine g | 0.459 | | 0 | | 1 | | 1.161 | | |
| Arginine g | 0.610 | | 0 | | 1 | | 1.543 | | |
| Histidine g | 0.284 | | 0 | | 1 | | 0.719 | | |
| Alanine g | 0.540 | | 0 | | 1 | | 1.366 | | |
| Aspartic acid g | 1.007 | | 0 | | 1 | | 2.548 | | |
| Glutamic acid g | 1.708 | | 0 | | 1 | | 4.321 | | |
| Glycine g | 0.582 | | 0 | | 1 | | 1.472 | | |
| Proline g | 0.443 | | 0 | | 1 | | 1.121 | | |
| Serine g | 0.406 | | 0 | | 1 | | 1.027 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 253g: 1 cup (8 fl oz)

**Calories Factors:** **Protein** 3.77 **Fat** 8.96 **Carbohydrate** 3.99

**Food Group:** 21 Fast Foods

**NDB No. 21070**
**Fast foods, chimichanga, with beef**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 50.68 | | 2 | | 1 | | 88.18 | | |
| Energy | kcal | 244 | | 0 | | 1 | | 425 | | |
| Energy | kj | 1021 | | | | 1 | | 1776 | | |
| Protein (N x 6.08) | g | 11.27 | | 2 | | 1 | | 19.61 | | |
| Total lipid (fat) | g | 11.31 | | 2 | | 1 | | 19.68 | | |
| Ash | g | 2.14 | | 2 | | 1 | | 3.72 | | |
| Carbohydrate, by difference | g | 24.60 | | 0 | NC | 4 | | 42.80 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 36 | | 2 | | 1 | | 63 | | |
| Iron, Fe | mg | 2.61 | | 2 | | 1 | | 4.54 | | |
| Magnesium, Mg | mg | 36 | | 2 | | 1 | | 63 | | |
| Phosphorus, P | mg | 71 | | 2 | | 1 | | 124 | | |
| Potassium, K | mg | 337 | | 2 | | 1 | | 586 | | |
| Sodium, Na | mg | 523 | | 2 | | 1 | | 910 | | |
| Zinc, Zn | mg | 2.85 | | 2 | | 1 | | 4.96 | | |
| Copper, Cu | mg | 0.243 | | 1 | | 1 | | 0.423 | | |
| Manganese, Mn | mg | 0.320 | | 2 | | 1 | | 0.557 | | |
| Selenium, Se | mcg | 13.6 | | 0 | RK | 4 | | 23.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.7 | | 2 | | 1 | | 4.7 | | |
| Thiamin | mg | 0.280 | | 2 | | 1 | | 0.487 | | |
| Riboflavin | mg | 0.370 | | 2 | | 1 | | 0.644 | | |
| Niacin | mg | 3.320 | | 2 | | 1 | | 5.777 | | |
| Pantothenic acid | mg | 1.180 | | 2 | | 1 | | 2.053 | | |
| Vitamin B-6 | mg | 0.160 | | 2 | | 1 | | 0.278 | | |
| Folate, total | mcg | 48 | | 0 | RK | 4 | | 84 | | |
| Folic acid | mcg | 30 | | 0 | NC | 4 | | 52 | | |
| Folate, food | mcg | 18 | | 0 | | 4 | | 31 | | |
| Folate, DFE | mcg_DFE | 69 | | 0 | NC | 4 | | 120 | | |
| Vitamin B-12 | mcg | 0.87 | | 2 | | 1 | | 1.51 | | |
| Vitamin A, IU | IU | 84 | | 1 | | 1 | | 146 | | |
| Vitamin A, RAE | mcg_RAE | 4 | | 0 | NC | 4 | | 7 | | |
| Retinol | mcg | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.888 | | 0 | | 1 | | 8.505 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.027 | | 1 | | 1 | | 0.047 | | |
| 12:0 | g | 0.027 | | 1 | | 1 | | 0.047 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.591 | | 1 | | 1 | | 1.028 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.693 | | 1 | | 1 | | 4.686 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.551 | | 1 | | 1 | | 2.699 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21070**
**Fast foods, chimichanga, with beef**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 4.635 | | 0 | | 1 | | 8.065 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.635 | | 1 | | 1 | | 8.065 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.653 | | 0 | | 1 | | 1.136 | | |
| 18:2 undifferentiated....g | 0.604 | | 1 | | 1 | | 1.051 | | |
| 18:3 undifferentiated....g | 0.049 | | 1 | | 1 | | 0.085 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 5 | | 1 | | 1 | | 9 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.137 | | 0 | | 1 | | 0.238 | | |
| Threonine....g | 0.436 | | 0 | | 1 | | 0.759 | | |
| Isoleucine....g | 0.465 | | 0 | | 1 | | 0.809 | | |
| Leucine....g | 0.870 | | 0 | | 1 | | 1.514 | | |
| Lysine....g | 0.773 | | 0 | | 1 | | 1.345 | | |
| Methionine....g | 0.247 | | 0 | | 1 | | 0.430 | | |
| Cystine....g | 0.141 | | 0 | | 1 | | 0.245 | | |
| Phenylalanine....g | 0.464 | | 0 | | 1 | | 0.807 | | |
| Tyrosine....g | 0.349 | | 0 | | 1 | | 0.607 | | |
| Valine....g | 0.527 | | 0 | | 1 | | 0.917 | | |
| Arginine....g | 0.688 | | 0 | | 1 | | 1.197 | | |
| Histidine....g | 0.332 | | 0 | | 1 | | 0.578 | | |
| Alanine....g | 0.642 | | 0 | | 1 | | 1.117 | | |
| Aspartic acid....g | 0.899 | | 0 | | 1 | | 1.564 | | |
| Glutamic acid....g | 2.273 | | 0 | | 1 | | 3.955 | | |
| Glycine....g | 0.727 | | 0 | | 1 | | 1.265 | | |
| Proline....g | 0.747 | | 0 | | 1 | | 1.300 | | |
| Serine....g | 0.467 | | 0 | | 1 | | 0.813 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 174g: 1 chimichanga

**Calories Factors:** **Protein** 3.94 **Fat** 8.8 **Carbohydrate** 4.08

**Food Group:** 21 Fast Foods

**NDB No. 21071**
**Fast foods, chimichanga, with beef and cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 52.70 | | 2 | | 1 | | 96.44 | | |
| Energy | kcal | 242 | | 0 | | 1 | | 443 | | |
| Energy | kj | 1013 | | | | 1 | | 1853 | | |
| Protein (N x 6.13) | g | 10.96 | | 2 | | 1 | | 20.06 | | |
| Total lipid (fat) | g | 12.81 | | 2 | | 1 | | 23.44 | | |
| Ash | g | 2.04 | | 2 | | 1 | | 3.73 | | |
| Carbohydrate, by difference | g | 21.49 | | 0 | NC | 4 | | 39.33 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 130 | | 2 | | 1 | | 238 | | |
| Iron, Fe | mg | 2.10 | | 2 | | 1 | | 3.84 | | |
| Magnesium, Mg | mg | 33 | | 2 | | 1 | | 60 | | |
| Phosphorus, P | mg | 102 | | 2 | | 1 | | 187 | | |
| Potassium, K | mg | 111 | | 2 | | 1 | | 203 | | |
| Sodium, Na | mg | 523 | | 2 | | 1 | | 957 | | |
| Zinc, Zn | mg | 1.84 | | 2 | | 1 | | 3.37 | | |
| Copper, Cu | mg | 0.192 | | 2 | | 1 | | 0.351 | | |
| Manganese, Mn | mg | 0.267 | | 2 | | 1 | | 0.489 | | |
| Selenium, Se | mcg | 12.6 | | 0 | RK | 4 | | 23.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.5 | | 2 | | 1 | | 2.7 | | |
| Thiamin | mg | 0.210 | | 2 | | 1 | | 0.384 | | |
| Riboflavin | mg | 0.470 | | 2 | | 1 | | 0.860 | | |
| Niacin | mg | 2.550 | | 2 | | 1 | | 4.667 | | |
| Pantothenic acid | mg | 0.980 | | 2 | | 1 | | 1.793 | | |
| Vitamin B-6 | mg | 0.120 | | 2 | | 1 | | 0.220 | | |
| Folate, total | mcg | 50 | | 0 | RK | 4 | | 92 | | |
| Folic acid | mcg | 32 | | 0 | NC | 4 | | 59 | | |
| Folate, food | mcg | 18 | | 0 | | 4 | | 33 | | |
| Folate, DFE | mcg_DFE | 72 | | 0 | NC | 4 | | 132 | | |
| Vitamin B-12 | mcg | 0.71 | | 2 | | 1 | | 1.30 | | |
| Vitamin A, IU | IU | 295 | | 1 | | 1 | | 540 | | |
| Vitamin A, RAE | mcg_RAE | 72 | | 0 | NC | 4 | | 132 | | |
| Retinol | mcg | 69 | | 0 | NC | 4 | | 126 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.108 | | 0 | | 1 | | 11.178 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.459 | | 1 | | 1 | | 0.840 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.157 | | 1 | | 1 | | 5.777 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.492 | | 1 | | 1 | | 4.560 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21071**
**Fast foods, chimichanga, with beef and cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 5.155 | | 0 | | 1 | | 9.434 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | | | | | | | | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 5.155 | | 1 | | 1 | | 9.434 | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.398 | | 0 | | 1 | | 0.728 | | |
| 18:2 undifferentiated.....g | 0.398 | | 1 | | 1 | | 0.728 | | |
| 18:3 undifferentiated.....g | | | | | | | | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 28 | | 1 | | 1 | | 51 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.132 | | 0 | | 1 | | 0.242 | | |
| Threonine.....g | 0.397 | | 0 | | 1 | | 0.727 | | |
| Isoleucine.....g | 0.481 | | 0 | | 1 | | 0.880 | | |
| Leucine.....g | 0.858 | | 0 | | 1 | | 1.570 | | |
| Lysine.....g | 0.722 | | 0 | | 1 | | 1.321 | | |
| Methionine.....g | 0.239 | | 0 | | 1 | | 0.437 | | |
| Cystine.....g | 0.127 | | 0 | | 1 | | 0.232 | | |
| Phenylalanine.....g | 0.474 | | 0 | | 1 | | 0.867 | | |
| Tyrosine.....g | 0.366 | | 0 | | 1 | | 0.670 | | |
| Valine.....g | 0.538 | | 0 | | 1 | | 0.985 | | |
| Arginine.....g | 0.588 | | 0 | | 1 | | 1.076 | | |
| Histidine.....g | 0.320 | | 0 | | 1 | | 0.586 | | |
| Alanine.....g | 0.527 | | 0 | | 1 | | 0.964 | | |
| Aspartic acid.....g | 0.790 | | 0 | | 1 | | 1.446 | | |
| Glutamic acid.....g | 2.375 | | 0 | | 1 | | 4.346 | | |
| Glycine.....g | 0.565 | | 0 | | 1 | | 1.034 | | |
| Proline.....g | 0.851 | | 0 | | 1 | | 1.557 | | |
| Serine.....g | 0.486 | | 0 | | 1 | | 0.889 | | |
| Hydroxyproline.....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 183g: 1 chimichanga

**Calories Factors:** **Protein** 4.1 **Fat** 8.78 **Carbohydrate** 3.94

**Food Group:** 21 Fast Foods

**NDB No. 21072**
**Fast foods, chimichanga, with beef and red chili peppers**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | | |
| Water | g | 54.24 | | 2 | | 1 | | 103.06 | | |
| Energy | kcal | 223 | | 0 | | 1 | | 424 | | |
| Energy | kj | 933 | | | | 1 | | 1773 | | |
| Protein (N x 5.97) | g | 9.53 | | 2 | | 1 | | 18.11 | | |
| Total lipid (fat) | g | 10.07 | | 2 | | 1 | | 19.13 | | |
| Ash | g | 2.07 | | 2 | | 1 | | 3.93 | | |
| Carbohydrate, by difference | g | 24.09 | | 0 | NC | 4 | | 45.77 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 37 | | 2 | | 1 | | 70 | | |
| Iron, Fe | mg | 2.20 | | 2 | | 1 | | 4.18 | | |
| Magnesium, Mg | mg | 34 | | 2 | | 1 | | 65 | | |
| Phosphorus, P | mg | 59 | | 2 | | 1 | | 112 | | |
| Potassium, K | mg | 323 | | 2 | | 1 | | 614 | | |
| Sodium, Na | mg | 615 | | 2 | | 1 | | 1169 | | |
| Zinc, Zn | mg | 1.59 | | 2 | | 1 | | 3.02 | | |
| Copper, Cu | mg | 0.145 | | 2 | | 1 | | 0.276 | | |
| Manganese, Mn | mg | 0.324 | | 2 | | 1 | | 0.616 | | |
| Selenium, Se | mcg | 12.8 | | 0 | RK | 4 | | 24.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.2 | | 2 | | 1 | | 0.4 | | |
| Thiamin | mg | 0.150 | | 2 | | 1 | | 0.285 | | |
| Riboflavin | mg | 0.350 | | 2 | | 1 | | 0.665 | | |
| Niacin | mg | 2.810 | | 2 | | 1 | | 5.339 | | |
| Pantothenic acid | mg | 1.150 | | 2 | | 1 | | 2.185 | | |
| Vitamin B-6 | mg | 0.120 | | 2 | | 1 | | 0.228 | | |
| Folate, total | mcg | 48 | | 0 | RK | 4 | | 91 | | |
| Folic acid | mcg | 30 | | 0 | NC | 4 | | 57 | | |
| Folate, food | mcg | 18 | | 0 | | 4 | | 34 | | |
| Folate, DFE | mcg_DFE | 69 | | 0 | NC | 4 | | 131 | | |
| Vitamin B-12 | mcg | 0.57 | | 2 | | 1 | | 1.08 | | |
| Vitamin A, IU | IU | 138 | | 1 | | 1 | | 262 | | |
| Vitamin A, RAE | mcg_RAE | 7 | | 0 | NC | 4 | | 13 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.354 | | 0 | | 1 | | 8.273 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.024 | | 1 | | 1 | | 0.046 | | |
| 12:0 | g | 0.024 | | 1 | | 1 | | 0.046 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.526 | | 1 | | 1 | | 0.999 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.399 | | 1 | | 1 | | 4.558 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.381 | | 1 | | 1 | | 2.624 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21072**
**Fast foods, chimichanga, with beef and red chili peppers**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 4.128 | | 0 | | 1 | | 7.843 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.128 | | 1 | | 1 | | 7.843 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.582 | | 0 | | 1 | | 1.106 | | |
| 18:2 undifferentiated....g | 0.538 | | 1 | | 1 | | 1.022 | | |
| 18:3 undifferentiated....g | 0.044 | | 1 | | 1 | | 0.084 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 5 | | 1 | | 4 | | 10 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.118 | | 0 | | 1 | | 0.224 | | |
| Threonine....g | 0.364 | | 0 | | 1 | | 0.692 | | |
| Isoleucine....g | 0.388 | | 0 | | 1 | | 0.737 | | |
| Leucine....g | 0.728 | | 0 | | 1 | | 1.383 | | |
| Lysine....g | 0.637 | | 0 | | 1 | | 1.210 | | |
| Methionine....g | 0.203 | | 0 | | 1 | | 0.386 | | |
| Cystine....g | 0.121 | | 0 | | 1 | | 0.230 | | |
| Phenylalanine....g | 0.396 | | 0 | | 1 | | 0.752 | | |
| Tyrosine....g | 0.292 | | 0 | | 1 | | 0.555 | | |
| Valine....g | 0.440 | | 0 | | 1 | | 0.836 | | |
| Arginine....g | 0.576 | | 0 | | 1 | | 1.094 | | |
| Histidine....g | 0.279 | | 0 | | 1 | | 0.530 | | |
| Alanine....g | 0.531 | | 0 | | 1 | | 1.009 | | |
| Aspartic acid....g | 0.796 | | 0 | | 1 | | 1.512 | | |
| Glutamic acid....g | 2.062 | | 0 | | 1 | | 3.918 | | |
| Glycine....g | 0.594 | | 0 | | 1 | | 1.129 | | |
| Proline....g | 0.632 | | 0 | | 1 | | 1.201 | | |
| Serine....g | 0.402 | | 0 | | 1 | | 0.764 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 3.98 **Fat** 9.02 **Carbohydrate** 3.92

**Food Group:** 21 Fast Foods

**NDB No. 21073**
**Fast foods, chimichanga, with beef, cheese, and red chili peppers**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 59.19 | | 2 | | 1 | | 106.54 | | |
| Energy | kcal | 202 | | 0 | | 1 | | 364 | | |
| Energy | kj | 845 | | | | 1 | | 1521 | | |
| Protein (N x 6.14) | g | 8.15 | | 2 | | 1 | | 14.67 | | |
| Total lipid (fat) | g | 9.75 | | 2 | | 1 | | 17.55 | | |
| Ash | g | 1.65 | | 2 | | 1 | | 2.97 | | |
| Carbohydrate, by difference | g | 21.26 | | 0 | NC | 4 | | 38.27 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 121 | | 2 | | 1 | | 218 | | |
| Iron, Fe | mg | 1.75 | | 2 | | 1 | | 3.15 | | |
| Magnesium, Mg | mg | 23 | | 2 | | 1 | | 41 | | |
| Phosphorus, P | mg | 81 | | 2 | | 1 | | 146 | | |
| Potassium, K | mg | 183 | | 2 | | 1 | | 329 | | |
| Sodium, Na | mg | 497 | | 2 | | 1 | | 895 | | |
| Zinc, Zn | mg | 2.57 | | 2 | | 1 | | 4.63 | | |
| Copper, Cu | mg | 0.313 | | 1 | | 1 | | 0.563 | | |
| Manganese, Mn | mg | 0.217 | | 2 | | 1 | | 0.391 | | |
| Selenium, Se | mcg | 13.7 | | 0 | RK | 4 | | 24.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 2 | | 1 | | 1.8 | | |
| Thiamin | mg | 0.130 | | 2 | | 1 | | 0.234 | | |
| Riboflavin | mg | 0.530 | | 2 | | 1 | | 0.954 | | |
| Niacin | mg | 1.920 | | 2 | | 1 | | 3.456 | | |
| Pantothenic acid | mg | 0.820 | | 2 | | 1 | | 1.476 | | |
| Vitamin B-6 | mg | 0.090 | | 2 | | 1 | | 0.162 | | |
| Folate, total | mcg | 50 | | 0 | RK | 4 | | 90 | | |
| Folic acid | mcg | 32 | | 0 | NC | 4 | | 58 | | |
| Folate, food | mcg | 18 | | 0 | | 4 | | 32 | | |
| Folate, DFE | mcg_DFE | 72 | | 0 | NC | 4 | | 130 | | |
| Vitamin B-12 | mcg | 0.71 | | 2 | | 1 | | 1.28 | | |
| Vitamin A, IU | IU | 390 | | 1 | | 1 | | 702 | | |
| Vitamin A, RAE | mcg_RAE | 28 | | 0 | NC | 4 | | 50 | | |
| Retinol | mcg | 10 | | 0 | NC | 4 | | 18 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.649 | | 0 | | 1 | | 8.368 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.349 | | 1 | | 1 | | 0.628 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.402 | | 1 | | 1 | | 4.324 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.897 | | 1 | | 1 | | 3.415 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21073**
**Fast foods, chimichanga, with beef, cheese, and red chili peppers**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 3.923 | | 0 | | 1 | | 7.061 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.923 | | 1 | | 1 | | 7.061 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.303 | | 0 | | 1 | | 0.545 | | |
| 18:2 undifferentiated....g | 0.303 | | 1 | | 1 | | 0.545 | | |
| 18:3 undifferentiated....g | | | | | | | | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 28 | | 1 | | 4 | | 50 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.097 | | 0 | | 1 | | 0.175 | | |
| Threonine....g | 0.288 | | 0 | | 1 | | 0.518 | | |
| Isoleucine....g | 0.332 | | 0 | | 1 | | 0.598 | | |
| Leucine....g | 0.605 | | 0 | | 1 | | 1.089 | | |
| Lysine....g | 0.500 | | 0 | | 1 | | 0.900 | | |
| Methionine....g | 0.166 | | 0 | | 1 | | 0.299 | | |
| Cystine....g | 0.100 | | 0 | | 1 | | 0.180 | | |
| Phenylalanine....g | 0.342 | | 0 | | 1 | | 0.616 | | |
| Tyrosine....g | 0.254 | | 0 | | 1 | | 0.457 | | |
| Valine....g | 0.374 | | 0 | | 1 | | 0.673 | | |
| Arginine....g | 0.438 | | 0 | | 1 | | 0.788 | | |
| Histidine....g | 0.228 | | 0 | | 1 | | 0.410 | | |
| Alanine....g | 0.392 | | 0 | | 1 | | 0.706 | | |
| Aspartic acid....g | 0.619 | | 0 | | 1 | | 1.114 | | |
| Glutamic acid....g | 1.840 | | 0 | | 1 | | 3.312 | | |
| Glycine....g | 0.422 | | 0 | | 1 | | 0.760 | | |
| Proline....g | 0.593 | | 0 | | 1 | | 1.067 | | |
| Serine....g | 0.350 | | 0 | | 1 | | 0.630 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 180g: 1 chimichanga

**Calories Factors:** **Protein** 4.09 **Fat** 8.79 **Carbohydrate** 3.92

**Food Group:** 21 Fast Foods

**NDB No. 21043**
**Fast foods, clams, breaded and fried**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 29.20 | 1.927 | 15 | | 1 | | 33.58 | | |
| Energy | kcal | 392 | | 0 | NC | 4 | | 451 | | |
| Energy | kj | 1640 | | | | 4 | | 1886 | | |
| Protein (N x 6.2) | g | 11.15 | 0.494 | 16 | | 1 | | 12.82 | | |
| Total lipid (fat) | g | 22.96 | 0.732 | 13 | | 1 | | 26.40 | | |
| Ash | g | 2.95 | | 2 | | 1 | | 3.39 | | |
| Carbohydrate, by difference | g | 33.75 | | 0 | NC | 4 | | 38.81 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 18 | 1.614 | 13 | | 1 | | 21 | | |
| Iron, Fe | mg | 2.65 | 0.599 | 13 | | 1 | | 3.05 | | |
| Magnesium, Mg | mg | 27 | 1.928 | 13 | | 1 | | 31 | | |
| Phosphorus, P | mg | 207 | 12.213 | 13 | | 1 | | 238 | | |
| Potassium, K | mg | 231 | 22.502 | 12 | | 1 | | 266 | | |
| Sodium, Na | mg | 725 | 85.204 | 13 | | 1 | | 834 | | |
| Zinc, Zn | mg | 1.42 | 0.164 | 13 | | 1 | | 1.63 | | |
| Copper, Cu | mg | 0.083 | 0.016 | 13 | | 1 | | 0.095 | | |
| Manganese, Mn | mg | 0.268 | 0.038 | 13 | | 1 | | 0.308 | | |
| Selenium, Se | mcg | 8.3 | | 0 | RK | 4 | | 9.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.180 | | 1 | | 4 | | 0.207 | | |
| Riboflavin | mg | 0.230 | | 1 | | 4 | | 0.265 | | |
| Niacin | mg | 2.490 | | 1 | | 4 | | 2.864 | | |
| Pantothenic acid | mg | 0.260 | | 1 | | 1 | | 0.299 | | |
| Vitamin B-6 | mg | 0.030 | | 1 | | 1 | | 0.035 | | |
| Folate, total | mcg | 37 | | 0 | RK | 4 | | 43 | | |
| Folic acid | mcg | 29 | | 0 | NC | 4 | | 33 | | |
| Folate, food | mcg | 8 | | 1 | | 1 | | 9 | | |
| Folate, DFE | mcg_DFE | 57 | | 0 | NC | 4 | | 66 | | |
| Vitamin B-12 | mcg | 0.96 | | 1 | | 1 | | 1.10 | | |
| Vitamin A, IU | IU | 106 | | 1 | | 4 | | 122 | | |
| Vitamin A, RAE | mcg_RAE | 32 | | 0 | NC | 4 | | 37 | | |
| Retinol | mcg | 32 | | 0 | NC | 4 | | 37 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.742 | | 1 | | 1 | | 6.603 | | |
| Fatty acids, total monounsaturated | g | 9.948 | | 1 | | 1 | | 11.440 | | |
| Fatty acids, total polyunsaturated | g | 5.890 | | 1 | | 1 | | 6.774 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 76 | | 1 | | 4 | | 87 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.131 | | 0 | | 1 | | 0.151 | | |
| Threonine | g | 0.397 | | 0 | | 1 | | 0.457 | | |
| Isoleucine | g | 0.466 | | 0 | | 1 | | 0.536 | | |
| Leucine | g | 0.775 | | 0 | | 1 | | 0.891 | | |
| Lysine | g | 0.539 | | 0 | | 1 | | 0.620 | | |
| Methionine | g | 0.227 | | 0 | | 1 | | 0.261 | | |
| Cystine | g | 0.187 | | 0 | | 1 | | 0.215 | | |

**NDB No. 21043**
**Fast foods, clams, breaded and fried**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.485 | | 0 | | 1 | | 0.558 | | |
| Tyrosine....g | 0.331 | | 0 | | 1 | | 0.381 | | |
| Valine....g | 0.518 | | 0 | | 1 | | 0.596 | | |
| Arginine....g | 0.608 | | 0 | | 1 | | 0.699 | | |
| Histidine....g | 0.227 | | 0 | | 1 | | 0.261 | | |
| Alanine....g | 0.512 | | 0 | | 1 | | 0.589 | | |
| Aspartic acid....g | 0.793 | | 0 | | 1 | | 0.912 | | |
| Glutamic acid....g | 2.402 | | 0 | | 1 | | 2.762 | | |
| Glycine....g | 0.505 | | 0 | | 1 | | 0.581 | | |
| Proline....g | 0.795 | | 0 | | 1 | | 0.914 | | |
| Serine....g | 0.554 | | 0 | | 1 | | 0.637 | | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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: .75 cup

**Calories Factors:** **Protein** 4.25 **Fat** 8.96 **Carbohydrate** 4.11

**Food Group:** 21 Fast Foods

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

**NDB No. 21127**
**Fast foods, coleslaw**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 74.02 | 0.536 | 14 | | 1 | | 73.28 | | |
| Energy | kcal | 148 | | 0 | | 1 | | 147 | | |
| Energy | kj | 619 | | | | 1 | | 613 | | |
| Protein (N x 6.28) | g | 1.47 | 0.124 | 16 | | 1 | | 1.46 | | |
| Total lipid (fat) | g | 11.08 | 0.735 | 15 | | 1 | | 10.97 | | |
| Ash | g | 0.55 | | 2 | | 1 | | 0.54 | | |
| Carbohydrate, by difference | g | 12.88 | | 0 | NC | 4 | | 12.75 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 34 | 2.636 | 16 | | 1 | | 34 | | |
| Iron, Fe | mg | 0.73 | 0.163 | 16 | | 1 | | 0.72 | | |
| Magnesium, Mg | mg | 9 | 0.687 | 15 | | 1 | | 9 | | |
| Phosphorus, P | mg | 36 | 3.383 | 13 | | 1 | | 36 | | |
| Potassium, K | mg | 179 | 5.713 | 11 | | 1 | | 177 | | |
| Sodium, Na | mg | 270 | 26.161 | 17 | | 1 | | 267 | | |
| Zinc, Zn | mg | 0.20 | 0.027 | 15 | | 1 | | 0.20 | | |
| Copper, Cu | mg | 0.042 | 0.012 | 15 | | 1 | | 0.042 | | |
| Manganese, Mn | mg | 0.125 | 0.015 | 15 | | 1 | | 0.124 | | |
| Selenium, Se | mcg | 1.0 | | 0 | RK | 4 | | 1.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 8.4 | 7.647 | 3 | | 1 | | 8.3 | | |
| Thiamin | mg | 0.040 | 0.020 | 3 | | 1 | | 0.040 | | |
| Riboflavin | mg | 0.030 | 0.002 | 3 | | 1 | | 0.030 | | |
| Niacin | mg | 0.080 | 0.083 | 3 | | 1 | | 0.079 | | |
| Pantothenic acid | mg | 0.150 | | 2 | | 1 | | 0.149 | | |
| Vitamin B-6 | mg | 0.110 | 0.026 | 3 | | 1 | | 0.109 | | |
| Folate, total | mcg | 39 | 7.234 | 3 | | 1 | | 39 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 39 | 7.234 | 3 | | 1 | | 39 | | |
| Folate, DFE | mcg_DFE | 39 | | 0 | NC | 4 | | 39 | | |
| Vitamin B-12 | mcg | 0.18 | | 2 | | 1 | | 0.18 | | |
| Vitamin A, IU | IU | 341 | | 1 | | 1 | | 338 | | |
| Vitamin A, RAE | mcg_RAE | 36 | | 0 | NC | 4 | | 35 | | |
| Retinol | mcg | 22 | | 0 | NC | 4 | | 22 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | 57.0 | | 0 | A | 1 | | 56.4 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.622 | | 0 | | 1 | | 1.606 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.009 | | 2 | | 1 | | 0.009 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.156 | | 2 | | 1 | | 1.144 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.458 | | 2 | | 1 | | 0.453 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21127**
**Fast foods, coleslaw**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 2.444 | | 0 | | 1 | | 2.420 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.015 | | 2 | | 1 | | 0.015 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.429 | | 2 | | 1 | | 2.405 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 6.459 | | 0 | | 1 | | 6.394 | | |
| 18:2 undifferentiated g | 5.678 | | 2 | | 1 | | 5.621 | | |
| 18:3 undifferentiated g | 0.781 | | 2 | | 1 | | 0.773 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 5 | | 1 | | 1 | | 5 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.018 | | 0 | | 1 | | 0.018 | | |
| Threonine g | 0.053 | | 0 | | 1 | | 0.052 | | |
| Isoleucine g | 0.069 | | 0 | | 1 | | 0.068 | | |
| Leucine g | 0.082 | | 0 | | 1 | | 0.081 | | |
| Lysine g | 0.072 | | 0 | | 1 | | 0.071 | | |
| Methionine g | 0.020 | | 0 | | 1 | | 0.020 | | |
| Cystine g | 0.019 | | 0 | | 1 | | 0.019 | | |
| Phenylalanine g | 0.050 | | 0 | | 1 | | 0.050 | | |
| Tyrosine g | 0.032 | | 0 | | 1 | | 0.032 | | |
| Valine g | 0.065 | | 0 | | 1 | | 0.064 | | |
| Arginine g | 0.088 | | 0 | | 1 | | 0.087 | | |
| Histidine g | 0.030 | | 0 | | 1 | | 0.030 | | |
| Alanine g | 0.056 | | 0 | | 1 | | 0.055 | | |
| Aspartic acid g | 0.142 | | 0 | | 1 | | 0.141 | | |
| Glutamic acid g | 0.275 | | 0 | | 1 | | 0.272 | | |
| Glycine g | 0.041 | | 0 | | 1 | | 0.041 | | |
| Proline g | 0.196 | | 0 | | 1 | | 0.194 | | |
| Serine g | 0.081 | | 0 | | 1 | | 0.080 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 99g: .75 cup

**Calories Factors:** **Protein** 2.9 **Fat** 8.7 **Carbohydrate** 3.7

**Food Group:** 21 Fast Foods

**NDB No. 21029**
**Fast foods, cookies, animal crackers**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 3.75 | 0.277 | 14 | | 1 | | 2.51 | | |
| Energy | kcal | 446 | | 0 | NC | 4 | | 299 | | |
| Energy | kj | 1866 | | | | 4 | | 1250 | | |
| Protein (N x 5.7) | g | 6.18 | 0.258 | 13 | | 1 | | 4.14 | | |
| Total lipid (fat) | g | 13.43 | 0.602 | 14 | | 1 | | 9.00 | | |
| Ash | g | 1.31 | 0.051 | 12 | | 1 | | 0.88 | | |
| Carbohydrate, by difference | g | 75.33 | | 0 | NC | 4 | | 50.47 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 17 | | 2 | | 1 | | 11 | | |
| Iron, Fe | mg | 2.20 | | 2 | | 1 | | 1.47 | | |
| Magnesium, Mg | mg | 16 | | 2 | | 1 | | 11 | | |
| Phosphorus, P | mg | 96 | | 2 | | 1 | | 64 | | |
| Potassium, K | mg | 84 | | 2 | | 1 | | 56 | | |
| Sodium, Na | mg | 408 | 24.412 | 12 | | 1 | | 273 | | |
| Zinc, Zn | mg | 0.45 | | 2 | | 1 | | 0.30 | | |
| Copper, Cu | mg | 0.076 | | 2 | | 1 | | 0.051 | | |
| Manganese, Mn | mg | 0.487 | | 2 | | 1 | | 0.326 | | |
| Selenium, Se | mcg | 7.0 | 2.000 | 4 | A | 1 | | 4.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.2 | 0.643 | 3 | | 1 | | 0.8 | | |
| Thiamin | mg | 0.370 | 0.037 | 3 | | 1 | | 0.248 | | |
| Riboflavin | mg | 0.360 | 0.009 | 3 | | 1 | | 0.241 | | |
| Niacin | mg | 3.670 | 1.250 | 3 | | 1 | | 2.459 | | |
| Pantothenic acid | mg | 0.320 | 0.115 | 3 | | 1 | | 0.214 | | |
| Vitamin B-6 | mg | 0.030 | 0.005 | 3 | | 1 | | 0.020 | | |
| Folate, total | mcg | 121 | | 0 | BFZN | 4 | | 81 | | |
| Folic acid | mcg | 88 | | 0 | NC | 4 | | 59 | | |
| Folate, food | mcg | 33 | | 2 | | 1 | | 22 | | |
| Folate, DFE | mcg_DFE | 183 | | 0 | NC | 4 | | 122 | | |
| Vitamin B-12 | mcg | 0.07 | | 2 | | 1 | | 0.05 | | |
| Vitamin A, IU | IU | 40 | | 1 | | 1 | | 27 | | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | NC | 4 | | 6 | | |
| Retinol | mcg | 9 | | 0 | NC | 4 | | 6 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.47 | | 0 | | 1 | | 0.31 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.272 | | 0 | | 1 | | 3.532 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.022 | | 1 | | 1 | | 0.015 | | |
| 10:0 | g | 0.010 | | 1 | | 1 | | 0.007 | | |
| 12:0 | g | 0.019 | | 1 | | 1 | | 0.013 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.215 | | 1 | | 1 | | 0.144 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.109 | | 1 | | 1 | | 2.083 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.741 | | 1 | | 1 | | 1.166 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21029**
**Fast foods, cookies, animal crackers**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.649 | | 0 | | 1 | | 3.785 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.409 | | 1 | | 1 | | 0.274 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.200 | | 1 | | 1 | | 3.484 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.558 | | 0 | | 1 | | 1.044 | | |
| 18:2 undifferentiated g | 1.367 | | 1 | | 1 | | 0.916 | | |
| 18:3 undifferentiated g | 0.168 | | 1 | | 1 | | 0.113 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.024 | | 1 | | 1 | | 0.016 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 16 | 1.725 | 3 | | 1 | | 11 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.081 | | 0 | | 1 | | 0.054 | | |
| Threonine g | 0.202 | | 0 | | 1 | | 0.135 | | |
| Isoleucine g | 0.261 | | 0 | | 1 | | 0.175 | | |
| Leucine g | 0.474 | | 0 | | 1 | | 0.318 | | |
| Lysine g | 0.229 | | 0 | | 1 | | 0.153 | | |
| Methionine g | 0.127 | | 0 | | 1 | | 0.085 | | |
| Cystine g | 0.120 | | 0 | | 1 | | 0.080 | | |
| Phenylalanine g | 0.315 | | 0 | | 1 | | 0.211 | | |
| Tyrosine g | 0.216 | | 0 | | 1 | | 0.145 | | |
| Valine g | 0.299 | | 0 | | 1 | | 0.200 | | |
| Arginine g | 0.259 | | 0 | | 1 | | 0.174 | | |
| Histidine g | 0.148 | | 0 | | 1 | | 0.099 | | |
| Alanine g | 0.216 | | 0 | | 1 | | 0.145 | | |
| Aspartic acid g | 0.333 | | 0 | | 1 | | 0.223 | | |
| Glutamic acid g | 1.866 | | 0 | | 1 | | 1.250 | | |
| Glycine g | 0.207 | | 0 | | 1 | | 0.139 | | |
| Proline g | 0.670 | | 0 | | 1 | | 0.449 | | |
| Serine g | 0.329 | | 0 | | 1 | | 0.220 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 67g: 1 box

**Calories Factors:** **Protein** 4 **Fat** 8.4 **Carbohydrate** 4.1

**Food Group:** 21 Fast Foods

**NDB No. 21030**
**Fast foods, cookies, chocolate chip**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 5.36 | 0.677 | 7 | | 1 | | 2.95 | | |
| Energy kcal | 423 | | 0 | NC | 4 | | 233 | | |
| Energy kj | 1770 | | | | 4 | | 973 | | |
| Protein (N x 5.84) g | 5.25 | 0.281 | 6 | | 1 | | 2.89 | | |
| Total lipid (fat) g | 22.08 | 1.181 | 9 | | 1 | | 12.14 | | |
| Ash g | 1.44 | 0.082 | 6 | | 1 | | 0.79 | | |
| Carbohydrate, by difference g | 65.86 | | 0 | NC | 4 | | 36.22 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 36 | 3.142 | 15 | | 1 | | 20 | | |
| Iron, Fe mg | 2.68 | 0.224 | 16 | | 1 | | 1.47 | | |
| Magnesium, Mg mg | 30 | 1.486 | 14 | | 1 | | 17 | | |
| Phosphorus, P mg | 95 | 5.765 | 13 | | 1 | | 52 | | |
| Potassium, K mg | 149 | 10.880 | 15 | | 1 | | 82 | | |
| Sodium, Na mg | 342 | 17.254 | 16 | | 1 | | 188 | | |
| Zinc, Zn mg | 0.61 | 0.042 | 10 | | 1 | | 0.34 | | |
| Copper, Cu mg | 0.335 | 0.050 | 14 | | 1 | | 0.184 | | |
| Manganese, Mn mg | 0.431 | 0.023 | 14 | | 1 | | 0.237 | | |
| Selenium, Se mcg | 6.0 | 0.690 | 27 | A | 1 | | 3.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.0 | 0.577 | 8 | | 1 | | 0.6 | | |
| Thiamin mg | 0.160 | 0.025 | 8 | | 1 | | 0.088 | | |
| Riboflavin mg | 0.350 | 0.074 | 8 | | 1 | | 0.193 | | |
| Niacin mg | 2.530 | 0.386 | 8 | | 1 | | 1.392 | | |
| Pantothenic acid mg | 0.260 | 0.047 | 3 | | 1 | | 0.143 | | |
| Vitamin B-6 mg | 0.050 | | 2 | | 1 | | 0.028 | | |
| Folate, total mcg | 60 | | 0 | BFZN | 4 | | 33 | | |
| Folic acid mcg | 31 | | 0 | NC | 4 | | 17 | | |
| Folate, food mcg | 29 | | 2 | | 1 | | 16 | | |
| Folate, DFE mcg_DFE | 82 | | 0 | NC | 4 | | 45 | | |
| Vitamin B-12 mcg | 0.19 | | 2 | | 1 | | 0.10 | | |
| Vitamin A, IU IU | 94 | 33.001 | 4 | | 1 | | 52 | | |
| Vitamin A, RAE mcg_RAE | 20 | | 0 | NC | 4 | | 11 | | |
| Retinol mcg | 18 | | 0 | NC | 4 | | 10 | | |
| Vitamin E (alpha-tocopherol) mg | 0.67 | | 0 | | 1 | | 0.37 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 9.709 | | 0 | | 1 | | 5.340 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | | | | | | | | | |
| 12:0 g | 0.006 | | 1 | | 1 | | 0.003 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.174 | | 1 | | 1 | | 0.096 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 5.140 | | 1 | | 1 | | 2.827 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 4.333 | | 1 | | 1 | | 2.383 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21030**
**Fast foods, cookies, chocolate chip**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 9.185 | | 0 | | 1 | | 5.052 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.460 | | 1 | | 1 | | 0.253 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.725 | | 1 | | 1 | | 4.799 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.865 | | 0 | | 1 | | 1.026 | | |
| 18:2 undifferentiated g | 1.697 | | 1 | | 1 | | 0.933 | | |
| 18:3 undifferentiated g | 0.168 | | 1 | | 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 | 21 | | 2 | | 1 | | 12 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.063 | | 0 | | 1 | | 0.035 | | |
| Threonine g | 0.146 | | 0 | | 1 | | 0.080 | | |
| Isoleucine g | 0.175 | | 0 | | 1 | | 0.096 | | |
| Leucine g | 0.332 | | 0 | | 1 | | 0.183 | | |
| Lysine g | 0.137 | | 0 | | 1 | | 0.075 | | |
| Methionine g | 0.081 | | 0 | | 1 | | 0.045 | | |
| Cystine g | 0.096 | | 0 | | 1 | | 0.053 | | |
| Phenylalanine g | 0.246 | | 0 | | 1 | | 0.135 | | |
| Tyrosine g | 0.156 | | 0 | | 1 | | 0.086 | | |
| Valine g | 0.218 | | 0 | | 1 | | 0.120 | | |
| Arginine g | 0.215 | | 0 | | 1 | | 0.118 | | |
| Histidine g | 0.107 | | 0 | | 1 | | 0.059 | | |
| Alanine g | 0.171 | | 0 | | 1 | | 0.094 | | |
| Aspartic acid g | 0.261 | | 0 | | 1 | | 0.144 | | |
| Glutamic acid g | 1.491 | | 0 | | 1 | | 0.820 | | |
| Glycine g | 0.185 | | 0 | | 1 | | 0.102 | | |
| Proline g | 0.505 | | 0 | | 1 | | 0.278 | | |
| Serine g | 0.240 | | 0 | | 1 | | 0.132 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | | | | | | | | | |
| Caffeine mg | 11 | | 0 | BFZN | 4 | | 6 | | |
| Theobromine mg | 83 | | 0 | BFZN | 4 | | 46 | | |

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

**Common Measures:**

Measure 1 = 55g: 1 box

**Calories Factors:** **Protein** 3.8 **Fat** 8.1 **Carbohydrate** 3.4

**Food Group:** 21 Fast Foods

**NDB No. 21128**
**Fast foods, corn on the cob with butter**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 72.05 | | 0 | | 4 | | 105.19 | | |
| Energy | kcal | 106 | | 0 | | 4 | | 155 | | |
| Energy | kj | 444 | | | | 4 | | 648 | | |
| Protein (N x 6.25) | g | 3.06 | | 0 | | 4 | | 4.47 | | |
| Total lipid (fat) | g | 2.35 | | 0 | | 4 | | 3.43 | | |
| Ash | g | 0.65 | | 0 | | 4 | | 0.95 | | |
| Carbohydrate, by difference | g | 21.88 | | 0 | | 4 | | 31.94 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 3 | | 0 | | 4 | | 4 | | |
| Iron, Fe | mg | 0.60 | | 0 | | 4 | | 0.88 | | |
| Magnesium, Mg | mg | 28 | | 0 | | 4 | | 41 | | |
| Phosphorus, P | mg | 74 | | 0 | | 4 | | 108 | | |
| Potassium, K | mg | 246 | | 0 | | 4 | | 359 | | |
| Sodium, Na | mg | 20 | | 0 | | 4 | | 29 | | |
| Zinc, Zn | mg | 0.62 | | 0 | | 4 | | 0.91 | | |
| Copper, Cu | mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Manganese, Mn | mg | 0.000 | | 0 | | 4 | | 0.000 | | |
| Selenium, Se | mcg | 0.7 | | 0 | RK | 4 | | 1.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 4.7 | | 0 | | 4 | | 6.9 | | |
| Thiamin | mg | 0.170 | | 0 | | 4 | | 0.248 | | |
| Riboflavin | mg | 0.070 | | 0 | | 4 | | 0.102 | | |
| Niacin | mg | 1.490 | | 0 | | 4 | | 2.175 | | |
| Pantothenic acid | mg | 0.250 | | 0 | | 4 | | 0.365 | | |
| Vitamin B-6 | mg | 0.220 | | 0 | | 4 | | 0.321 | | |
| Folate, total | mcg | 30 | | 0 | | 4 | | 44 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 30 | | 0 | | 4 | | 44 | | |
| Folate, DFE | mcg_DFE | 30 | | 0 | NC | 4 | | 44 | | |
| Vitamin B-12 | mcg | 0.00 | | 0 | | 4 | | 0.00 | | |
| Vitamin A, IU | IU | 268 | | 0 | | 4 | | 391 | | |
| Vitamin A, RAE | mcg_RAE | 23 | | 0 | NC | 4 | | 33 | | |
| Retinol | mcg | 11 | | 0 | NC | 4 | | 16 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.125 | | 0 | | 4 | | 1.643 | | |
| 4:0 | g | 0.050 | | 0 | | 1 | | 0.073 | | |
| 6:0 | g | 0.031 | | 0 | | 1 | | 0.045 | | |
| 8:0 | g | 0.018 | | 0 | | 1 | | 0.026 | | |
| 10:0 | g | 0.041 | | 0 | | 1 | | 0.060 | | |
| 12:0 | g | 0.047 | | 0 | | 1 | | 0.069 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.169 | | 0 | | 1 | | 0.247 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.555 | | 0 | | 1 | | 0.810 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.214 | | 0 | | 1 | | 0.312 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21128**
**Fast foods, corn on the cob with butter**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 0.688 | | 0 | | 4 | | 1.004 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.038 | | 0 | | 1 | | 0.055 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 0.650 | | 0 | | 1 | | 0.949 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.419 | | 0 | | 4 | | 0.612 | | |
| 18:2 undifferentiated g | 0.384 | | 0 | | 1 | | 0.561 | | |
| 18:3 undifferentiated g | 0.035 | | 0 | | 1 | | 0.051 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 4 | | 0 | | 4 | | 6 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.022 | | 0 | | 1 | | 0.032 | | |
| Threonine g | 0.123 | | 0 | | 1 | | 0.180 | | |
| Isoleucine g | 0.123 | | 0 | | 1 | | 0.180 | | |
| Leucine g | 0.331 | | 0 | | 1 | | 0.483 | | |
| Lysine g | 0.131 | | 0 | | 1 | | 0.191 | | |
| Methionine g | 0.064 | | 0 | | 1 | | 0.093 | | |
| Cystine g | 0.025 | | 0 | | 1 | | 0.037 | | |
| Phenylalanine g | 0.143 | | 0 | | 1 | | 0.209 | | |
| Tyrosine g | 0.117 | | 0 | | 1 | | 0.171 | | |
| Valine g | 0.177 | | 0 | | 1 | | 0.258 | | |
| Arginine g | 0.124 | | 0 | | 1 | | 0.181 | | |
| Histidine g | 0.085 | | 0 | | 1 | | 0.124 | | |
| Alanine g | 0.280 | | 0 | | 1 | | 0.409 | | |
| Aspartic acid g | 0.232 | | 0 | | 1 | | 0.339 | | |
| Glutamic acid g | 0.606 | | 0 | | 1 | | 0.885 | | |
| Glycine g | 0.121 | | 0 | | 1 | | 0.177 | | |
| Proline g | 0.278 | | 0 | | 1 | | 0.406 | | |
| Serine g | 0.146 | | 0 | | 1 | | 0.213 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 146g: 1 ear

**Calories Factors:** **Protein** 2.47 **Fat** 8.73 **Carbohydrate** 3.57

**Food Group:** 21 Fast Foods

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

**NDB No. 21011**
**Fast foods, croissant, with egg and cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 45.47 | | 1 | | 4 | | 57.75 | | |
| Energy | kcal | 290 | | 0 | NC | 4 | | 368 | | |
| Energy | kj | 1213 | | | | 4 | | 1541 | | |
| Protein (N x 6.12) | g | 10.07 | | 2 | | 1 | | 12.79 | | |
| Total lipid (fat) | g | 19.45 | | 2 | | 1 | | 24.70 | | |
| Ash | g | 2.56 | | 1 | | 4 | | 3.25 | | |
| Carbohydrate, by difference | g | 19.14 | | 2 | | 9 | | 24.31 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 192 | | 1 | | 4 | | 244 | | |
| Iron, Fe | mg | 1.73 | | 1 | | 4 | | 2.20 | | |
| Magnesium, Mg | mg | 17 | | 1 | | 4 | | 22 | | |
| Phosphorus, P | mg | 274 | | 1 | | 4 | | 348 | | |
| Potassium, K | mg | 137 | | 1 | | 1 | | 174 | | |
| Sodium, Na | mg | 434 | | 2 | | 1 | | 551 | | |
| Zinc, Zn | mg | 1.38 | | 1 | | 4 | | 1.75 | | |
| Copper, Cu | mg | 0.072 | | 1 | | 4 | | 0.091 | | |
| Manganese, Mn | mg | 0.178 | | 1 | | 4 | | 0.226 | | |
| Selenium, Se | mcg | 19.3 | | 0 | RK | 4 | | 24.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | | 1 | | 4 | | 0.1 | | |
| Thiamin | mg | 0.150 | | 1 | | 4 | | 0.191 | | |
| Riboflavin | mg | 0.300 | | 1 | | 4 | | 0.381 | | |
| Niacin | mg | 1.190 | | 1 | | 4 | | 1.511 | | |
| Pantothenic acid | mg | 0.830 | | 1 | | 4 | | 1.054 | | |
| Vitamin B-6 | mg | 0.080 | | 1 | | 4 | | 0.102 | | |
| Folate, total | mcg | 37 | | 0 | RK | 4 | | 47 | | |
| Folic acid | mcg | 8 | | 0 | NC | 4 | | 10 | | |
| Folate, food | mcg | 29 | | 0 | | 4 | | 37 | | |
| Folate, DFE | mcg_DFE | 43 | | 0 | NC | 4 | | 54 | | |
| Vitamin B-12 | mcg | 0.61 | | 1 | | 4 | | 0.77 | | |
| Vitamin A, IU | IU | 788 | | 1 | | 4 | | 1001 | | |
| Vitamin A, RAE | mcg_RAE | 218 | | 0 | NC | 4 | | 277 | | |
| Retinol | mcg | 214 | | 0 | NC | 4 | | 272 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.075 | | 1 | | 1 | | 14.065 | | |
| Fatty acids, total monounsaturated | g | 5.938 | | 1 | | 1 | | 7.541 | | |
| Fatty acids, total polyunsaturated | g | 1.076 | | 1 | | 1 | | 1.367 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 170 | | 2 | | 1 | | 216 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.145 | | 0 | | 1 | | 0.184 | | |
| Threonine | g | 0.375 | | 0 | | 1 | | 0.476 | | |
| Isoleucine | g | 0.499 | | 0 | | 1 | | 0.634 | | |
| Leucine | g | 0.846 | | 0 | | 1 | | 1.074 | | |
| Lysine | g | 0.734 | | 0 | | 1 | | 0.932 | | |
| Methionine | g | 0.262 | | 0 | | 1 | | 0.333 | | |
| Cystine | g | 0.148 | | 0 | | 1 | | 0.188 | | |

**NDB No. 21011**
**Fast foods, croissant, with egg and cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.522 | | 0 | | 1 | | 0.663 | | |
| Tyrosine....g | 0.454 | | 0 | | 1 | | 0.577 | | |
| Valine....g | 0.601 | | 0 | | 1 | | 0.763 | | |
| Arginine....g | 0.481 | | 0 | | 1 | | 0.611 | | |
| Histidine....g | 0.311 | | 0 | | 1 | | 0.395 | | |
| Alanine....g | 0.375 | | 0 | | 1 | | 0.476 | | |
| Aspartic acid....g | 0.704 | | 0 | | 1 | | 0.894 | | |
| Glutamic acid....g | 2.065 | | 0 | | 1 | | 2.623 | | |
| Glycine....g | 0.260 | | 0 | | 1 | | 0.330 | | |
| Proline....g | 0.841 | | 0 | | 1 | | 1.068 | | |
| Serine....g | 0.573 | | 0 | | 1 | | 0.728 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 127g: 1 croissant

**Calories Factors:** **Protein** 4.22 **Fat** 8.82 **Carbohydrate** 3.99

**Food Group:** 21 Fast Foods

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

**NDB No. 21012**
**Fast foods, croissant, with egg, cheese, and bacon**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 43.92 | | 1 | | 4 | | 56.66 | | |
| Energy | kcal | 320 | | 0 | NC | 4 | | 413 | | |
| Energy | kj | 1339 | | | | 4 | | 1727 | | |
| Protein (N x 6.13) | g | 12.58 | 0.686 | 3 | | 1 | | 16.23 | | |
| Total lipid (fat) | g | 21.98 | 0.715 | 3 | | 1 | | 28.35 | | |
| Ash | g | 2.74 | | 1 | | 4 | | 3.53 | | |
| Carbohydrate, by difference | g | 18.33 | | 3 | | 9 | | 23.65 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 117 | | 1 | | 1 | | 151 | | |
| Iron, Fe | mg | 1.70 | | 1 | | 1 | | 2.19 | | |
| Magnesium, Mg | mg | 18 | | 1 | | 4 | | 23 | | |
| Phosphorus, P | mg | 214 | | 1 | | 1 | | 276 | | |
| Potassium, K | mg | 156 | | 1 | | 1 | | 201 | | |
| Sodium, Na | mg | 689 | 44.899 | 3 | | 1 | | 889 | | |
| Zinc, Zn | mg | 1.47 | | 1 | | 4 | | 1.90 | | |
| Copper, Cu | mg | 0.077 | | 1 | | 4 | | 0.099 | | |
| Manganese, Mn | mg | 0.172 | | 1 | | 4 | | 0.222 | | |
| Selenium, Se | mcg | 19.0 | | 0 | RK | 4 | | 24.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.7 | | 1 | | 4 | | 2.2 | | |
| Thiamin | mg | 0.270 | | 1 | | 1 | | 0.348 | | |
| Riboflavin | mg | 0.260 | | 1 | | 1 | | 0.335 | | |
| Niacin | mg | 1.700 | | 1 | | 1 | | 2.193 | | |
| Pantothenic acid | mg | 0.830 | | 1 | | 4 | | 1.071 | | |
| Vitamin B-6 | mg | 0.090 | | 1 | | 4 | | 0.116 | | |
| Folate, total | mcg | 35 | | 0 | RK | 4 | | 45 | | |
| Folic acid | mcg | 8 | | 0 | NC | 4 | | 10 | | |
| Folate, food | mcg | 27 | | 0 | | 4 | | 35 | | |
| Folate, DFE | mcg_DFE | 41 | | 0 | NC | 4 | | 52 | | |
| Vitamin B-12 | mcg | 0.67 | | 1 | | 4 | | 0.86 | | |
| Vitamin A, IU | IU | 366 | | 1 | | 1 | | 472 | | |
| Vitamin A, RAE | mcg_RAE | 110 | | 0 | NC | 4 | | 142 | | |
| Retinol | mcg | 110 | | 0 | NC | 4 | | 142 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 11.963 | | 1 | | 1 | | 15.432 | | |
| Fatty acids, total monounsaturated | g | 7.113 | | 1 | | 1 | | 9.176 | | |
| Fatty acids, total polyunsaturated | g | 1.363 | | 1 | | 1 | | 1.758 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 167 | 27.940 | 3 | | 1 | | 215 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.174 | | 0 | | 1 | | 0.224 | | |
| Threonine | g | 0.470 | | 0 | | 1 | | 0.606 | | |
| Isoleucine | g | 0.610 | | 0 | | 1 | | 0.787 | | |
| Leucine | g | 1.036 | | 0 | | 1 | | 1.336 | | |
| Lysine | g | 0.919 | | 0 | | 1 | | 1.186 | | |
| Methionine | g | 0.322 | | 0 | | 1 | | 0.415 | | |
| Cystine | g | 0.179 | | 0 | | 1 | | 0.231 | | |

**NDB No. 21012**
**Fast foods, croissant, with egg, cheese, and bacon**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.632 | | 0 | | 1 | | 0.815 | | |
| Tyrosine....g | 0.544 | | 0 | | 1 | | 0.702 | | |
| Valine....g | 0.735 | | 0 | | 1 | | 0.948 | | |
| Arginine....g | 0.620 | | 0 | | 1 | | 0.800 | | |
| Histidine....g | 0.386 | | 0 | | 1 | | 0.498 | | |
| Alanine....g | 0.497 | | 0 | | 1 | | 0.641 | | |
| Aspartic acid....g | 0.899 | | 0 | | 1 | | 1.160 | | |
| Glutamic acid....g | 2.485 | | 0 | | 1 | | 3.206 | | |
| Glycine....g | 0.390 | | 0 | | 1 | | 0.503 | | |
| Proline....g | 1.010 | | 0 | | 1 | | 1.303 | | |
| Serine....g | 0.688 | | 0 | | 1 | | 0.888 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 129g: 1 croissant

**Calories Factors:** **Protein** 4.22 **Fat** 8.83 **Carbohydrate** 3.99

**Food Group:** 21 Fast Foods

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

**NDB No. 21013**
**Fast foods, croissant, with egg, cheese, and ham**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 51.14 | | 1 | | 4 | | 77.73 | | |
| Energy kcal | 312 | | 0 | NC | 4 | | 474 | | |
| Energy kj | 1305 | | | | 4 | | 1984 | | |
| Protein (N x 6.16) g | 12.45 | 0.674 | 3 | | 1 | | 18.92 | | |
| Total lipid (fat) g | 22.09 | 4.076 | 3 | | 1 | | 33.58 | | |
| Ash g | 2.48 | | 1 | | 4 | | 3.77 | | |
| Carbohydrate, by difference g | 15.92 | | 3 | | 9 | | 24.20 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 95 | | 1 | | 1 | | 144 | | |
| Iron, Fe mg | 1.40 | | 1 | | 1 | | 2.13 | | |
| Magnesium, Mg mg | 17 | | 1 | | 4 | | 26 | | |
| Phosphorus, P mg | 221 | | 1 | | 1 | | 336 | | |
| Potassium, K mg | 179 | | 1 | | 1 | | 272 | | |
| Sodium, Na mg | 711 | 10.909 | 3 | | 1 | | 1081 | | |
| Zinc, Zn mg | 1.43 | | 1 | | 4 | | 2.17 | | |
| Copper, Cu mg | 0.083 | | 1 | | 4 | | 0.126 | | |
| Manganese, Mn mg | 0.145 | | 1 | | 4 | | 0.220 | | |
| Selenium, Se mcg | 17.9 | | 0 | RK | 4 | | 27.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 7.5 | | 1 | | 1 | | 11.4 | | |
| Thiamin mg | 0.340 | | 1 | | 1 | | 0.517 | | |
| Riboflavin mg | 0.200 | | 1 | | 1 | | 0.304 | | |
| Niacin mg | 2.100 | | 1 | | 1 | | 3.192 | | |
| Pantothenic acid mg | 0.820 | | 1 | | 4 | | 1.246 | | |
| Vitamin B-6 mg | 0.150 | | 1 | | 4 | | 0.228 | | |
| Folate, total mcg | 30 | | 0 | RK | 4 | | 46 | | |
| Folic acid mcg | 6 | | 0 | NC | 4 | | 9 | | |
| Folate, food mcg | 24 | | 0 | | 4 | | 36 | | |
| Folate, DFE mcg_DFE | 34 | | 0 | NC | 4 | | 52 | | |
| Vitamin B-12 mcg | 0.66 | | 1 | | 4 | | 1.00 | | |
| Vitamin A, IU IU | 297 | | 1 | | 1 | | 451 | | |
| Vitamin A, RAE mcg_RAE | 86 | | 0 | NC | 4 | | 130 | | |
| Retinol mcg | 85 | | 0 | NC | 4 | | 129 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 11.497 | | 1 | | 1 | | 17.475 | | |
| Fatty acids, total monounsaturated g | 7.495 | | 1 | | 1 | | 11.392 | | |
| Fatty acids, total polyunsaturated g | 1.552 | | 1 | | 1 | | 2.359 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 140 | 21.684 | 3 | | 1 | | 213 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.168 | | 0 | | 1 | | 0.255 | | |
| Threonine g | 0.505 | | 0 | | 1 | | 0.768 | | |
| Isoleucine g | 0.594 | | 0 | | 1 | | 0.903 | | |
| Leucine g | 1.013 | | 0 | | 1 | | 1.540 | | |
| Lysine g | 0.904 | | 0 | | 1 | | 1.374 | | |
| Methionine g | 0.325 | | 0 | | 1 | | 0.494 | | |
| Cystine g | 0.202 | | 0 | | 1 | | 0.307 | | |

**NDB No. 21013**
**Fast foods, croissant, with egg, cheese, and ham**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.606 | | 0 | | 1 | | 0.921 | | |
| Tyrosine....g | 0.481 | | 0 | | 1 | | 0.731 | | |
| Valine....g | 0.665 | | 0 | | 1 | | 1.011 | | |
| Arginine....g | 0.685 | | 0 | | 1 | | 1.041 | | |
| Histidine....g | 0.386 | | 0 | | 1 | | 0.587 | | |
| Alanine....g | 0.590 | | 0 | | 1 | | 0.897 | | |
| Aspartic acid....g | 1.003 | | 0 | | 1 | | 1.525 | | |
| Glutamic acid....g | 2.349 | | 0 | | 1 | | 3.570 | | |
| Glycine....g | 0.461 | | 0 | | 1 | | 0.701 | | |
| Proline....g | 0.811 | | 0 | | 1 | | 1.233 | | |
| Serine....g | 0.651 | | 0 | | 1 | | 0.990 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.23 **Fat** 8.88 **Carbohydrate** 3.99

**Food Group:** 21 Fast Foods

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

**NDB No. 21014**
**Fast foods, croissant, with egg, cheese, and sausage**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 45.87 | | 1 | | 4 | | 73.39 | | |
| Energy kcal | 327 | | 0 | NC | 4 | | 523 | | |
| Energy kj | 1368 | | | | 4 | | 2189 | | |
| Protein (N x 6.15) g | 12.69 | 0.546 | 3 | | 1 | | 20.30 | | |
| Total lipid (fat) g | 23.85 | 2.947 | 3 | | 1 | | 38.16 | | |
| Ash g | 2.27 | | 1 | | 4 | | 3.63 | | |
| Carbohydrate, by difference g | 15.45 | | 3 | | 9 | | 24.72 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 90 | | 1 | | 1 | | 144 | | |
| Iron, Fe mg | 1.90 | | 1 | | 1 | | 3.04 | | |
| Magnesium, Mg mg | 15 | | 1 | | 4 | | 24 | | |
| Phosphorus, P mg | 181 | | 1 | | 1 | | 290 | | |
| Potassium, K mg | 177 | | 1 | | 1 | | 283 | | |
| Sodium, Na mg | 697 | 49.400 | 3 | | 1 | | 1115 | | |
| Zinc, Zn mg | 1.34 | | 1 | | 4 | | 2.14 | | |
| Copper, Cu mg | 0.068 | | 1 | | 4 | | 0.109 | | |
| Manganese, Mn mg | 0.158 | | 1 | | 4 | | 0.253 | | |
| Selenium, Se mcg | 12.9 | | 0 | RK | 4 | | 20.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.1 | | 1 | | 4 | | 0.2 | | |
| Thiamin mg | 0.620 | | 1 | | 1 | | 0.992 | | |
| Riboflavin mg | 0.200 | | 1 | | 1 | | 0.320 | | |
| Niacin mg | 2.500 | | 1 | | 1 | | 4.000 | | |
| Pantothenic acid mg | 0.820 | | 1 | | 4 | | 1.312 | | |
| Vitamin B-6 mg | 0.070 | | 1 | | 4 | | 0.112 | | |
| Folate, total mcg | 27 | | 0 | RK | 4 | | 43 | | |
| Folic acid mcg | 3 | | 0 | NC | 4 | | 5 | | |
| Folate, food mcg | 24 | | 0 | | 4 | | 38 | | |
| Folate, DFE mcg_DFE | 29 | | 0 | NC | 4 | | 47 | | |
| Vitamin B-12 mcg | 0.56 | | 1 | | 4 | | 0.90 | | |
| Vitamin A, IU IU | 264 | | 1 | | 1 | | 422 | | |
| Vitamin A, RAE mcg_RAE | 77 | | 0 | NC | 4 | | 122 | | |
| Retinol mcg | 76 | | 0 | NC | 4 | | 122 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 11.391 | | 1 | | 1 | | 18.226 | | |
| Fatty acids, total monounsaturated g | 8.908 | | 1 | | 1 | | 14.253 | | |
| Fatty acids, total polyunsaturated g | 1.881 | | 1 | | 1 | | 3.010 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 135 | 23.754 | 3 | | 1 | | 216 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.163 | | 0 | | 1 | | 0.261 | | |
| Threonine g | 0.493 | | 0 | | 1 | | 0.789 | | |
| Isoleucine g | 0.592 | | 0 | | 1 | | 0.947 | | |
| Leucine g | 1.001 | | 0 | | 1 | | 1.602 | | |
| Lysine g | 0.881 | | 0 | | 1 | | 1.410 | | |
| Methionine g | 0.320 | | 0 | | 1 | | 0.512 | | |
| Cystine g | 0.188 | | 0 | | 1 | | 0.301 | | |

**NDB No. 21014**
**Fast foods, croissant, with egg, cheese, and sausage**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.592 | | 0 | | 1 | | 0.947 | | |
| Tyrosine....g | 0.487 | | 0 | | 1 | | 0.779 | | |
| Valine....g | 0.691 | | 0 | | 1 | | 1.106 | | |
| Arginine....g | 0.673 | | 0 | | 1 | | 1.077 | | |
| Histidine....g | 0.363 | | 0 | | 1 | | 0.581 | | |
| Alanine....g | 0.584 | | 0 | | 1 | | 0.934 | | |
| Aspartic acid....g | 0.965 | | 0 | | 1 | | 1.544 | | |
| Glutamic acid....g | 2.360 | | 0 | | 1 | | 3.776 | | |
| Glycine....g | 0.499 | | 0 | | 1 | | 0.798 | | |
| Proline....g | 0.877 | | 0 | | 1 | | 1.403 | | |
| Serine....g | 0.670 | | 0 | | 1 | | 1.072 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 160g: 1 croissant

**Calories Factors:** **Protein** 4.22 **Fat** 8.89 **Carbohydrate** 3.99

**Food Group:** 21 Fast Foods

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

**NDB No. 21015**
**Fast foods, danish pastry, cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 33.80 | | 1 | | 1 | | 30.76 | | |
| Energy | kcal | 388 | | 0 | NC | 4 | | 353 | | |
| Energy | kj | 1623 | | | | 4 | | 1477 | | |
| Protein (N x 6) | g | 6.41 | 0.235 | 3 | | 1 | | 5.83 | | |
| Total lipid (fat) | g | 27.06 | 8.603 | 3 | | 1 | | 24.62 | | |
| Ash | g | 1.20 | | 1 | | 1 | | 1.09 | | |
| Carbohydrate, by difference | g | 31.53 | | 0 | NC | 4 | | 28.69 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 77 | 13.822 | 6 | | 1 | | 70 | | |
| Iron, Fe | mg | 2.03 | 0.219 | 6 | | 1 | | 1.85 | | |
| Magnesium, Mg | mg | 17 | 1.481 | 5 | | 1 | | 15 | | |
| Phosphorus, P | mg | 88 | 12.062 | 5 | | 1 | | 80 | | |
| Potassium, K | mg | 128 | 14.050 | 5 | | 1 | | 116 | | |
| Sodium, Na | mg | 351 | 17.769 | 7 | | 1 | | 319 | | |
| Zinc, Zn | mg | 0.69 | 0.088 | 5 | | 1 | | 0.63 | | |
| Copper, Cu | mg | 0.095 | 0.011 | 5 | | 1 | | 0.086 | | |
| Manganese, Mn | mg | 0.385 | 0.018 | 4 | | 1 | | 0.350 | | |
| Selenium, Se | mcg | 18.9 | | 0 | BFZN | 4 | | 17.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.9 | | 1 | | 4 | | 2.6 | | |
| Thiamin | mg | 0.290 | | 2 | | 1 | | 0.264 | | |
| Riboflavin | mg | 0.230 | | 2 | | 1 | | 0.209 | | |
| Niacin | mg | 2.800 | | 2 | | 1 | | 2.548 | | |
| Pantothenic acid | mg | 0.630 | | 1 | | 4 | | 0.573 | | |
| Vitamin B-6 | mg | 0.060 | | 1 | | 4 | | 0.055 | | |
| Folate, total | mcg | 60 | | 0 | BFZN | 4 | | 55 | | |
| Folic acid | mcg | 44 | | 0 | NC | 4 | | 40 | | |
| Folate, food | mcg | 16 | | 0 | | 4 | | 15 | | |
| Folate, DFE | mcg_DFE | 91 | | 0 | NC | 4 | | 83 | | |
| Vitamin B-12 | mcg | 0.25 | | 1 | | 4 | | 0.23 | | |
| Vitamin A, IU | IU | 170 | | 1 | | 1 | | 155 | | |
| Vitamin A, RAE | mcg_RAE | 49 | | 0 | NC | 4 | | 44 | | |
| Retinol | mcg | 48 | | 0 | NC | 4 | | 44 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.630 | | 0 | | 1 | | 5.123 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | 0.025 | | 1 | | 1 | | 0.023 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.152 | | 1 | | 1 | | 0.138 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.779 | | 1 | | 1 | | 3.439 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.674 | | 1 | | 1 | | 1.523 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21015**
**Fast foods, danish pastry, cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 17.144 | | 0 | | 1 | | 15.601 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.025 | | 1 | | 1 | | 0.023 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 17.118 | | 1 | | 1 | | 15.577 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.663 | | 0 | | 1 | | 2.423 | | |
| 18:2 undifferentiated g | 2.663 | | 1 | | 1 | | 2.423 | | |
| 18:3 undifferentiated g | | | | | | | | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 22 | 10.807 | 3 | | 1 | | 20 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.080 | | 0 | | 1 | | 0.073 | | |
| Threonine g | 0.227 | | 0 | | 1 | | 0.207 | | |
| Isoleucine g | 0.291 | | 0 | | 1 | | 0.265 | | |
| Leucine g | 0.501 | | 0 | | 1 | | 0.456 | | |
| Lysine g | 0.304 | | 0 | | 1 | | 0.277 | | |
| Methionine g | 0.141 | | 0 | | 1 | | 0.128 | | |
| Cystine g | 0.106 | | 0 | | 1 | | 0.096 | | |
| Phenylalanine g | 0.316 | | 0 | | 1 | | 0.288 | | |
| Tyrosine g | 0.239 | | 0 | | 1 | | 0.217 | | |
| Valine g | 0.327 | | 0 | | 1 | | 0.298 | | |
| Arginine g | 0.309 | | 0 | | 1 | | 0.281 | | |
| Histidine g | 0.158 | | 0 | | 1 | | 0.144 | | |
| Alanine g | 0.261 | | 0 | | 1 | | 0.238 | | |
| Aspartic acid g | 0.402 | | 0 | | 1 | | 0.366 | | |
| Glutamic acid g | 1.550 | | 0 | | 1 | | 1.411 | | |
| Glycine g | 0.200 | | 0 | | 1 | | 0.182 | | |
| Proline g | 0.582 | | 0 | | 1 | | 0.530 | | |
| Serine g | 0.337 | | 0 | | 1 | | 0.307 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 91g: 1 pastry

**Calories Factors:** **Protein** 4.1 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 21 Fast Foods

**NDB No. 21016**
**Fast foods, danish pastry, cinnamon**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 20.90 | | 1 | | 1 | | 18.39 | | |
| Energy | kcal | 397 | | 0 | NC | 4 | | 349 | | |
| Energy | kj | 1661 | | | | 4 | | 1462 | | |
| Protein (N x 5.88) | g | 5.46 | | 1 | | 1 | | 4.80 | | |
| Total lipid (fat) | g | 19.00 | | 1 | | 1 | | 16.72 | | |
| Ash | g | 1.40 | | 1 | | 1 | | 1.23 | | |
| Carbohydrate, by difference | g | 53.24 | | 0 | NC | 4 | | 46.85 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 42 | | 2 | | 1 | | 37 | | |
| Iron, Fe | mg | 2.04 | | 2 | | 1 | | 1.80 | | |
| Magnesium, Mg | mg | 16 | | 2 | | 1 | | 14 | | |
| Phosphorus, P | mg | 84 | | 2 | | 1 | | 74 | | |
| Potassium, K | mg | 109 | | 1 | | 1 | | 96 | | |
| Sodium, Na | mg | 371 | | 2 | | 1 | | 326 | | |
| Zinc, Zn | mg | 0.55 | | 2 | | 1 | | 0.48 | | |
| Copper, Cu | mg | 0.085 | | 2 | | 1 | | 0.075 | | |
| Manganese, Mn | mg | 0.420 | | 2 | | 1 | | 0.370 | | |
| Selenium, Se | mcg | 17.0 | 0.760 | 33 | A | 1 | | 15.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.9 | | 1 | | 1 | | 2.6 | | |
| Thiamin | mg | 0.290 | | 1 | | 1 | | 0.255 | | |
| Riboflavin | mg | 0.220 | | 1 | | 1 | | 0.194 | | |
| Niacin | mg | 2.500 | | 1 | | 1 | | 2.200 | | |
| Pantothenic acid | mg | 0.630 | | 1 | | 4 | | 0.554 | | |
| Vitamin B-6 | mg | 0.060 | | 1 | | 4 | | 0.053 | | |
| Folate, total | mcg | 62 | | 0 | BFZN | 4 | | 55 | | |
| Folic acid | mcg | 46 | | 0 | NC | 4 | | 40 | | |
| Folate, food | mcg | 16 | | 0 | | 4 | | 14 | | |
| Folate, DFE | mcg_DFE | 94 | | 0 | NC | 4 | | 83 | | |
| Vitamin B-12 | mcg | 0.25 | | 1 | | 4 | | 0.22 | | |
| Vitamin A, IU | IU | 20 | | 1 | | 4 | | 18 | | |
| Vitamin A, RAE | mcg_RAE | 6 | | 0 | NC | 4 | | 5 | | |
| Retinol | mcg | 5 | | 0 | NC | 4 | | 4 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.953 | | 0 | | 1 | | 3.479 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | 0.018 | | 1 | | 1 | | 0.016 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.107 | | 1 | | 1 | | 0.094 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.653 | | 1 | | 1 | | 2.335 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.175 | | 1 | | 1 | | 1.034 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21016**
**Fast foods, danish pastry, cinnamon**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 12.037 | | 0 | | 1 | | 10.593 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.018 | | 1 | | 1 | | 0.016 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 12.019 | | 1 | | 1 | | 10.577 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.870 | | 0 | | 1 | | 1.646 | | |
| 18:2 undifferentiated g | 1.870 | | 1 | | 1 | | 1.646 | | |
| 18:3 undifferentiated g | | | | | | | | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 31 | | 1 | | 1 | | 27 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.072 | | 0 | | 1 | | 0.063 | | |
| Threonine g | 0.190 | | 0 | | 1 | | 0.167 | | |
| Isoleucine g | 0.243 | | 0 | | 1 | | 0.214 | | |
| Leucine g | 0.415 | | 0 | | 1 | | 0.365 | | |
| Lysine g | 0.224 | | 0 | | 1 | | 0.197 | | |
| Methionine g | 0.120 | | 0 | | 1 | | 0.106 | | |
| Cystine g | 0.110 | | 0 | | 1 | | 0.097 | | |
| Phenylalanine g | 0.277 | | 0 | | 1 | | 0.244 | | |
| Tyrosine g | 0.190 | | 0 | | 1 | | 0.167 | | |
| Valine g | 0.278 | | 0 | | 1 | | 0.245 | | |
| Arginine g | 0.250 | | 0 | | 1 | | 0.220 | | |
| Histidine g | 0.127 | | 0 | | 1 | | 0.112 | | |
| Alanine g | 0.214 | | 0 | | 1 | | 0.188 | | |
| Aspartic acid g | 0.332 | | 0 | | 1 | | 0.292 | | |
| Glutamic acid g | 1.437 | | 0 | | 1 | | 1.265 | | |
| Glycine g | 0.184 | | 0 | | 1 | | 0.162 | | |
| Proline g | 0.502 | | 0 | | 1 | | 0.442 | | |
| Serine g | 0.306 | | 0 | | 1 | | 0.269 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 88g: 1 pastry

**Calories Factors:** **Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 21 Fast Foods

**NDB No. 21017**
**Fast foods, danish pastry, fruit**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 29.00 | 1.578 | 4 | | 1 | | 27.26 | | |
| Energy | kcal | 356 | | 0 | NC | 4 | | 335 | | |
| Energy | kj | 1490 | | | | 4 | | 1400 | | |
| Protein (N x 5.9) | g | 5.06 | 0.281 | 6 | | 1 | | 4.76 | | |
| Total lipid (fat) | g | 16.95 | 0.791 | 7 | | 1 | | 15.93 | | |
| Ash | g | 1.04 | 0.030 | 4 | | 1 | | 0.98 | | |
| Carbohydrate, by difference | g | 47.94 | | 0 | NC | 4 | | 45.06 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 23 | 4.313 | 6 | | 1 | | 22 | | |
| Iron, Fe | mg | 1.49 | 0.085 | 7 | | 1 | | 1.40 | | |
| Magnesium, Mg | mg | 15 | 1.337 | 7 | | 1 | | 14 | | |
| Phosphorus, P | mg | 73 | 12.380 | 6 | | 1 | | 69 | | |
| Potassium, K | mg | 117 | 22.810 | 5 | | 1 | | 110 | | |
| Sodium, Na | mg | 354 | 18.801 | 10 | | 1 | | 333 | | |
| Zinc, Zn | mg | 0.51 | 0.041 | 7 | | 1 | | 0.48 | | |
| Copper, Cu | mg | 0.059 | 0.017 | 7 | | 1 | | 0.055 | | |
| Manganese, Mn | mg | 0.205 | 0.068 | 6 | | 1 | | 0.193 | | |
| Selenium, Se | mcg | 14.8 | | 0 | BFZN | 4 | | 13.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.7 | 1.396 | 10 | | 1 | | 1.6 | | |
| Thiamin | mg | 0.310 | 0.012 | 10 | | 1 | | 0.291 | | |
| Riboflavin | mg | 0.220 | 0.008 | 10 | | 1 | | 0.207 | | |
| Niacin | mg | 1.910 | 0.033 | 10 | | 1 | | 1.795 | | |
| Pantothenic acid | mg | 0.630 | 0.023 | 8 | | 1 | | 0.592 | | |
| Vitamin B-6 | mg | 0.060 | | 1 | | 1 | | 0.056 | | |
| Folate, total | mcg | 33 | | 0 | BFZN | 4 | | 31 | | |
| Folic acid | mcg | 17 | | 0 | NC | 4 | | 16 | | |
| Folate, food | mcg | 16 | 1.032 | 8 | | 1 | | 15 | | |
| Folate, DFE | mcg_DFE | 45 | | 0 | NC | 4 | | 42 | | |
| Vitamin B-12 | mcg | 0.25 | | 1 | | 4 | | 0.24 | | |
| Vitamin A, IU | IU | 91 | | 1 | | 4 | | 86 | | |
| Vitamin A, RAE | mcg_RAE | 27 | | 0 | NC | 4 | | 25 | | |
| Retinol | mcg | 27 | | 0 | NC | 4 | | 25 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.527 | | 0 | | 1 | | 3.315 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | 0.016 | | 1 | | 1 | | 0.015 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.095 | | 1 | | 1 | | 0.089 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.367 | | 1 | | 1 | | 2.225 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.049 | | 1 | | 1 | | 0.986 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21017**
**Fast foods, danish pastry, fruit**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 10.740 | | 0 | | 1 | | 10.096 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.016 | | 1 | | 1 | | 0.015 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 10.724 | | 1 | | 1 | | 10.081 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.668 | | 0 | | 1 | | 1.568 | | |
| 18:2 undifferentiated g | 1.668 | | 1 | | 1 | | 1.568 | | |
| 18:3 undifferentiated g | | | | | | | | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 20 | 1.683 | 4 | | 1 | | 19 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.067 | | 0 | | 1 | | 0.063 | | |
| Threonine g | 0.176 | | 0 | | 1 | | 0.165 | | |
| Isoleucine g | 0.225 | | 0 | | 1 | | 0.212 | | |
| Leucine g | 0.384 | | 0 | | 1 | | 0.361 | | |
| Lysine g | 0.207 | | 0 | | 1 | | 0.195 | | |
| Methionine g | 0.111 | | 0 | | 1 | | 0.104 | | |
| Cystine g | 0.101 | | 0 | | 1 | | 0.095 | | |
| Phenylalanine g | 0.257 | | 0 | | 1 | | 0.242 | | |
| Tyrosine g | 0.176 | | 0 | | 1 | | 0.165 | | |
| Valine g | 0.257 | | 0 | | 1 | | 0.242 | | |
| Arginine g | 0.231 | | 0 | | 1 | | 0.217 | | |
| Histidine g | 0.118 | | 0 | | 1 | | 0.111 | | |
| Alanine g | 0.198 | | 0 | | 1 | | 0.186 | | |
| Aspartic acid g | 0.309 | | 0 | | 1 | | 0.290 | | |
| Glutamic acid g | 1.327 | | 0 | | 1 | | 1.247 | | |
| Glycine g | 0.170 | | 0 | | 1 | | 0.160 | | |
| Proline g | 0.463 | | 0 | | 1 | | 0.435 | | |
| Serine g | 0.283 | | 0 | | 1 | | 0.266 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 94g: 1 pastry

**Calories Factors: Protein** 4 **Fat** 8.8 **Carbohydrate** 3.9

**Food Group:** 21 Fast Foods

**NDB No. 21104**
**Fast foods, egg and cheese sandwich**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 56.30 | | 2 | | 1 | | 82.20 | | |
| Energy | kcal | 233 | | 0 | | 1 | | 340 | | |
| Energy | kj | 975 | | | | 1 | | 1423 | | |
| Protein (N x 6.16) | g | 10.69 | | 2 | | 1 | | 15.61 | | |
| Total lipid (fat) | g | 13.30 | | 2 | | 1 | | 19.42 | | |
| Ash | g | 1.95 | | 2 | | 1 | | 2.85 | | |
| Carbohydrate, by difference | g | 17.76 | | 0 | NC | 4 | | 25.93 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 154 | | 2 | | 1 | | 225 | | |
| Iron, Fe | mg | 2.04 | | 2 | | 1 | | 2.98 | | |
| Magnesium, Mg | mg | 15 | | 2 | | 1 | | 22 | | |
| Phosphorus, P | mg | 207 | | 2 | | 1 | | 302 | | |
| Potassium, K | mg | 129 | | 2 | | 1 | | 188 | | |
| Sodium, Na | mg | 551 | | 2 | | 1 | | 804 | | |
| Zinc, Zn | mg | 1.13 | | 2 | | 1 | | 1.65 | | |
| Copper, Cu | mg | 0.075 | | 2 | | 1 | | 0.110 | | |
| Manganese, Mn | mg | 0.150 | | 2 | | 1 | | 0.219 | | |
| Selenium, Se | mcg | 23.1 | | 0 | RK | 4 | | 33.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.0 | | 2 | | 1 | | 1.5 | | |
| Thiamin | mg | 0.180 | | 2 | | 1 | | 0.263 | | |
| Riboflavin | mg | 0.390 | | 2 | | 1 | | 0.569 | | |
| Niacin | mg | 1.420 | | 2 | | 1 | | 2.073 | | |
| Pantothenic acid | mg | 0.600 | | 2 | | 1 | | 0.876 | | |
| Vitamin B-6 | mg | 0.090 | | 2 | | 1 | | 0.131 | | |
| Folate, total | mcg | 67 | | 0 | RK | 4 | | 98 | | |
| Folic acid | mcg | 42 | | 0 | NC | 4 | | 61 | | |
| Folate, food | mcg | 25 | | 2 | | 1 | | 37 | | |
| Folate, DFE | mcg_DFE | 96 | | 0 | NC | 4 | | 141 | | |
| Vitamin B-12 | mcg | 0.78 | | 2 | | 1 | | 1.14 | | |
| Vitamin A, IU | IU | 458 | | 2 | | 1 | | 669 | | |
| Vitamin A, RAE | mcg_RAE | 138 | | 0 | NC | 4 | | 201 | | |
| Retinol | mcg | 138 | | 0 | NC | 4 | | 201 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.538 | | 1 | | 1 | | 6.625 | | |
| Fatty acids, total monounsaturated | g | 5.662 | | 1 | | 1 | | 8.267 | | |
| Fatty acids, total polyunsaturated | g | 1.769 | | 1 | | 1 | | 2.583 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 199 | | 2 | | 1 | | 291 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.149 | | 0 | | 1 | | 0.218 | | |
| Threonine | g | 0.403 | | 0 | | 1 | | 0.588 | | |
| Isoleucine | g | 0.535 | | 0 | | 1 | | 0.781 | | |
| Leucine | g | 0.852 | | 0 | | 1 | | 1.244 | | |
| Lysine | g | 0.635 | | 0 | | 1 | | 0.927 | | |
| Methionine | g | 0.262 | | 0 | | 1 | | 0.383 | | |
| Cystine | g | 0.182 | | 0 | | 1 | | 0.266 | | |

**NDB No. 21104**
**Fast foods, egg and cheese sandwich**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.550 | | 0 | | 1 | | 0.803 | | |
| Tyrosine....g | 0.401 | | 0 | | 1 | | 0.585 | | |
| Valine....g | 0.642 | | 0 | | 1 | | 0.937 | | |
| Arginine....g | 0.531 | | 0 | | 1 | | 0.775 | | |
| Histidine....g | 0.281 | | 0 | | 1 | | 0.410 | | |
| Alanine....g | 0.448 | | 0 | | 1 | | 0.654 | | |
| Aspartic acid....g | 0.776 | | 0 | | 1 | | 1.133 | | |
| Glutamic acid....g | 2.180 | | 0 | | 1 | | 3.183 | | |
| Glycine....g | 0.328 | | 0 | | 1 | | 0.479 | | |
| Proline....g | 0.806 | | 0 | | 1 | | 1.177 | | |
| Serine....g | 0.635 | | 0 | | 1 | | 0.927 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 146g: 1 sandwich

**Calories Factors:** **Protein** 4.19 **Fat** 8.86 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21018**
**Fast foods, egg, scrambled**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 66.70 | 1.294 | 5 | | 1 | | 62.70 | | |
| Energy kcal | 212 | | 0 | NC | 4 | | 199 | | |
| Energy kj | 887 | | | | 4 | | 834 | | |
| Protein (N x 6.26) g | 13.84 | 0.515 | 5 | | 1 | | 13.01 | | |
| Total lipid (fat) g | 16.18 | 1.163 | 6 | | 1 | | 15.21 | | |
| Ash g | 1.20 | 0.058 | 3 | | 1 | | 1.13 | | |
| Carbohydrate, by difference g | 2.08 | | 0 | NC | 4 | | 1.96 | | |
| Fiber, total dietary g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total g | 1.52 | | 0 | FLA | 4 | | 1.43 | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 57 | 4.222 | 6 | | 1 | | 54 | | |
| Iron, Fe mg | 2.59 | 0.123 | 6 | | 1 | | 2.43 | | |
| Magnesium, Mg mg | 14 | 0.327 | 4 | | 1 | | 13 | | |
| Phosphorus, P mg | 242 | 10.990 | 4 | | 1 | | 227 | | |
| Potassium, K mg | 147 | 12.173 | 6 | | 1 | | 138 | | |
| Sodium, Na mg | 224 | 27.433 | 6 | | 1 | | 211 | | |
| Zinc, Zn mg | 1.66 | 0.082 | 4 | | 1 | | 1.56 | | |
| Copper, Cu mg | 0.067 | 0.009 | 4 | | 1 | | 0.063 | | |
| Manganese, Mn mg | 0.043 | 0.003 | 4 | | 1 | | 0.040 | | |
| Selenium, Se mcg | 22.5 | 1.100 | 33 | A | 1 | | 21.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 3.3 | 2.755 | 3 | | 1 | | 3.1 | | |
| Thiamin mg | 0.080 | 0.006 | 5 | | 1 | | 0.075 | | |
| Riboflavin mg | 0.520 | 0.077 | 5 | | 1 | | 0.489 | | |
| Niacin mg | 0.210 | 0.081 | 5 | | 1 | | 0.197 | | |
| Pantothenic acid mg | 0.940 | 0.286 | 3 | | 1 | | 0.884 | | |
| Vitamin B-6 mg | 0.190 | 0.011 | 3 | | 1 | | 0.179 | | |
| Folate, total mcg | 56 | | 2 | | 1 | | 53 | | |
| Folic acid mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food mcg | 56 | | 2 | | 1 | | 53 | | |
| Folate, DFE mcg_DFE | 56 | | 0 | NC | 4 | | 53 | | |
| Vitamin B-12 mcg | 1.01 | 0.045 | 3 | | 1 | | 0.95 | | |
| Vitamin A, IU IU | 889 | | 0 | FLA | 4 | | 836 | | |
| Vitamin A, RAE mcg_RAE | 223 | | 0 | FLA | 4 | | 210 | | |
| Retinol mcg | 214 | | 0 | FLA | 4 | | 202 | | |
| Vitamin E (alpha-tocopherol) mg | 0.96 | | 0 | | 1 | | 0.90 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | 68.000 | | 0 | T | 4 | | 63.920 | | |
| Vitamin K (phylloquinone) mcg | 14.6 | | 0 | FLA | 4 | | 13.7 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 6.153 | | 0 | | 1 | | 5.784 | | |
| 4:0 g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 6:0 g | 0.158 | | 1 | | 1 | | 0.149 | | |
| 8:0 g | 0.048 | | 1 | | 1 | | 0.045 | | |
| 10:0 g | 0.104 | | 1 | | 1 | | 0.098 | | |
| 12:0 g | 0.134 | | 1 | | 1 | | 0.126 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.085 | | 1 | | 1 | | 0.080 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.909 | | 1 | | 1 | | 3.674 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.522 | | 1 | | 1 | | 1.431 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21018**
**Fast foods, egg, scrambled**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.889 | | 0 | | 1 | | 5.536 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.515 | | 1 | | 1 | | 0.484 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.374 | | 1 | | 1 | | 5.052 | | |
| 20:1 g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.969 | | 0 | | 1 | | 1.851 | | |
| 18:2 undifferentiated g | 1.649 | | 1 | | 1 | | 1.550 | | |
| 18:3 undifferentiated g | 0.118 | | 1 | | 1 | | 0.111 | | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.202 | | 1 | | 1 | | 0.190 | | |
| 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 | 426 | 26.645 | 7 | | 1 | | 400 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.212 | | 0 | | 1 | | 0.199 | | |
| Threonine g | 0.657 | | 0 | | 1 | | 0.618 | | |
| Isoleucine g | 0.836 | | 0 | | 1 | | 0.786 | | |
| Leucine g | 1.185 | | 0 | | 1 | | 1.114 | | |
| Lysine g | 0.913 | | 0 | | 1 | | 0.858 | | |
| Methionine g | 0.427 | | 0 | | 1 | | 0.401 | | |
| Cystine g | 0.307 | | 0 | | 1 | | 0.289 | | |
| Phenylalanine g | 0.750 | | 0 | | 1 | | 0.705 | | |
| Tyrosine g | 0.562 | | 0 | | 1 | | 0.528 | | |
| Valine g | 0.960 | | 0 | | 1 | | 0.902 | | |
| Arginine g | 0.836 | | 0 | | 1 | | 0.786 | | |
| Histidine g | 0.325 | | 0 | | 1 | | 0.306 | | |
| Alanine g | 0.763 | | 0 | | 1 | | 0.717 | | |
| Aspartic acid g | 1.311 | | 0 | | 1 | | 1.232 | | |
| Glutamic acid g | 1.773 | | 0 | | 1 | | 1.667 | | |
| Glycine g | 0.438 | | 0 | | 1 | | 0.412 | | |
| Proline g | 0.577 | | 0 | | 1 | | 0.542 | | |
| Serine g | 1.002 | | 0 | | 1 | | 0.942 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 102 | | 0 | FLA | 4 | | 95.599 | | |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Cryptoxanthin, beta mcg | 6 | | 0 | FLA | 4 | | 5.481 | | |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 216 | | 0 | FLA | 4 | | 202.991 | | |

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

**Common Measures:**

Measure 1 = 94g: 2 eggs

**NDB No. 21018**
**Fast foods, egg, scrambled**

**Calories Factors:** **Protein** 4.35 **Fat** 8.92 **Carbohydrate** 3.8

**Food Group:** 21 Fast Foods

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

**NDB No. 21074**
**Fast foods, enchilada, with cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 63.23 | 1.981 | 7 | | 1 | | 103.06 | | |
| Energy | kcal | 196 | | 0 | | 1 | | 319 | | |
| Energy | kj | 820 | | | | 1 | | 1337 | | |
| Protein (N x 6.34) | g | 5.91 | 0.357 | 7 | | 1 | | 9.63 | | |
| Total lipid (fat) | g | 11.56 | 1.329 | 7 | | 1 | | 18.84 | | |
| Ash | g | 1.78 | 0.046 | 7 | | 1 | | 2.90 | | |
| Carbohydrate, by difference | g | 17.51 | | 0 | NC | 4 | | 28.54 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 199 | 8.593 | 7 | | 1 | | 324 | | |
| Iron, Fe | mg | 0.81 | 0.092 | 7 | | 1 | | 1.32 | | |
| Magnesium, Mg | mg | 31 | 0.764 | 7 | | 1 | | 51 | | |
| Phosphorus, P | mg | 82 | 4.756 | 7 | | 1 | | 134 | | |
| Potassium, K | mg | 147 | 4.459 | 7 | | 1 | | 240 | | |
| Sodium, Na | mg | 481 | 23.190 | 7 | | 1 | | 784 | | |
| Zinc, Zn | mg | 1.54 | 0.309 | 7 | | 1 | | 2.51 | | |
| Copper, Cu | mg | 0.159 | 0.079 | 5 | | 1 | | 0.259 | | |
| Manganese, Mn | mg | 0.147 | 0.009 | 7 | | 1 | | 0.240 | | |
| Selenium, Se | mcg | 6.2 | | 0 | RK | 4 | | 10.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.6 | 0.202 | 7 | | 1 | | 1.0 | | |
| Thiamin | mg | 0.050 | 0.021 | 7 | | 1 | | 0.082 | | |
| Riboflavin | mg | 0.260 | 0.016 | 7 | | 1 | | 0.424 | | |
| Niacin | mg | 1.170 | 0.068 | 7 | | 1 | | 1.907 | | |
| Pantothenic acid | mg | 0.930 | 0.072 | 7 | | 1 | | 1.516 | | |
| Vitamin B-6 | mg | 0.240 | 0.103 | 7 | | 1 | | 0.391 | | |
| Folate, total | mcg | 40 | | 0 | RK | 4 | | 65 | | |
| Folic acid | mcg | 19 | | 0 | NC | 4 | | 31 | | |
| Folate, food | mcg | 21 | | 0 | | 4 | | 34 | | |
| Folate, DFE | mcg_DFE | 53 | | 0 | NC | 4 | | 87 | | |
| Vitamin B-12 | mcg | 0.46 | 0.052 | 7 | | 1 | | 0.75 | | |
| Vitamin A, IU | IU | 712 | 568.762 | 3 | | 1 | | 1161 | | |
| Vitamin A, RAE | mcg_RAE | 61 | | 0 | NC | 4 | | 99 | | |
| Retinol | mcg | 30 | | 0 | NC | 4 | | 49 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.496 | | 0 | | 1 | | 10.588 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.925 | | 2 | | 1 | | 1.508 | | |
| 10:0 | g | 0.264 | | 2 | | 1 | | 0.430 | | |
| 12:0 | g | 0.311 | | 2 | | 1 | | 0.507 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.996 | | 2 | | 1 | | 1.623 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.547 | | 2 | | 1 | | 4.152 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.454 | | 2 | | 1 | | 2.370 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21074**
**Fast foods, enchilada, with cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 3.872 | | 0 | | 1 | | 6.311 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.872 | | 2 | | 1 | | 6.311 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.501 | | 0 | | 1 | | 0.817 | | |
| 18:2 undifferentiated g | 0.449 | | 2 | | 1 | | 0.732 | | |
| 18:3 undifferentiated g | 0.051 | | 2 | | 1 | | 0.083 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 27 | | 2 | | 1 | | 44 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.061 | | 0 | | 1 | | 0.099 | | |
| Threonine g | 0.199 | | 0 | | 1 | | 0.324 | | |
| Isoleucine g | 0.283 | | 0 | | 1 | | 0.461 | | |
| Leucine g | 0.539 | | 0 | | 1 | | 0.879 | | |
| Lysine g | 0.350 | | 0 | | 1 | | 0.571 | | |
| Methionine g | 0.126 | | 0 | | 1 | | 0.205 | | |
| Cystine g | 0.051 | | 0 | | 1 | | 0.083 | | |
| Phenylalanine g | 0.270 | | 0 | | 1 | | 0.440 | | |
| Tyrosine g | 0.239 | | 0 | | 1 | | 0.390 | | |
| Valine g | 0.323 | | 0 | | 1 | | 0.526 | | |
| Arginine g | 0.233 | | 0 | | 1 | | 0.380 | | |
| Histidine g | 0.176 | | 0 | | 1 | | 0.287 | | |
| Alanine g | 0.234 | | 0 | | 1 | | 0.381 | | |
| Aspartic acid g | 0.404 | | 0 | | 1 | | 0.659 | | |
| Glutamic acid g | 1.335 | | 0 | | 1 | | 2.176 | | |
| Glycine g | 0.138 | | 0 | | 1 | | 0.225 | | |
| Proline g | 0.534 | | 0 | | 1 | | 0.870 | | |
| Serine g | 0.290 | | 0 | | 1 | | 0.473 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.01 **Fat** 8.77 **Carbohydrate** 4.07

**Food Group:** 21 Fast Foods

**NDB No. 21075**
**Fast foods, enchilada, with cheese and beef**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 66.89 | 1.493 | 8 | | 1 | | 128.43 | | |
| Energy | kcal | 168 | | 0 | | 1 | | 323 | | |
| Energy | kj | 703 | | | | 1 | | 1350 | | |
| Protein (N x 5.98) | g | 6.21 | 0.401 | 8 | | 1 | | 11.92 | | |
| Total lipid (fat) | g | 9.19 | 0.825 | 8 | | 1 | | 17.64 | | |
| Ash | g | 1.85 | 0.087 | 8 | | 1 | | 3.55 | | |
| Carbohydrate, by difference | g | 15.87 | | 0 | NC | 4 | | 30.47 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 119 | 7.431 | 7 | | 1 | | 228 | | |
| Iron, Fe | mg | 1.60 | 0.460 | 8 | | 1 | | 3.07 | | |
| Magnesium, Mg | mg | 43 | 9.685 | 8 | | 1 | | 83 | | |
| Phosphorus, P | mg | 87 | 28.705 | 8 | | 1 | | 167 | | |
| Potassium, K | mg | 299 | 93.283 | 8 | | 1 | | 574 | | |
| Sodium, Na | mg | 687 | 179.305 | 8 | | 1 | | 1319 | | |
| Zinc, Zn | mg | 1.40 | 0.157 | 8 | | 1 | | 2.69 | | |
| Copper, Cu | mg | 0.270 | 0.107 | 8 | | 1 | | 0.518 | | |
| Manganese, Mn | mg | 0.304 | 0.103 | 8 | | 1 | | 0.584 | | |
| Selenium, Se | mcg | 5.1 | | 0 | RK | 4 | | 9.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | 0.484 | 7 | | 1 | | 1.3 | | |
| Thiamin | mg | 0.050 | 0.013 | 8 | | 1 | | 0.096 | | |
| Riboflavin | mg | 0.210 | 0.020 | 8 | | 1 | | 0.403 | | |
| Niacin | mg | 1.310 | 0.043 | 7 | | 1 | | 2.515 | | |
| Pantothenic acid | mg | 0.750 | 0.109 | 8 | | 1 | | 1.440 | | |
| Vitamin B-6 | mg | 0.140 | 0.012 | 8 | | 1 | | 0.269 | | |
| Folate, total | mcg | 35 | | 0 | RK | 4 | | 67 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 35 | | 0 | RK | 4 | | 67 | | |
| Folate, DFE | mcg_DFE | 35 | | 0 | NC | 4 | | 67 | | |
| Vitamin B-12 | mcg | 0.53 | 0.063 | 8 | | 1 | | 1.02 | | |
| Vitamin A, IU | IU | 591 | 427.793 | 4 | | 1 | | 1135 | | |
| Vitamin A, RAE | mcg_RAE | 51 | | 0 | NC | 4 | | 97 | | |
| Retinol | mcg | 25 | | 0 | NC | 4 | | 48 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.712 | | 0 | | 1 | | 9.047 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.030 | | 2 | | 1 | | 0.058 | | |
| 12:0 | g | 0.103 | | 2 | | 1 | | 0.198 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.605 | | 2 | | 1 | | 1.162 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.373 | | 2 | | 1 | | 4.556 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.601 | | 2 | | 1 | | 3.074 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21075**
**Fast foods, enchilada, with cheese and beef**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 3.201 | | 0 | | 1 | | 6.146 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 3.201 | | 2 | | 1 | | 6.146 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.723 | | 0 | | 1 | | 1.388 | | |
| 18:2 undifferentiated....g | 0.681 | | 2 | | 1 | | 1.308 | | |
| 18:3 undifferentiated....g | 0.042 | | 2 | | 1 | | 0.081 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 21 | 9.737 | 3 | | 1 | | 40 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.069 | | 0 | | 1 | | 0.132 | | |
| Threonine....g | 0.239 | | 0 | | 1 | | 0.459 | | |
| Isoleucine....g | 0.275 | | 0 | | 1 | | 0.528 | | |
| Leucine....g | 0.563 | | 0 | | 1 | | 1.081 | | |
| Lysine....g | 0.409 | | 0 | | 1 | | 0.785 | | |
| Methionine....g | 0.136 | | 0 | | 1 | | 0.261 | | |
| Cystine....g | 0.069 | | 0 | | 1 | | 0.132 | | |
| Phenylalanine....g | 0.269 | | 0 | | 1 | | 0.516 | | |
| Tyrosine....g | 0.226 | | 0 | | 1 | | 0.434 | | |
| Valine....g | 0.319 | | 0 | | 1 | | 0.612 | | |
| Arginine....g | 0.349 | | 0 | | 1 | | 0.670 | | |
| Histidine....g | 0.194 | | 0 | | 1 | | 0.372 | | |
| Alanine....g | 0.355 | | 0 | | 1 | | 0.682 | | |
| Aspartic acid....g | 0.527 | | 0 | | 1 | | 1.012 | | |
| Glutamic acid....g | 1.308 | | 0 | | 1 | | 2.511 | | |
| Glycine....g | 0.304 | | 0 | | 1 | | 0.584 | | |
| Proline....g | 0.448 | | 0 | | 1 | | 0.860 | | |
| Serine....g | 0.279 | | 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 = 192g: 1 enchilada

**Calories Factors:** **Protein** 3.73 **Fat** 8.79 **Carbohydrate** 4.07

**Food Group:** 21 Fast Foods

**NDB No. 21076**
**Fast foods, enchirito, with cheese, beef, and beans**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 62.67 | 0.562 | 15 | | 1 | | 120.95 | | |
| Energy | kcal | 178 | | 0 | | 1 | | 344 | | |
| Energy | kj | 745 | | | | 1 | | 1437 | | |
| Protein (N x 6.19) | g | 9.27 | 0.309 | 15 | | 1 | | 17.89 | | |
| Total lipid (fat) | g | 8.33 | 0.315 | 15 | | 1 | | 16.08 | | |
| Ash | g | 2.22 | 0.057 | 15 | | 1 | | 4.28 | | |
| Carbohydrate, by difference | g | 17.51 | | 0 | NC | 4 | | 33.79 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 113 | 10.143 | 15 | | 1 | | 218 | | |
| Iron, Fe | mg | 1.24 | 0.105 | 15 | | 1 | | 2.39 | | |
| Magnesium, Mg | mg | 37 | 5.047 | 15 | | 1 | | 71 | | |
| Phosphorus, P | mg | 116 | 3.569 | 15 | | 1 | | 224 | | |
| Potassium, K | mg | 290 | 9.041 | 15 | | 1 | | 560 | | |
| Sodium, Na | mg | 648 | 48.812 | 15 | | 1 | | 1251 | | |
| Zinc, Zn | mg | 1.43 | 0.076 | 14 | | 1 | | 2.76 | | |
| Copper, Cu | mg | 0.140 | 0.029 | 14 | | 1 | | 0.270 | | |
| Manganese, Mn | mg | 0.199 | 0.002 | 15 | | 1 | | 0.384 | | |
| Selenium, Se | mcg | 4.2 | | 0 | RK | 4 | | 8.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.4 | 0.693 | 5 | | 1 | | 4.6 | | |
| Thiamin | mg | 0.090 | 0.034 | 5 | | 1 | | 0.174 | | |
| Riboflavin | mg | 0.360 | 0.023 | 5 | | 1 | | 0.695 | | |
| Niacin | mg | 1.550 | 0.042 | 4 | | 1 | | 2.992 | | |
| Pantothenic acid | mg | 0.950 | 0.172 | 5 | | 1 | | 1.834 | | |
| Vitamin B-6 | mg | 0.110 | 0.005 | 5 | | 1 | | 0.212 | | |
| Folate, total | mcg | 49 | | 0 | RA | 4 | | 95 | | |
| Folic acid | mcg | 18 | | 0 | RA | 4 | | 35 | | |
| Folate, food | mcg | 31 | | 0 | NC | 4 | | 60 | | |
| Folate, DFE | mcg_DFE | 62 | | 0 | NC | 4 | | 119 | | |
| Vitamin B-12 | mcg | 0.84 | 0.081 | 5 | | 1 | | 1.62 | | |
| Vitamin A, IU | IU | 526 | | 2 | | 1 | | 1015 | | |
| Vitamin A, RAE | mcg_RAE | 46 | | 0 | NC | 4 | | 89 | | |
| Retinol | mcg | 24 | | 0 | NC | 4 | | 46 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.118 | | 0 | | 1 | | 7.948 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.057 | | 1 | | 1 | | 0.110 | | |
| 12:0 | g | 0.238 | | 1 | | 1 | | 0.459 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | | | | | | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.606 | | 1 | | 1 | | 5.030 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.217 | | 1 | | 1 | | 2.349 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21076**
**Fast foods, enchirito, with cheese, beef, and beans**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 3.377 | | 0 | | 1 | | 6.518 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.377 | | 1 | | 1 | | 6.518 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.170 | | 0 | | 1 | | 0.328 | | |
| 18:2 undifferentiated g | | | | | | | | | |
| 18:3 undifferentiated g | 0.170 | | 1 | | 1 | | 0.328 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 26 | | 2 | | 1 | | 50 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.102 | | 0 | | 1 | | 0.197 | | |
| Threonine g | 0.349 | | 0 | | 1 | | 0.674 | | |
| Isoleucine g | 0.407 | | 0 | | 1 | | 0.786 | | |
| Leucine g | 0.803 | | 0 | | 1 | | 1.550 | | |
| Lysine g | 0.613 | | 0 | | 1 | | 1.183 | | |
| Methionine g | 0.195 | | 0 | | 1 | | 0.376 | | |
| Cystine g | 0.094 | | 0 | | 1 | | 0.181 | | |
| Phenylalanine g | 0.401 | | 0 | | 1 | | 0.774 | | |
| Tyrosine g | 0.325 | | 0 | | 1 | | 0.627 | | |
| Valine g | 0.469 | | 0 | | 1 | | 0.905 | | |
| Arginine g | 0.506 | | 0 | | 1 | | 0.977 | | |
| Histidine g | 0.280 | | 0 | | 1 | | 0.540 | | |
| Alanine g | 0.488 | | 0 | | 1 | | 0.942 | | |
| Aspartic acid g | 0.788 | | 0 | | 1 | | 1.521 | | |
| Glutamic acid g | 1.849 | | 0 | | 1 | | 3.569 | | |
| Glycine g | 0.425 | | 0 | | 1 | | 0.820 | | |
| Proline g | 0.634 | | 0 | | 1 | | 1.224 | | |
| Serine g | 0.418 | | 0 | | 1 | | 0.807 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 193g: 1 enchirito

**Calories Factors:** **Protein** 3.98 **Fat** 8.81 **Carbohydrate** 3.88

**Food Group:** 21 Fast Foods

**NDB No. 21019**
**Fast foods, english muffin, with butter**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 32.63 | 1.440 | 3 | | 1 | | 20.56 | | |
| Energy | kcal | 300 | | 0 | NC | 4 | | 189 | | |
| Energy | kj | 1255 | | | | 4 | | 791 | | |
| Protein (N x 5.72) | g | 7.73 | | 2 | | 1 | | 4.87 | | |
| Total lipid (fat) | g | 9.14 | 0.476 | 3 | | 1 | | 5.76 | | |
| Ash | g | 2.30 | | 2 | | 1 | | 1.45 | | |
| Carbohydrate, by difference | g | 48.19 | | 0 | NC | 4 | | 30.36 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 163 | | 2 | | 1 | | 103 | | |
| Iron, Fe | mg | 2.52 | | 2 | | 1 | | 1.59 | | |
| Magnesium, Mg | mg | 21 | | 2 | | 1 | | 13 | | |
| Phosphorus, P | mg | 135 | | 2 | | 1 | | 85 | | |
| Potassium, K | mg | 110 | | 2 | | 1 | | 69 | | |
| Sodium, Na | mg | 613 | | 2 | | 1 | | 386 | | |
| Zinc, Zn | mg | 0.67 | | 2 | | 1 | | 0.42 | | |
| Copper, Cu | mg | 0.102 | | 2 | | 1 | | 0.064 | | |
| Manganese, Mn | mg | 0.332 | | 2 | | 1 | | 0.209 | | |
| Selenium, Se | mcg | 18.6 | | 0 | RK | 4 | | 11.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.2 | | 2 | | 1 | | 0.8 | | |
| Thiamin | mg | 0.400 | | 2 | | 1 | | 0.252 | | |
| Riboflavin | mg | 0.500 | | 2 | | 1 | | 0.315 | | |
| Niacin | mg | 4.150 | | 1 | | 1 | | 2.615 | | |
| Pantothenic acid | mg | 0.220 | | 1 | | 1 | | 0.139 | | |
| Vitamin B-6 | mg | 0.060 | | 2 | | 1 | | 0.038 | | |
| Folate, total | mcg | 90 | | 0 | RK | 4 | | 57 | | |
| Folic acid | mcg | 63 | | 0 | NC | 4 | | 40 | | |
| Folate, food | mcg | 27 | | 1 | | 1 | | 17 | | |
| Folate, DFE | mcg_DFE | 134 | | 0 | NC | 4 | | 84 | | |
| Vitamin B-12 | mcg | 0.03 | | 2 | | 1 | | 0.02 | | |
| Vitamin A, IU | IU | 216 | | 2 | | 1 | | 136 | | |
| Vitamin A, RAE | mcg_RAE | 50 | | 0 | NC | 4 | | 32 | | |
| Retinol | mcg | 47 | | 0 | NC | 4 | | 30 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.20 | | 0 | | 1 | | 0.13 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.857 | | 0 | | 1 | | 2.430 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | 0.168 | | 4 | | 1 | | 0.106 | | |
| 8:0 | g | 0.067 | | 4 | | 1 | | 0.042 | | |
| 10:0 | g | 0.182 | | 4 | | 1 | | 0.115 | | |
| 12:0 | g | 0.675 | | 5 | | 1 | | 0.425 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.711 | | 4 | | 1 | | 0.448 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.387 | | 6 | | 1 | | 0.874 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.478 | | 6 | | 1 | | 0.301 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21019**
**Fast foods, english muffin, with butter**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 2.432 | | 0 | | 1 | | 1.532 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.222 | | 4 | | 1 | | 0.140 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 2.083 | | 6 | | 1 | | 1.312 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.140 | | 0 | | 1 | | 1.348 | | |
| 18:2 undifferentiated g | 1.800 | | 6 | | 1 | | 1.134 | | |
| 18:3 undifferentiated g | 0.305 | | 5 | | 1 | | 0.192 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.035 | | 4 | | 1 | | 0.022 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 20 | 0.732 | 4 | | 1 | | 13 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.095 | | 0 | | 1 | | 0.060 | | |
| Threonine g | 0.243 | | 0 | | 1 | | 0.153 | | |
| Isoleucine g | 0.297 | | 0 | | 1 | | 0.187 | | |
| Leucine g | 0.546 | | 0 | | 1 | | 0.344 | | |
| Lysine g | 0.256 | | 0 | | 1 | | 0.161 | | |
| Methionine g | 0.139 | | 0 | | 1 | | 0.088 | | |
| Cystine g | 0.151 | | 0 | | 1 | | 0.095 | | |
| Phenylalanine g | 0.384 | | 0 | | 1 | | 0.242 | | |
| Tyrosine g | 0.249 | | 0 | | 1 | | 0.157 | | |
| Valine g | 0.341 | | 0 | | 1 | | 0.215 | | |
| Arginine g | 0.331 | | 0 | | 1 | | 0.209 | | |
| Histidine g | 0.178 | | 0 | | 1 | | 0.112 | | |
| Alanine g | 0.291 | | 0 | | 1 | | 0.183 | | |
| Aspartic acid g | 0.406 | | 0 | | 1 | | 0.256 | | |
| Glutamic acid g | 2.340 | | 0 | | 1 | | 1.474 | | |
| Glycine g | 0.291 | | 0 | | 1 | | 0.183 | | |
| Proline g | 0.798 | | 0 | | 1 | | 0.503 | | |
| Serine g | 0.383 | | 0 | | 1 | | 0.241 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 63g: 1 muffin

**Calories Factors:** **Protein** 3.8 **Fat** 8.76 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21020**
**Fast foods, english muffin, with cheese and sausage**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 37.70 | | 1 | | 1 | | 43.36 | | |
| Energy kcal | 342 | | 0 | NC | 4 | | 393 | | |
| Energy kj | 1431 | | | | 4 | | 1646 | | |
| Protein (N x 6.13) g | 13.34 | | 1 | | 1 | | 15.34 | | |
| Total lipid (fat) g | 21.10 | | 1 | | 1 | | 24.27 | | |
| Ash g | 2.50 | | 1 | | 1 | | 2.88 | | |
| Carbohydrate, by difference g | 25.36 | | 0 | NC | 4 | | 29.16 | | |
| Fiber, total dietary g | 1.3 | | 0 | | 4 | | 1.5 | | |
| Sugars, total g | 1.06 | | 0 | FLA | 4 | | 1.22 | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 146 | | 1 | | 1 | | 168 | | |
| Iron, Fe mg | 1.96 | | 1 | | 1 | | 2.25 | | |
| Magnesium, Mg mg | 21 | | 1 | | 1 | | 24 | | |
| Phosphorus, P mg | 162 | | 1 | | 1 | | 186 | | |
| Potassium, K mg | 187 | | 1 | | 1 | | 215 | | |
| Sodium, Na mg | 901 | | 1 | | 1 | | 1036 | | |
| Zinc, Zn mg | 1.46 | | 1 | | 1 | | 1.68 | | |
| Copper, Cu mg | 0.066 | | 1 | | 1 | | 0.076 | | |
| Manganese, Mn mg | 0.191 | | 1 | | 4 | | 0.220 | | |
| Selenium, Se mcg | 18.5 | | 0 | RK | 4 | | 21.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.1 | | 1 | | 1 | | 1.3 | | |
| Thiamin mg | 0.610 | | 1 | | 1 | | 0.702 | | |
| Riboflavin mg | 0.220 | | 1 | | 1 | | 0.253 | | |
| Niacin mg | 3.600 | | 1 | | 1 | | 4.140 | | |
| Pantothenic acid mg | 0.460 | | 1 | | 1 | | 0.529 | | |
| Vitamin B-6 mg | 0.130 | | 1 | | 1 | | 0.150 | | |
| Folate, total mcg | 58 | | 0 | RK | 4 | | 67 | | |
| Folic acid mcg | 42 | | 0 | NC | 4 | | 48 | | |
| Folate, food mcg | 16 | | 1 | | 1 | | 18 | | |
| Folate, DFE mcg_DFE | 87 | | 0 | NC | 4 | | 101 | | |
| Vitamin B-12 mcg | 0.59 | | 1 | | 1 | | 0.68 | | |
| Vitamin A, IU IU | 330 | | 0 | FLA | 4 | | 379 | | |
| Vitamin A, RAE mcg_RAE | 88 | | 0 | FLA | 4 | | 101 | | |
| Retinol mcg | 86 | | 0 | FLA | 4 | | 99 | | |
| Vitamin E (alpha-tocopherol) mg | 1.10 | | 0 | FLA | 4 | | 1.27 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | 3.0 | | 0 | FLA | 4 | | 3.5 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 8.566 | | 0 | | 1 | | 9.851 | | |
| 4:0 g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 6:0 g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 8:0 g | 0.063 | | 1 | | 1 | | 0.072 | | |
| 10:0 g | 0.150 | | 1 | | 1 | | 0.173 | | |
| 12:0 g | 0.171 | | 1 | | 1 | | 0.197 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.727 | | 1 | | 1 | | 0.836 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 4.939 | | 1 | | 1 | | 5.680 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.324 | | 1 | | 1 | | 2.673 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21020**
**Fast foods, english muffin, with cheese and sausage**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 8.766 | | 0 | | 1 | | 10.081 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.644 | | 1 | | 1 | | 0.741 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.937 | | 1 | | 1 | | 9.128 | | |
| 20:1 g | 0.126 | | 1 | | 1 | | 0.145 | | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.343 | | 0 | | 1 | | 2.694 | | |
| 18:2 undifferentiated g | 2.022 | | 1 | | 1 | | 2.325 | | |
| 18:3 undifferentiated g | 0.133 | | 1 | | 1 | | 0.153 | | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.188 | | 1 | | 1 | | 0.216 | | |
| 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 | 51 | | 1 | | 1 | | 59 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.163 | | 0 | | 1 | | 0.187 | | |
| Threonine g | 0.459 | | 0 | | 1 | | 0.528 | | |
| Isoleucine g | 0.548 | | 0 | | 1 | | 0.630 | | |
| Leucine g | 1.025 | | 0 | | 1 | | 1.179 | | |
| Lysine g | 0.975 | | 0 | | 1 | | 1.121 | | |
| Methionine g | 0.305 | | 0 | | 1 | | 0.351 | | |
| Cystine g | 0.150 | | 0 | | 1 | | 0.173 | | |
| Phenylalanine g | 0.598 | | 0 | | 1 | | 0.688 | | |
| Tyrosine g | 0.529 | | 0 | | 1 | | 0.608 | | |
| Valine g | 0.659 | | 0 | | 1 | | 0.758 | | |
| Arginine g | 0.642 | | 0 | | 1 | | 0.738 | | |
| Histidine g | 0.426 | | 0 | | 1 | | 0.490 | | |
| Alanine g | 0.527 | | 0 | | 1 | | 0.606 | | |
| Aspartic acid g | 0.883 | | 0 | | 1 | | 1.015 | | |
| Glutamic acid g | 2.840 | | 0 | | 1 | | 3.266 | | |
| Glycine g | 0.509 | | 0 | | 1 | | 0.585 | | |
| Proline g | 1.118 | | 0 | | 1 | | 1.286 | | |
| Serine g | 0.603 | | 0 | | 1 | | 0.693 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 24 | | 0 | FLA | 4 | | 28.122 | | |
| Carotene, alpha mcg | 1 | | 0 | FLA | 4 | | 1.569 | | |
| Cryptoxanthin, beta mcg | 1 | | 0 | FLA | 4 | | 1.489 | | |
| Lycopene mcg | 1 | | 0 | FLA | 4 | | 1.403 | | |
| Lutein + zeaxanthin mcg | 60 | | 0 | FLA | 4 | | 69.273 | | |

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

**NDB No. 21020**
**Fast foods, english muffin, with cheese and sausage**

**Calories Factors:** **Protein** 4.12 **Fat** 8.89 **Carbohydrate** 3.94

**Food Group:** 21 Fast Foods

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

**NDB No. 21021**
**Fast foods, english muffin, with egg, cheese, and canadian bacon**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 56.78 | | 0 | MC | 9 | | 77.79 | | |
| Energy kcal | 211 | | 0 | MC | 9 | | 289 | | |
| Energy kj | 883 | | | | 9 | | 1209 | | |
| Protein g | 12.18 | | 0 | MC | 9 | | 16.69 | | |
| Total lipid (fat) g | 9.19 | | 0 | MC | 9 | | 12.59 | | |
| Ash g | 2.33 | | 0 | MC | 9 | | 3.19 | | |
| Carbohydrate, by difference g | 19.52 | | 0 | MC | 9 | | 26.74 | | |
| Fiber, total dietary g | 1.1 | | 0 | MC | 9 | | 1.5 | | |
| Sugars, total g | 2.01 | | 0 | MC | 9 | | 2.75 | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 110 | | 0 | MC | 9 | | 151 | | |
| Iron, Fe mg | 1.78 | | 0 | MC | 9 | | 2.44 | | |
| Magnesium, Mg mg | 17 | | 0 | MC | 9 | | 23 | | |
| Phosphorus, P mg | 197 | | 0 | MC | 9 | | 270 | | |
| Potassium, K mg | 145 | | 0 | MC | 9 | | 199 | | |
| Sodium, Na mg | 532 | | 0 | MC | 9 | | 729 | | |
| Zinc, Zn mg | 1.14 | | 0 | MC | 9 | | 1.56 | | |
| Copper, Cu mg | 0.051 | | 0 | MC | 9 | | 0.070 | | |
| Manganese, Mn mg | 0.009 | | 0 | MC | 9 | | 0.012 | | |
| Selenium, Se mcg | 24.8 | | 0 | RK | 4 | | 34.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.3 | | 0 | MC | 9 | | 1.8 | | |
| Thiamin mg | 0.361 | | 0 | MC | 9 | | 0.495 | | |
| Riboflavin mg | 0.327 | | 0 | MC | 9 | | 0.448 | | |
| Niacin mg | 2.434 | | 0 | MC | 9 | | 3.335 | | |
| Pantothenic acid mg | 0.653 | | 0 | MC | 9 | | 0.895 | | |
| Vitamin B-6 mg | 0.107 | | 0 | MC | 9 | | 0.147 | | |
| Folate, total mcg | 50 | | 0 | RA | 4 | | 69 | | |
| Folic acid mcg | 18 | | 0 | RA | 4 | | 25 | | |
| Folate, food mcg | 32 | | 0 | NC | 4 | | 44 | | |
| Folate, DFE mcg_DFE | 63 | | 0 | NC | 4 | | 86 | | |
| Vitamin B-12 mcg | 0.49 | | 0 | MC | 9 | | 0.67 | | |
| Vitamin A, IU IU | 428 | | 0 | MC | 9 | | 586 | | |
| Vitamin A, RAE mcg_RAE | 129 | | 0 | NC | 4 | | 177 | | |
| Retinol mcg | 129 | | 0 | NC | 4 | | 177 | | |
| Vitamin E (alpha-tocopherol) mg | 0.41 | | 0 | | 1 | | 0.56 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | 32.000 | | 0 | T | 4 | | 43.840 | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.405 | | 0 | MC | 9 | | 4.665 | | |
| Fatty acids, total monounsaturated g | 3.409 | | 0 | MC | 9 | | 4.670 | | |
| Fatty acids, total polyunsaturated g | 1.137 | | 0 | MC | 9 | | 1.558 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 171 | | 0 | MC | 9 | | 234 | | |
| Phytosterols mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 137g: 1 sandwich

**NDB No. 21021**
**Fast foods, english muffin, with egg, cheese, and canadian bacon**

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21022**
**Fast foods, english muffin, with egg, cheese, and sausage**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.40 | | 1 | | 1 | | 78.21 | | |
| Energy | kcal | 295 | | 0 | NC | 4 | | 487 | | |
| Energy | kj | 1234 | | | | 4 | | 2037 | | |
| Protein (N x 6.17) | g | 13.13 | | 1 | | 1 | | 21.66 | | |
| Total lipid (fat) | g | 18.70 | | 1 | | 1 | | 30.86 | | |
| Ash | g | 2.00 | | 1 | | 1 | | 3.30 | | |
| Carbohydrate, by difference | g | 18.77 | | 0 | NC | 4 | | 30.97 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 119 | | 1 | | 1 | | 196 | | |
| Iron, Fe | mg | 2.10 | | 1 | | 1 | | 3.47 | | |
| Magnesium, Mg | mg | 18 | | 1 | | 1 | | 30 | | |
| Phosphorus, P | mg | 174 | | 1 | | 1 | | 287 | | |
| Potassium, K | mg | 178 | | 1 | | 1 | | 294 | | |
| Sodium, Na | mg | 688 | | 1 | | 1 | | 1135 | | |
| Zinc, Zn | mg | 1.43 | | 1 | | 1 | | 2.36 | | |
| Copper, Cu | mg | 0.072 | | 1 | | 1 | | 0.119 | | |
| Manganese, Mn | mg | 0.181 | | 1 | | 1 | | 0.299 | | |
| Selenium, Se | mcg | 18.8 | | 0 | RK | 4 | | 31.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | | 1 | | 4 | | 1.5 | | |
| Thiamin | mg | 0.510 | | 1 | | 1 | | 0.842 | | |
| Riboflavin | mg | 0.300 | | 1 | | 1 | | 0.495 | | |
| Niacin | mg | 2.700 | | 1 | | 1 | | 4.455 | | |
| Pantothenic acid | mg | 0.850 | | 1 | | 1 | | 1.403 | | |
| Vitamin B-6 | mg | 0.120 | | 1 | | 1 | | 0.198 | | |
| Folate, total | mcg | 54 | | 0 | RA | 4 | | 89 | | |
| Folic acid | mcg | 21 | | 0 | RA | 4 | | 35 | | |
| Folate, food | mcg | 33 | | 0 | NC | 4 | | 54 | | |
| Folate, DFE | mcg_DFE | 69 | | 0 | NC | 4 | | 113 | | |
| Vitamin B-12 | mcg | 0.83 | | 1 | | 1 | | 1.37 | | |
| Vitamin A, IU | IU | 400 | | 1 | | 1 | | 660 | | |
| Vitamin A, RAE | mcg_RAE | 119 | | 0 | NC | 4 | | 196 | | |
| Retinol | mcg | 118 | | 0 | NC | 4 | | 195 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 7.525 | | 0 | | 1 | | 12.416 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.055 | | 1 | | 1 | | 0.091 | | |
| 10:0 | g | 0.127 | | 1 | | 1 | | 0.210 | | |
| 12:0 | g | 0.148 | | 1 | | 1 | | 0.244 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.611 | | 1 | | 1 | | 1.008 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 4.469 | | 1 | | 1 | | 7.374 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.975 | | 1 | | 1 | | 3.259 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21022**
**Fast foods, english muffin, with egg, cheese, and sausage**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 7.726 | | 0 | | 1 | | 12.748 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.595 | | 1 | | 1 | | 0.982 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 6.974 | | 1 | | 1 | | 11.507 | | |
| 20:1 g | 0.100 | | 1 | | 1 | | 0.165 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.012 | | 0 | | 1 | | 3.320 | | |
| 18:2 undifferentiated g | 1.856 | | 1 | | 1 | | 3.062 | | |
| 18:3 undifferentiated g | 0.068 | | 1 | | 1 | | 0.112 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.089 | | 1 | | 1 | | 0.147 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 166 | | 1 | | 1 | | 274 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.170 | | 0 | | 1 | | 0.281 | | |
| Threonine g | 0.489 | | 0 | | 1 | | 0.807 | | |
| Isoleucine g | 0.596 | | 0 | | 1 | | 0.983 | | |
| Leucine g | 1.036 | | 0 | | 1 | | 1.709 | | |
| Lysine g | 0.947 | | 0 | | 1 | | 1.563 | | |
| Methionine g | 0.323 | | 0 | | 1 | | 0.533 | | |
| Cystine g | 0.179 | | 0 | | 1 | | 0.295 | | |
| Phenylalanine g | 0.615 | | 0 | | 1 | | 1.015 | | |
| Tyrosine g | 0.526 | | 0 | | 1 | | 0.868 | | |
| Valine g | 0.706 | | 0 | | 1 | | 1.165 | | |
| Arginine g | 0.666 | | 0 | | 1 | | 1.099 | | |
| Histidine g | 0.398 | | 0 | | 1 | | 0.657 | | |
| Alanine g | 0.560 | | 0 | | 1 | | 0.924 | | |
| Aspartic acid g | 0.949 | | 0 | | 1 | | 1.566 | | |
| Glutamic acid g | 2.543 | | 0 | | 1 | | 4.196 | | |
| Glycine g | 0.477 | | 0 | | 1 | | 0.787 | | |
| Proline g | 0.981 | | 0 | | 1 | | 1.619 | | |
| Serine g | 0.668 | | 0 | | 1 | | 1.102 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 165g: 1 muffin

**Calories Factors:** **Protein** 4.19 **Fat** 8.9 **Carbohydrate** 3.94

**Food Group:** 21 Fast Foods

**NDB No. 21105**
**Fast foods, fish sandwich, with tartar sauce**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.35 | 0.694 | 27 | | 1 | | 74.81 | | |
| Energy | kcal | 273 | | 0 | | 1 | | 431 | | |
| Energy | kj | 1142 | | | | 1 | | 1805 | | |
| Protein (N x 6.07) | g | 10.72 | 0.174 | 27 | | 1 | | 16.94 | | |
| Total lipid (fat) | g | 14.41 | 0.416 | 29 | | 1 | | 22.77 | | |
| Ash | g | 1.56 | 0.124 | 12 | | 1 | | 2.46 | | |
| Carbohydrate, by difference | g | 25.96 | | 0 | NC | 4 | | 41.02 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 53 | 7.339 | 26 | | 1 | | 84 | | |
| Iron, Fe | mg | 1.65 | 0.111 | 26 | | 1 | | 2.61 | | |
| Magnesium, Mg | mg | 21 | 0.710 | 25 | | 1 | | 33 | | |
| Phosphorus, P | mg | 134 | 6.609 | 24 | | 1 | | 212 | | |
| Potassium, K | mg | 215 | 5.009 | 25 | | 1 | | 340 | | |
| Sodium, Na | mg | 389 | 20.254 | 28 | | 1 | | 615 | | |
| Zinc, Zn | mg | 0.63 | 0.037 | 24 | | 1 | | 1.00 | | |
| Copper, Cu | mg | 0.121 | 0.027 | 20 | | 1 | | 0.191 | | |
| Manganese, Mn | mg | 0.231 | 0.013 | 17 | | 1 | | 0.365 | | |
| Selenium, Se | mcg | 50.6 | | 0 | RK | 4 | | 79.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.8 | | 2 | | 1 | | 2.8 | | |
| Thiamin | mg | 0.210 | 0.021 | 12 | | 1 | | 0.332 | | |
| Riboflavin | mg | 0.140 | 0.015 | 12 | | 1 | | 0.221 | | |
| Niacin | mg | 2.150 | 0.175 | 12 | | 1 | | 3.397 | | |
| Pantothenic acid | mg | 0.370 | 0.182 | 3 | | 1 | | 0.585 | | |
| Vitamin B-6 | mg | 0.070 | 0.008 | 7 | | 1 | | 0.111 | | |
| Folate, total | mcg | 54 | | 0 | RK | 4 | | 85 | | |
| Folic acid | mcg | 26 | | 0 | NC | 4 | | 41 | | |
| Folate, food | mcg | 28 | 6.422 | 6 | | 1 | | 44 | | |
| Folate, DFE | mcg_DFE | 72 | | 0 | NC | 4 | | 114 | | |
| Vitamin B-12 | mcg | 0.68 | 0.065 | 6 | | 1 | | 1.07 | | |
| Vitamin A, IU | IU | 69 | 13.303 | 6 | | 1 | | 109 | | |
| Vitamin A, RAE | mcg_RAE | 21 | | 0 | NC | 4 | | 33 | | |
| Retinol | mcg | 21 | | 0 | NC | 4 | | 33 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.55 | | 0 | | 1 | | 0.87 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.313 | | 0 | | 1 | | 5.235 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.069 | | 2 | | 1 | | 0.109 | | |
| 12:0 | g | 0.042 | | 2 | | 1 | | 0.066 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.175 | | 2 | | 1 | | 0.277 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.910 | | 2 | | 1 | | 3.018 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.117 | | 2 | | 1 | | 1.765 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21105**
**Fast foods, fish sandwich, with tartar sauce**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 4.869 | | 0 | | 1 | | 7.693 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.567 | | 2 | | 1 | | 0.896 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.302 | | 2 | | 1 | | 6.797 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 5.220 | | 0 | | 1 | | 8.248 | | |
| 18:2 undifferentiated....g | 4.821 | | 2 | | 1 | | 7.617 | | |
| 18:3 undifferentiated....g | 0.399 | | 2 | | 1 | | 0.630 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 35 | 4.291 | 8 | | 1 | | 55 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.124 | | 0 | | 1 | | 0.196 | | |
| Threonine....g | 0.426 | | 0 | | 1 | | 0.673 | | |
| Isoleucine....g | 0.480 | | 0 | | 1 | | 0.758 | | |
| Leucine....g | 0.837 | | 0 | | 1 | | 1.322 | | |
| Lysine....g | 0.770 | | 0 | | 1 | | 1.217 | | |
| Methionine....g | 0.274 | | 0 | | 1 | | 0.433 | | |
| Cystine....g | 0.140 | | 0 | | 1 | | 0.221 | | |
| Phenylalanine....g | 0.458 | | 0 | | 1 | | 0.724 | | |
| Tyrosine....g | 0.332 | | 0 | | 1 | | 0.525 | | |
| Valine....g | 0.553 | | 0 | | 1 | | 0.874 | | |
| Arginine....g | 0.583 | | 0 | | 1 | | 0.921 | | |
| Histidine....g | 0.290 | | 0 | | 1 | | 0.458 | | |
| Alanine....g | 0.569 | | 0 | | 1 | | 0.899 | | |
| Aspartic acid....g | 0.936 | | 0 | | 1 | | 1.479 | | |
| Glutamic acid....g | 2.143 | | 0 | | 1 | | 3.386 | | |
| Glycine....g | 0.486 | | 0 | | 1 | | 0.768 | | |
| Proline....g | 0.620 | | 0 | | 1 | | 0.980 | | |
| Serine....g | 0.479 | | 0 | | 1 | | 0.757 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.11 **Fat** 8.79 **Carbohydrate** 3.93

**Food Group:** 21 Fast Foods

**NDB No. 21106**
**Fast foods, fish sandwich, with tartar sauce and cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 45.18 | 0.825 | 29 | | 1 | | 82.68 | | |
| Energy | kcal | 286 | | 0 | | 1 | | 523 | | |
| Energy | kj | 1197 | | | | 1 | | 2190 | | |
| Protein (N x 6.11) | g | 11.26 | 0.290 | 23 | | 1 | | 20.61 | | |
| Total lipid (fat) | g | 15.63 | 0.627 | 24 | | 1 | | 28.60 | | |
| Ash | g | 1.91 | 0.048 | 7 | | 1 | | 3.50 | | |
| Carbohydrate, by difference | g | 26.03 | | 0 | NC | 4 | | 47.63 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 101 | 7.291 | 15 | | 1 | | 185 | | |
| Iron, Fe | mg | 1.91 | 0.373 | 16 | | 1 | | 3.50 | | |
| Magnesium, Mg | mg | 20 | 1.075 | 14 | | 1 | | 37 | | |
| Phosphorus, P | mg | 170 | 12.054 | 14 | | 1 | | 311 | | |
| Potassium, K | mg | 193 | 12.901 | 16 | | 1 | | 353 | | |
| Sodium, Na | mg | 513 | 33.259 | 19 | | 1 | | 939 | | |
| Zinc, Zn | mg | 0.64 | 0.048 | 12 | | 1 | | 1.17 | | |
| Copper, Cu | mg | 0.065 | 0.009 | 12 | | 1 | | 0.119 | | |
| Manganese, Mn | mg | 0.198 | 0.021 | 9 | | 1 | | 0.362 | | |
| Selenium, Se | mcg | 48.4 | | 0 | RK | 4 | | 88.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.5 | 0.405 | 6 | | 1 | | 2.7 | | |
| Thiamin | mg | 0.250 | 0.044 | 12 | | 1 | | 0.458 | | |
| Riboflavin | mg | 0.230 | 0.048 | 13 | | 1 | | 0.421 | | |
| Niacin | mg | 2.310 | 0.236 | 12 | | 1 | | 4.227 | | |
| Pantothenic acid | mg | 0.240 | 0.047 | 5 | | 1 | | 0.439 | | |
| Vitamin B-6 | mg | 0.060 | 0.010 | 5 | | 1 | | 0.110 | | |
| Folate, total | mcg | 50 | | 0 | RK | 4 | | 92 | | |
| Folic acid | mcg | 33 | | 0 | NC | 4 | | 60 | | |
| Folate, food | mcg | 17 | 2.883 | 14 | | 1 | | 31 | | |
| Folate, DFE | mcg_DFE | 73 | | 0 | NC | 4 | | 134 | | |
| Vitamin B-12 | mcg | 0.59 | 0.056 | 5 | | 1 | | 1.08 | | |
| Vitamin A, IU | IU | 236 | 88.146 | 5 | | 1 | | 432 | | |
| Vitamin A, RAE | mcg_RAE | 71 | | 0 | NC | 4 | | 130 | | |
| Retinol | mcg | 71 | | 0 | NC | 4 | | 130 | | |
| Vitamin E (alpha-tocopherol) | mg | 1.00 | | 0 | | 1 | | 1.83 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 20.000 | | 0 | T | 4 | | 36.600 | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.448 | | 0 | | 1 | | 8.140 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.067 | | 5 | | 1 | | 0.123 | | |
| 10:0 | g | 0.045 | | 5 | | 1 | | 0.082 | | |
| 12:0 | g | 0.038 | | 5 | | 1 | | 0.070 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.352 | | 5 | | 1 | | 0.644 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.430 | | 5 | | 1 | | 4.447 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.398 | | 5 | | 1 | | 2.558 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21106**
**Fast foods, fish sandwich, with tartar sauce and cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 4.874 | | 0 | | 1 | | 8.919 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.320 | | 5 | | 1 | | 0.586 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.405 | | 5 | | 1 | | 8.061 | | |
| 20:1 g | 0.039 | | 5 | | 1 | | 0.071 | | |
| 22:1 undifferentiated g | 0.059 | | 5 | | 1 | | 0.108 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 5.154 | | 0 | | 1 | | 9.432 | | |
| 18:2 undifferentiated g | 4.602 | | 5 | | 1 | | 8.422 | | |
| 18:3 undifferentiated g | 0.524 | | 5 | | 1 | | 0.959 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.028 | | 5 | | 1 | | 0.051 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 37 | 3.179 | 11 | | 1 | | 68 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.134 | | 0 | | 1 | | 0.245 | | |
| Threonine g | 0.435 | | 0 | | 1 | | 0.796 | | |
| Isoleucine g | 0.505 | | 0 | | 1 | | 0.924 | | |
| Leucine g | 0.893 | | 0 | | 1 | | 1.634 | | |
| Lysine g | 0.849 | | 0 | | 1 | | 1.554 | | |
| Methionine g | 0.287 | | 0 | | 1 | | 0.525 | | |
| Cystine g | 0.134 | | 0 | | 1 | | 0.245 | | |
| Phenylalanine g | 0.492 | | 0 | | 1 | | 0.900 | | |
| Tyrosine g | 0.383 | | 0 | | 1 | | 0.701 | | |
| Valine g | 0.591 | | 0 | | 1 | | 1.082 | | |
| Arginine g | 0.591 | | 0 | | 1 | | 1.082 | | |
| Histidine g | 0.324 | | 0 | | 1 | | 0.593 | | |
| Alanine g | 0.553 | | 0 | | 1 | | 1.012 | | |
| Aspartic acid g | 0.940 | | 0 | | 1 | | 1.720 | | |
| Glutamic acid g | 2.257 | | 0 | | 1 | | 4.130 | | |
| Glycine g | 0.464 | | 0 | | 1 | | 0.849 | | |
| Proline g | 0.717 | | 0 | | 1 | | 1.312 | | |
| Serine g | 0.507 | | 0 | | 1 | | 0.928 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 183g: 1 sandwich

**Calories Factors:** **Protein** 4.12 **Fat** 8.81 **Carbohydrate** 3.93

**Food Group:** 21 Fast Foods

**NDB No. 21024**
**Fast foods, french toast sticks**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 29.96 | | 0 | | 1 | | 42.24 | | |
| Energy kcal | 364 | | 0 | NC | 4 | | 513 | | |
| Energy kj | 1523 | | | | 4 | | 2147 | | |
| Protein (N x 5.73) g | 5.87 | | 1 | | 1 | | 8.28 | | |
| Total lipid (fat) g | 20.60 | | 1 | | 1 | | 29.05 | | |
| Ash g | 2.54 | | 0 | | 1 | | 3.58 | | |
| Carbohydrate, by difference g | 41.03 | | 0 | NC | 4 | | 57.85 | | |
| Fiber, total dietary g | 1.9 | | 0 | | 4 | | 2.7 | | |
| Sugars, total g | 18.72 | | 0 | FLA | 4 | | 26.40 | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 55 | | 1 | | 1 | | 78 | | |
| Iron, Fe mg | 2.10 | | 1 | | 1 | | 2.96 | | |
| Magnesium, Mg mg | 19 | | 0 | | 4 | | 27 | | |
| Phosphorus, P mg | 87 | | 1 | | 1 | | 123 | | |
| Potassium, K mg | 90 | | 1 | | 1 | | 127 | | |
| Sodium, Na mg | 354 | | 1 | | 1 | | 499 | | |
| Zinc, Zn mg | 0.66 | | 0 | | 4 | | 0.93 | | |
| Copper, Cu mg | 0.192 | | 0 | | 4 | | 0.271 | | |
| Manganese, Mn mg | 0.155 | | 0 | | 4 | | 0.219 | | |
| Selenium, Se mcg | 16.7 | | 1 | BFZN | 4 | | 23.5 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin mg | 0.160 | | 1 | | 1 | | 0.226 | | |
| Riboflavin mg | 0.180 | | 1 | | 1 | | 0.254 | | |
| Niacin mg | 2.100 | | 1 | | 1 | | 2.961 | | |
| Pantothenic acid mg | 0.400 | | 0 | | 4 | | 0.564 | | |
| Vitamin B-6 mg | 0.180 | | 0 | | 4 | | 0.254 | | |
| Folate, total mcg | 181 | | 0 | FLA | 4 | | 256 | | |
| Folic acid mcg | 39 | | 0 | FLA | 4 | | 56 | | |
| Folate, food mcg | 142 | | 0 | FLA | 4 | | 200 | | |
| Folate, DFE mcg_DFE | 209 | | 0 | NC | 4 | | 295 | | |
| Vitamin B-12 mcg | 0.05 | | 0 | | 4 | | 0.07 | | |
| Vitamin A, IU IU | 5 | | 0 | FLA | 4 | | 7 | | |
| Vitamin A, RAE mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | | |
| Retinol mcg | 0 | | 0 | FLA | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) mg | 1.65 | | 0 | FLA | 4 | | 2.33 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | 7.5 | | 0 | FLA | 4 | | 10.5 | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.340 | | 0 | | 4 | | 4.709 | | |
| 4:0 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 6:0 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 8:0 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 10:0 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 12:0 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.021 | | 0 | | 4 | | 0.030 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.154 | | 0 | | 4 | | 3.037 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.010 | | 0 | | 4 | | 1.424 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21024**
**Fast foods, french toast sticks**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 8.970 | | 0 | | 4 | | 12.648 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.112 | | 0 | | 4 | | 0.158 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 8.531 | | 0 | | 4 | | 12.029 | | |
| 20:1 g | 0.001 | | 0 | | 4 | | 0.001 | | |
| 22:1 undifferentiated g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 7.050 | | 0 | | 4 | | 9.941 | | |
| 18:2 undifferentiated g | 6.338 | | 0 | | 4 | | 8.937 | | |
| 18:3 undifferentiated g | 0.458 | | 0 | | 4 | | 0.646 | | |
| 18:4 g | 0.000 | | 0 | | 4 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.004 | | 0 | | 4 | | 0.006 | | |
| 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 | 53 | | 1 | | 1 | | 75 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.073 | | 0 | | 1 | | 0.103 | | |
| Threonine g | 0.204 | | 0 | | 1 | | 0.288 | | |
| Isoleucine g | 0.242 | | 0 | | 1 | | 0.341 | | |
| Leucine g | 0.430 | | 0 | | 1 | | 0.606 | | |
| Lysine g | 0.230 | | 0 | | 1 | | 0.324 | | |
| Methionine g | 0.110 | | 0 | | 1 | | 0.155 | | |
| Cystine g | 0.112 | | 0 | | 1 | | 0.158 | | |
| Phenylalanine g | 0.291 | | 0 | | 1 | | 0.410 | | |
| Tyrosine g | 0.198 | | 0 | | 1 | | 0.279 | | |
| Valine g | 0.273 | | 0 | | 1 | | 0.385 | | |
| Arginine g | 0.267 | | 0 | | 1 | | 0.376 | | |
| Histidine g | 0.139 | | 0 | | 1 | | 0.196 | | |
| Alanine g | 0.247 | | 0 | | 1 | | 0.348 | | |
| Aspartic acid g | 0.347 | | 0 | | 1 | | 0.489 | | |
| Glutamic acid g | 1.631 | | 0 | | 1 | | 2.300 | | |
| Glycine g | 0.227 | | 0 | | 1 | | 0.320 | | |
| Proline g | 0.553 | | 0 | | 1 | | 0.780 | | |
| Serine g | 0.300 | | 0 | | 1 | | 0.423 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 3 | | 0 | FLA | 4 | | 3.913 | | |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.025 | | |
| Cryptoxanthin, beta mcg | 0 | | 0 | FLA | 4 | | 0.099 | | |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 4 | | 0 | FLA | 4 | | 5.786 | | |

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

**Common Measures:**

Measure 1 = 141g: 5 pieces

**NDB No. 21024**
**Fast foods, french toast sticks**

**Calories Factors:** **Protein** 3.61 **Fat** 8.83 **Carbohydrate** 3.92

**Food Group:** 21 Fast Foods

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

**NDB No. 21077**
**Fast foods, frijoles with cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 69.11 | 0.711 | 22 | | 1 | | 115.41 | | |
| Energy | kcal | 135 | | 0 | | 1 | | 225 | | |
| Energy | kj | 565 | | | | 1 | | 943 | | |
| Protein (N x 6.31) | g | 6.81 | 0.181 | 22 | | 1 | | 11.37 | | |
| Total lipid (fat) | g | 4.66 | 0.335 | 22 | | 1 | | 7.78 | | |
| Ash | g | 2.23 | 0.054 | 22 | | 1 | | 3.72 | | |
| Carbohydrate, by difference | g | 17.19 | | 0 | NC | 4 | | 28.71 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 113 | 5.202 | 22 | | 1 | | 189 | | |
| Iron, Fe | mg | 1.34 | 0.091 | 22 | | 1 | | 2.24 | | |
| Magnesium, Mg | mg | 51 | 2.560 | 22 | | 1 | | 85 | | |
| Phosphorus, P | mg | 105 | 10.060 | 22 | | 1 | | 175 | | |
| Potassium, K | mg | 362 | 17.372 | 22 | | 1 | | 605 | | |
| Sodium, Na | mg | 528 | 32.908 | 22 | | 1 | | 882 | | |
| Zinc, Zn | mg | 1.04 | 0.048 | 21 | | 1 | | 1.74 | | |
| Copper, Cu | mg | 0.204 | 0.006 | 21 | | 1 | | 0.341 | | |
| Manganese, Mn | mg | 0.301 | 0.009 | 22 | | 1 | | 0.503 | | |
| Selenium, Se | mcg | 1.7 | | 0 | RK | 4 | | 2.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | 0.363 | 12 | | 1 | | 1.5 | | |
| Thiamin | mg | 0.080 | 0.016 | 11 | | 1 | | 0.134 | | |
| Riboflavin | mg | 0.200 | 0.020 | 12 | | 1 | | 0.334 | | |
| Niacin | mg | 0.890 | 0.105 | 12 | | 1 | | 1.486 | | |
| Pantothenic acid | mg | 0.660 | 0.054 | 12 | | 1 | | 1.102 | | |
| Vitamin B-6 | mg | 0.120 | 0.012 | 12 | | 1 | | 0.200 | | |
| Folate, total | mcg | 67 | | 1 | | 4 | | 112 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 67 | | 1 | | 4 | | 112 | | |
| Folate, DFE | mcg_DFE | 67 | | 0 | NC | 4 | | 112 | | |
| Vitamin B-12 | mcg | 0.41 | 0.043 | 12 | | 1 | | 0.68 | | |
| Vitamin A, IU | IU | 273 | 94.743 | 5 | | 1 | | 456 | | |
| Vitamin A, RAE | mcg_RAE | 21 | | 0 | NC | 4 | | 35 | | |
| Retinol | mcg | 9 | | 0 | NC | 4 | | 15 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.440 | | 0 | | 1 | | 4.075 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.027 | | 3 | | 1 | | 0.045 | | |
| 12:0 | g | 0.065 | | 3 | | 1 | | 0.109 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.241 | | 3 | | 1 | | 0.402 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.387 | | 3 | | 1 | | 2.316 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.721 | | 3 | | 1 | | 1.204 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21077**
**Fast foods, frijoles with cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 1.567 | | 0 | | 1 | | 2.617 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.567 | | 3 | | 1 | | 2.617 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.417 | | 0 | | 1 | | 0.696 | | |
| 18:2 undifferentiated....g | 0.344 | | 3 | | 1 | | 0.574 | | |
| 18:3 undifferentiated....g | 0.073 | | 3 | | 1 | | 0.122 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 22 | 6.341 | 3 | | 1 | | 37 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.078 | | 0 | | 1 | | 0.130 | | |
| Threonine....g | 0.258 | | 0 | | 1 | | 0.431 | | |
| Isoleucine....g | 0.307 | | 0 | | 1 | | 0.513 | | |
| Leucine....g | 0.523 | | 0 | | 1 | | 0.873 | | |
| Lysine....g | 0.455 | | 0 | | 1 | | 0.760 | | |
| Methionine....g | 0.111 | | 0 | | 1 | | 0.185 | | |
| Cystine....g | 0.061 | | 0 | | 1 | | 0.102 | | |
| Phenylalanine....g | 0.337 | | 0 | | 1 | | 0.563 | | |
| Tyrosine....g | 0.210 | | 0 | | 1 | | 0.351 | | |
| Valine....g | 0.351 | | 0 | | 1 | | 0.586 | | |
| Arginine....g | 0.359 | | 0 | | 1 | | 0.600 | | |
| Histidine....g | 0.189 | | 0 | | 1 | | 0.316 | | |
| Alanine....g | 0.250 | | 0 | | 1 | | 0.418 | | |
| Aspartic acid....g | 0.711 | | 0 | | 1 | | 1.187 | | |
| Glutamic acid....g | 1.283 | | 0 | | 1 | | 2.143 | | |
| Glycine....g | 0.214 | | 0 | | 1 | | 0.357 | | |
| Proline....g | 0.379 | | 0 | | 1 | | 0.633 | | |
| Serine....g | 0.349 | | 0 | | 1 | | 0.583 | | |
| Hydroxyproline....g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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** 3.8 **Fat** 8.76 **Carbohydrate** 3.99

**Food Group:** 21 Fast Foods

**NDB No. 21116**
**Fast foods, ham and cheese sandwich**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 50.80 | 2.667 | 4 | | 1 | | 74.17 | | |
| Energy | kcal | 241 | | 0 | | 1 | | 352 | | |
| Energy | kj | 1008 | | | | 1 | | 1472 | | |
| Protein (N x 6.13) | g | 14.17 | 1.044 | 7 | | 1 | | 20.69 | | |
| Total lipid (fat) | g | 10.60 | 0.713 | 6 | | 1 | | 15.48 | | |
| Ash | g | 1.59 | | 2 | | 1 | | 2.32 | | |
| Carbohydrate, by difference | g | 22.84 | | 0 | NC | 4 | | 33.35 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 89 | 18.245 | 4 | | 1 | | 130 | | |
| Iron, Fe | mg | 2.22 | 0.309 | 4 | | 1 | | 3.24 | | |
| Magnesium, Mg | mg | 11 | | 2 | | 1 | | 16 | | |
| Phosphorus, P | mg | 104 | | 2 | | 1 | | 152 | | |
| Potassium, K | mg | 199 | | 2 | | 1 | | 291 | | |
| Sodium, Na | mg | 528 | 97.337 | 4 | | 1 | | 771 | | |
| Zinc, Zn | mg | 0.94 | | 2 | | 1 | | 1.37 | | |
| Copper, Cu | mg | 0.125 | | 2 | | 1 | | 0.183 | | |
| Manganese, Mn | mg | 0.095 | | 2 | | 1 | | 0.139 | | |
| Selenium, Se | mcg | 15.8 | | 0 | RK | 4 | | 23.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.9 | 1.097 | 4 | | 1 | | 2.8 | | |
| Thiamin | mg | 0.210 | 0.111 | 3 | | 1 | | 0.307 | | |
| Riboflavin | mg | 0.330 | 0.093 | 3 | | 1 | | 0.482 | | |
| Niacin | mg | 1.840 | 0.330 | 4 | | 1 | | 2.686 | | |
| Pantothenic acid | mg | 0.710 | | 2 | | 1 | | 1.037 | | |
| Vitamin B-6 | mg | 0.140 | | 2 | | 1 | | 0.204 | | |
| Folate, total | mcg | 52 | | 0 | RK | 4 | | 76 | | |
| Folic acid | mcg | 3 | | 0 | NC | 4 | | 4 | | |
| Folate, food | mcg | 49 | | 2 | | 1 | | 72 | | |
| Folate, DFE | mcg_DFE | 54 | | 0 | NC | 4 | | 79 | | |
| Vitamin B-12 | mcg | 0.37 | | 2 | | 1 | | 0.54 | | |
| Vitamin A, IU | IU | 219 | | 2 | | 1 | | 320 | | |
| Vitamin A, RAE | mcg_RAE | 66 | | 0 | NC | 4 | | 96 | | |
| Retinol | mcg | 66 | | 0 | NC | 4 | | 96 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.20 | | 0 | | 1 | | 0.29 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.409 | | 0 | | 1 | | 6.437 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.077 | | 2 | | 1 | | 0.112 | | |
| 10:0 | g | 0.095 | | 2 | | 1 | | 0.139 | | |
| 12:0 | g | 0.085 | | 2 | | 1 | | 0.124 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.443 | | 2 | | 1 | | 0.647 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.662 | | 2 | | 1 | | 3.887 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.048 | | 2 | | 1 | | 1.530 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21116**
**Fast foods, ham and cheese sandwich**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 4.615 | | 0 | | 1 | | 6.738 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.516 | | 2 | | 1 | | 0.753 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.099 | | 2 | | 1 | | 5.985 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.942 | | 0 | | 1 | | 1.375 | | |
| 18:2 undifferentiated....g | 0.890 | | 2 | | 1 | | 1.299 | | |
| 18:3 undifferentiated....g | 0.052 | | 2 | | 1 | | 0.076 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 40 | 3.930 | 4 | | 1 | | 58 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.185 | | 0 | | 1 | | 0.270 | | |
| Threonine....g | 0.506 | | 0 | | 1 | | 0.739 | | |
| Isoleucine....g | 0.624 | | 0 | | 1 | | 0.911 | | |
| Leucine....g | 1.142 | | 0 | | 1 | | 1.667 | | |
| Lysine....g | 1.077 | | 0 | | 1 | | 1.572 | | |
| Methionine....g | 0.333 | | 0 | | 1 | | 0.486 | | |
| Cystine....g | 0.171 | | 0 | | 1 | | 0.250 | | |
| Phenylalanine....g | 0.680 | | 0 | | 1 | | 0.993 | | |
| Tyrosine....g | 0.562 | | 0 | | 1 | | 0.821 | | |
| Valine....g | 0.735 | | 0 | | 1 | | 1.073 | | |
| Arginine....g | 0.696 | | 0 | | 1 | | 1.016 | | |
| Histidine....g | 0.483 | | 0 | | 1 | | 0.705 | | |
| Alanine....g | 0.552 | | 0 | | 1 | | 0.806 | | |
| Aspartic acid....g | 0.994 | | 0 | | 1 | | 1.451 | | |
| Glutamic acid....g | 3.104 | | 0 | | 1 | | 4.532 | | |
| Glycine....g | 0.481 | | 0 | | 1 | | 0.702 | | |
| Proline....g | 1.184 | | 0 | | 1 | | 1.729 | | |
| Serine....g | 0.659 | | 0 | | 1 | | 0.962 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 146g: 1 sandwich

**Calories Factors:** **Protein** 4.13 **Fat** 8.75 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21117**
**Fast foods, ham, egg, and cheese sandwich**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 51.15 | | 2 | | 1 | | 73.14 | | |
| Energy | kcal | 243 | | 0 | | 1 | | 347 | | |
| Energy | kj | 1017 | | | | 1 | | 1454 | | |
| Protein (N x 6.17) | g | 13.46 | 0.735 | 3 | | 1 | | 19.25 | | |
| Total lipid (fat) | g | 11.40 | 1.026 | 3 | | 1 | | 16.30 | | |
| Ash | g | 2.35 | | 2 | | 1 | | 3.36 | | |
| Carbohydrate, by difference | g | 21.64 | | 0 | NC | 4 | | 30.95 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 148 | | 2 | | 1 | | 212 | | |
| Iron, Fe | mg | 2.17 | | 2 | | 1 | | 3.10 | | |
| Magnesium, Mg | mg | 18 | | 2 | | 1 | | 26 | | |
| Phosphorus, P | mg | 242 | | 2 | | 1 | | 346 | | |
| Potassium, K | mg | 147 | | 2 | | 1 | | 210 | | |
| Sodium, Na | mg | 703 | 85.935 | 3 | | 1 | | 1005 | | |
| Zinc, Zn | mg | 1.39 | | 2 | | 1 | | 1.99 | | |
| Copper, Cu | mg | 0.085 | | 2 | | 1 | | 0.122 | | |
| Manganese, Mn | mg | 0.170 | | 2 | | 1 | | 0.243 | | |
| Selenium, Se | mcg | 22.7 | | 0 | RK | 4 | | 32.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.9 | | 2 | | 1 | | 2.7 | | |
| Thiamin | mg | 0.300 | | 2 | | 1 | | 0.429 | | |
| Riboflavin | mg | 0.390 | | 2 | | 1 | | 0.558 | | |
| Niacin | mg | 2.940 | | 2 | | 1 | | 4.204 | | |
| Pantothenic acid | mg | 0.660 | | 2 | | 1 | | 0.944 | | |
| Vitamin B-6 | mg | 0.110 | | 2 | | 1 | | 0.157 | | |
| Folate, total | mcg | 53 | | 0 | RK | 4 | | 76 | | |
| Folic acid | mcg | 23 | | 0 | NC | 4 | | 33 | | |
| Folate, food | mcg | 30 | | 2 | | 1 | | 43 | | |
| Folate, DFE | mcg_DFE | 69 | | 0 | NC | 4 | | 99 | | |
| Vitamin B-12 | mcg | 0.86 | | 2 | | 1 | | 1.23 | | |
| Vitamin A, IU | IU | 393 | | 2 | | 1 | | 562 | | |
| Vitamin A, RAE | mcg_RAE | 116 | | 0 | NC | 4 | | 165 | | |
| Retinol | mcg | 115 | | 0 | NC | 4 | | 164 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.175 | | 1 | | 1 | | 7.400 | | |
| Fatty acids, total monounsaturated | g | 4.017 | | 1 | | 1 | | 5.744 | | |
| Fatty acids, total polyunsaturated | g | 1.182 | | 1 | | 1 | | 1.690 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 172 | 16.476 | 3 | | 1 | | 246 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.185 | | 0 | | 1 | | 0.265 | | |
| Threonine | g | 0.526 | | 0 | | 1 | | 0.752 | | |
| Isoleucine | g | 0.654 | | 0 | | 1 | | 0.935 | | |
| Leucine | g | 1.099 | | 0 | | 1 | | 1.572 | | |
| Lysine | g | 0.982 | | 0 | | 1 | | 1.404 | | |
| Methionine | g | 0.345 | | 0 | | 1 | | 0.493 | | |
| Cystine | g | 0.203 | | 0 | | 1 | | 0.290 | | |

**NDB No. 21117**
**Fast foods, ham, egg, and cheese sandwich**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.670 | | 0 | | 1 | | 0.958 | | |
| Tyrosine....g | 0.534 | | 0 | | 1 | | 0.764 | | |
| Valine....g | 0.763 | | 0 | | 1 | | 1.091 | | |
| Arginine....g | 0.709 | | 0 | | 1 | | 1.014 | | |
| Histidine....g | 0.419 | | 0 | | 1 | | 0.599 | | |
| Alanine....g | 0.591 | | 0 | | 1 | | 0.845 | | |
| Aspartic acid....g | 1.040 | | 0 | | 1 | | 1.487 | | |
| Glutamic acid....g | 2.585 | | 0 | | 1 | | 3.697 | | |
| Glycine....g | 0.452 | | 0 | | 1 | | 0.646 | | |
| Proline....g | 0.953 | | 0 | | 1 | | 1.363 | | |
| Serine....g | 0.726 | | 0 | | 1 | | 1.038 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 143g: 1 sandwich

**Calories Factors:** **Protein** 4.21 **Fat** 8.89 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21114**
**Fast foods, hamburger, large, double patty, with condiments and vegetables**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 53.74 | 0.980 | 10 | | 1 | | 121.45 | | |
| Energy | kcal | 239 | | 0 | | 1 | | 540 | | |
| Energy | kj | 1000 | | | | 1 | | 2260 | | |
| Protein (N x 6.2) | g | 15.17 | 0.768 | 10 | | 1 | | 34.28 | | |
| Total lipid (fat) | g | 11.75 | 1.554 | 10 | | 1 | | 26.56 | | |
| Ash | g | 1.52 | 0.080 | 10 | | 1 | | 3.44 | | |
| Carbohydrate, by difference | g | 17.82 | | 0 | NC | 4 | | 40.27 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 45 | 5.859 | 10 | | 1 | | 102 | | |
| Iron, Fe | mg | 2.59 | 0.220 | 10 | | 1 | | 5.85 | | |
| Magnesium, Mg | mg | 22 | 1.104 | 9 | | 1 | | 50 | | |
| Phosphorus, P | mg | 139 | 6.750 | 10 | | 1 | | 314 | | |
| Potassium, K | mg | 252 | 9.099 | 10 | | 1 | | 570 | | |
| Sodium, Na | mg | 350 | 17.140 | 10 | | 1 | | 791 | | |
| Zinc, Zn | mg | 2.51 | 0.221 | 10 | | 1 | | 5.67 | | |
| Copper, Cu | mg | 0.097 | 0.006 | 9 | | 1 | | 0.219 | | |
| Manganese, Mn | mg | 0.110 | | 1 | | 1 | | 0.249 | | |
| Selenium, Se | mcg | 11.3 | | 0 | RK | 4 | | 25.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 1 | | 1 | | 1.1 | | |
| Thiamin | mg | 0.160 | 0.015 | 10 | | 1 | | 0.362 | | |
| Riboflavin | mg | 0.170 | 0.009 | 10 | | 1 | | 0.384 | | |
| Niacin | mg | 3.350 | 0.247 | 10 | | 1 | | 7.571 | | |
| Pantothenic acid | mg | 0.240 | | 1 | | 1 | | 0.542 | | |
| Vitamin B-6 | mg | 0.240 | | 1 | | 1 | | 0.542 | | |
| Folate, total | mcg | 34 | | 0 | RK | 4 | | 77 | | |
| Folic acid | mcg | 22 | | 0 | NC | 4 | | 50 | | |
| Folate, food | mcg | 12 | | 1 | | 1 | | 27 | | |
| Folate, DFE | mcg_DFE | 49 | | 0 | NC | 4 | | 112 | | |
| Vitamin B-12 | mcg | 1.80 | | 1 | | 1 | | 4.07 | | |
| Vitamin A, IU | IU | 45 | | 1 | | 1 | | 102 | | |
| Vitamin A, RAE | mcg_RAE | 2 | | 0 | NC | 4 | | 5 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.654 | | 1 | | 1 | | 10.518 | | |
| Fatty acids, total monounsaturated | g | 4.570 | | 1 | | 1 | | 10.328 | | |
| Fatty acids, total polyunsaturated | g | 1.237 | | 1 | | 1 | | 2.796 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 54 | | 2 | | 1 | | 122 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.183 | | 0 | | 1 | | 0.414 | | |
| Threonine | g | 0.599 | | 0 | | 1 | | 1.354 | | |
| Isoleucine | g | 0.638 | | 0 | | 1 | | 1.442 | | |
| Leucine | g | 1.172 | | 0 | | 1 | | 2.649 | | |
| Lysine | g | 1.108 | | 0 | | 1 | | 2.504 | | |
| Methionine | g | 0.330 | | 0 | | 1 | | 0.746 | | |
| Cystine | g | 0.164 | | 0 | | 1 | | 0.371 | | |

**NDB No. 21114**
**Fast foods, hamburger, large, double patty, with condiments and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine g | 0.599 | | 0 | | 1 | | 1.354 | | |
| Tyrosine g | 0.448 | | 0 | | 1 | | 1.012 | | |
| Valine g | 0.729 | | 0 | | 1 | | 1.648 | | |
| Arginine g | 0.944 | | 0 | | 1 | | 2.133 | | |
| Histidine g | 0.450 | | 0 | | 1 | | 1.017 | | |
| Alanine g | 0.903 | | 0 | | 1 | | 2.041 | | |
| Aspartic acid g | 1.289 | | 0 | | 1 | | 2.913 | | |
| Glutamic acid g | 2.803 | | 0 | | 1 | | 6.335 | | |
| Glycine g | 1.020 | | 0 | | 1 | | 2.305 | | |
| Proline g | 0.898 | | 0 | | 1 | | 2.029 | | |
| Serine g | 0.612 | | 0 | | 1 | | 1.383 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 226g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21202**
**Fast foods, hamburger, large, single patty, with condiments**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 51.75 | | 0 | MC | 9 | | 89.01 | | |
| Energy kcal | 248 | | 0 | MC | 9 | | 427 | | |
| Energy kj | 1038 | | | | 9 | | 1785 | | |
| Protein g | 13.43 | | 0 | MC | 9 | | 23.10 | | |
| Total lipid (fat) g | 12.21 | | 0 | MC | 9 | | 21.00 | | |
| Ash g | 1.78 | | 0 | MC | 9 | | 3.06 | | |
| Carbohydrate, by difference g | 21.41 | | 0 | MC | 9 | | 36.83 | | |
| Fiber, total dietary g | 1.2 | | 0 | MC | 9 | | 2.1 | | |
| Sugars, total g | 4.84 | | 0 | MC | 9 | | 8.32 | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 78 | | 0 | MC | 9 | | 134 | | |
| Iron, Fe mg | 2.41 | | 0 | MC | 9 | | 4.15 | | |
| Magnesium, Mg mg | 20 | | 0 | MC | 9 | | 34 | | |
| Phosphorus, P mg | 124 | | 0 | MC | 9 | | 213 | | |
| Potassium, K mg | 230 | | 0 | MC | 9 | | 396 | | |
| Sodium, Na mg | 425 | | 0 | MC | 9 | | 731 | | |
| Zinc, Zn mg | 2.77 | | 0 | MC | 9 | | 4.76 | | |
| Copper, Cu mg | 0.159 | | 0 | MC | 9 | | 0.273 | | |
| Manganese, Mn mg | 0.200 | | 0 | MC | 9 | | 0.344 | | |
| Selenium, Se mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.5 | | 0 | MC | 9 | | 2.6 | | |
| Thiamin mg | 0.199 | | 0 | MC | 9 | | 0.342 | | |
| Riboflavin mg | 0.165 | | 0 | MC | 9 | | 0.284 | | |
| Niacin mg | 3.815 | | 0 | MC | 9 | | 6.562 | | |
| Pantothenic acid mg | 0.302 | | 0 | MC | 9 | | 0.519 | | |
| Vitamin B-6 mg | 0.143 | | 0 | MC | 9 | | 0.246 | | |
| Folate, total mcg | 36 | | 0 | MC | 9 | | 62 | | |
| Folic acid mcg | 22 | | 0 | RA | 4 | | 38 | | |
| Folate, food mcg | 14 | | 0 | NC | 4 | | 24 | | |
| Folate, DFE mcg_DFE | 51 | | 0 | NC | 4 | | 88 | | |
| Vitamin B-12 mcg | 1.50 | | 0 | MC | 9 | | 2.58 | | |
| Vitamin A, IU IU | 64 | | 0 | MC | 9 | | 110 | | |
| Vitamin A, RAE mcg_RAE | 3 | | 0 | NC | 4 | | 5 | | |
| Retinol mcg | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.608 | | 0 | MC | 9 | | 7.926 | | |
| Fatty acids, total monounsaturated g | 5.411 | | 0 | MC | 9 | | 9.307 | | |
| Fatty acids, total polyunsaturated g | 0.927 | | 0 | MC | 9 | | 1.594 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 41 | | 0 | MC | 9 | | 71 | | |
| 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 = 172g: 1 sandwich

**NDB No. 21202**
**Fast foods, hamburger, large, single patty, with condiments**

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21115**
**Fast foods, hamburger, large, triple patty, with condiments**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 52.37 | | 2 | | 1 | | 135.64 | | |
| Energy | kcal | 267 | | 0 | | 1 | | 692 | | |
| Energy | kj | 1117 | | | | 1 | | 2893 | | |
| Protein (N x 6.2) | g | 19.30 | 1.138 | 3 | | 1 | | 49.99 | | |
| Total lipid (fat) | g | 16.01 | 0.884 | 3 | | 1 | | 41.47 | | |
| Ash | g | 1.28 | | 2 | | 1 | | 3.32 | | |
| Carbohydrate, by difference | g | 11.04 | | 0 | NC | 4 | | 28.59 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 25 | | 2 | | 1 | | 65 | | |
| Iron, Fe | mg | 3.21 | | 2 | | 1 | | 8.31 | | |
| Magnesium, Mg | mg | 21 | | 1 | | 1 | | 54 | | |
| Phosphorus, P | mg | 152 | | 2 | | 1 | | 394 | | |
| Potassium, K | mg | 303 | | 2 | | 1 | | 785 | | |
| Sodium, Na | mg | 275 | 31.971 | 3 | | 1 | | 712 | | |
| Zinc, Zn | mg | 4.15 | | 2 | | 1 | | 10.75 | | |
| Copper, Cu | mg | 0.076 | | 1 | | 1 | | 0.197 | | |
| Manganese, Mn | mg | 0.090 | | 1 | | 1 | | 0.233 | | |
| Selenium, Se | mcg | 21.5 | | 0 | RK | 4 | | 55.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 1 | | 1 | | 1.3 | | |
| Thiamin | mg | 0.120 | | 2 | | 1 | | 0.311 | | |
| Riboflavin | mg | 0.210 | | 2 | | 1 | | 0.544 | | |
| Niacin | mg | 4.230 | | 2 | | 1 | | 10.956 | | |
| Pantothenic acid | mg | 0.260 | | 1 | | 1 | | 0.673 | | |
| Vitamin B-6 | mg | 0.240 | | 1 | | 1 | | 0.622 | | |
| Folate, total | mcg | 29 | | 0 | RK | 4 | | 75 | | |
| Folic acid | mcg | 17 | | 0 | NC | 4 | | 44 | | |
| Folate, food | mcg | 12 | | 1 | | 1 | | 31 | | |
| Folate, DFE | mcg_DFE | 41 | | 0 | NC | 4 | | 106 | | |
| Vitamin B-12 | mcg | 1.90 | | 1 | | 1 | | 4.92 | | |
| Vitamin A, IU | IU | 61 | | 1 | | 1 | | 158 | | |
| Vitamin A, RAE | mcg_RAE | 3 | | 0 | NC | 4 | | 8 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.147 | | 1 | | 1 | | 15.921 | | |
| Fatty acids, total monounsaturated | g | 7.040 | | 1 | | 1 | | 18.234 | | |
| Fatty acids, total polyunsaturated | g | 1.059 | | 1 | | 1 | | 2.743 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 55 | 5.100 | 3 | | 1 | | 142 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.237 | | 0 | | 1 | | 0.614 | | |
| Threonine | g | 0.778 | | 0 | | 1 | | 2.015 | | |
| Isoleucine | g | 0.822 | | 0 | | 1 | | 2.129 | | |
| Leucine | g | 1.522 | | 0 | | 1 | | 3.942 | | |
| Lysine | g | 1.482 | | 0 | | 1 | | 3.838 | | |
| Methionine | g | 0.433 | | 0 | | 1 | | 1.121 | | |
| Cystine | g | 0.202 | | 0 | | 1 | | 0.523 | | |

**NDB No. 21115**
**Fast foods, hamburger, large, triple patty, with condiments**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.756 | | 0 | | 1 | | 1.958 | | |
| Tyrosine....g | 0.585 | | 0 | | 1 | | 1.515 | | |
| Valine....g | 0.937 | | 0 | | 1 | | 2.427 | | |
| Arginine....g | 1.242 | | 0 | | 1 | | 3.217 | | |
| Histidine....g | 0.588 | | 0 | | 1 | | 1.523 | | |
| Alanine....g | 1.192 | | 0 | | 1 | | 3.087 | | |
| Aspartic acid....g | 1.672 | | 0 | | 1 | | 4.330 | | |
| Glutamic acid....g | 3.384 | | 0 | | 1 | | 8.765 | | |
| Glycine....g | 1.351 | | 0 | | 1 | | 3.499 | | |
| Proline....g | 1.108 | | 0 | | 1 | | 2.870 | | |
| Serine....g | 0.775 | | 0 | | 1 | | 2.007 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 259g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21110**
**Fast foods, hamburger, regular, double patty, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 41.10 | | 2 | | 1 | | 72.34 | | |
| Energy | kcal | 309 | | 0 | | 1 | | 544 | | |
| Energy | kj | 1293 | | | | 1 | | 2275 | | |
| Protein (N x 6.2) | g | 17.00 | | 1 | | 1 | | 29.92 | | |
| Total lipid (fat) | g | 15.85 | 1.271 | 3 | | 1 | | 27.90 | | |
| Ash | g | 1.65 | | 1 | | 1 | | 2.90 | | |
| Carbohydrate, by difference | g | 24.39 | | 0 | NC | 4 | | 42.93 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 49 | | 1 | | 4 | | 86 | | |
| Iron, Fe | mg | 2.59 | | 1 | | 4 | | 4.56 | | |
| Magnesium, Mg | mg | 21 | | 1 | | 4 | | 37 | | |
| Phosphorus, P | mg | 133 | | 1 | | 4 | | 234 | | |
| Potassium, K | mg | 206 | | 1 | | 4 | | 363 | | |
| Sodium, Na | mg | 315 | | 1 | | 1 | | 554 | | |
| Zinc, Zn | mg | 3.25 | | 1 | | 4 | | 5.72 | | |
| Copper, Cu | mg | 0.095 | | 1 | | 4 | | 0.167 | | |
| Manganese, Mn | mg | 0.160 | | 1 | | 4 | | 0.282 | | |
| Selenium, Se | mcg | 22.5 | | 0 | RK | 4 | | 39.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.190 | | 1 | | 4 | | 0.334 | | |
| Riboflavin | mg | 0.210 | | 1 | | 4 | | 0.370 | | |
| Niacin | mg | 4.690 | | 1 | | 4 | | 8.254 | | |
| Pantothenic acid | mg | 0.380 | | 1 | | 4 | | 0.669 | | |
| Vitamin B-6 | mg | 0.180 | | 1 | | 4 | | 0.317 | | |
| Folate, total | mcg | 44 | | 0 | RK | 4 | | 77 | | |
| Folic acid | mcg | 23 | | 0 | NC | 4 | | 40 | | |
| Folate, food | mcg | 21 | | 0 | | 4 | | 37 | | |
| Folate, DFE | mcg_DFE | 60 | | 0 | NC | 4 | | 106 | | |
| Vitamin B-12 | mcg | 1.66 | | 1 | | 4 | | 2.92 | | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.75 | | 0 | | 1 | | 1.32 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 16.000 | | 0 | T | 4 | | 28.160 | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.896 | | 1 | | 1 | | 10.377 | | |
| Fatty acids, total monounsaturated | g | 6.879 | | 1 | | 1 | | 12.107 | | |
| Fatty acids, total polyunsaturated | g | 1.330 | | 1 | | 1 | | 2.341 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 56 | 11.225 | 3 | | 1 | | 99 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.206 | | 0 | | 1 | | 0.363 | | |
| Threonine | g | 0.666 | | 0 | | 1 | | 1.172 | | |
| Isoleucine | g | 0.716 | | 0 | | 1 | | 1.260 | | |
| Leucine | g | 1.319 | | 0 | | 1 | | 2.321 | | |
| Lysine | g | 1.226 | | 0 | | 1 | | 2.158 | | |
| Methionine | g | 0.370 | | 0 | | 1 | | 0.651 | | |
| Cystine | g | 0.186 | | 0 | | 1 | | 0.327 | | |

**NDB No. 21110**
**Fast foods, hamburger, regular, double patty, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.677 | | 0 | | 1 | | 1.192 | | |
| Tyrosine....g | 0.502 | | 0 | | 1 | | 0.884 | | |
| Valine....g | 0.823 | | 0 | | 1 | | 1.448 | | |
| Arginine....g | 1.053 | | 0 | | 1 | | 1.853 | | |
| Histidine....g | 0.505 | | 0 | | 1 | | 0.889 | | |
| Alanine....g | 1.006 | | 0 | | 1 | | 1.771 | | |
| Aspartic acid....g | 1.415 | | 0 | | 1 | | 2.490 | | |
| Glutamic acid....g | 3.156 | | 0 | | 1 | | 5.555 | | |
| Glycine....g | 1.141 | | 0 | | 1 | | 2.008 | | |
| Proline....g | 1.039 | | 0 | | 1 | | 1.829 | | |
| Serine....g | 0.694 | | 0 | | 1 | | 1.221 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21111**
**Fast foods, hamburger, regular, double patty, with condiments**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 50.51 | 0.866 | 8 | | 1 | | 108.60 | | |
| Energy | kcal | 268 | | 0 | | 1 | | 576 | | |
| Energy | kj | 1121 | | | | 1 | | 2411 | | |
| Protein (N x 6.2) | g | 14.80 | 0.578 | 8 | | 1 | | 31.82 | | |
| Total lipid (fat) | g | 15.10 | 0.381 | 8 | | 1 | | 32.47 | | |
| Ash | g | 1.57 | 0.054 | 8 | | 1 | | 3.38 | | |
| Carbohydrate, by difference | g | 18.02 | | 0 | NC | 4 | | 38.74 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 43 | 8.076 | 8 | | 1 | | 92 | | |
| Iron, Fe | mg | 2.58 | 0.165 | 8 | | 1 | | 5.55 | | |
| Magnesium, Mg | mg | 21 | 0.711 | 8 | | 1 | | 45 | | |
| Phosphorus, P | mg | 132 | 5.744 | 8 | | 1 | | 284 | | |
| Potassium, K | mg | 245 | 7.994 | 8 | | 1 | | 527 | | |
| Sodium, Na | mg | 345 | 12.797 | 8 | | 1 | | 742 | | |
| Zinc, Zn | mg | 2.70 | 0.133 | 8 | | 1 | | 5.81 | | |
| Copper, Cu | mg | 0.090 | 0.005 | 8 | | 1 | | 0.194 | | |
| Manganese, Mn | mg | 0.151 | | 1 | | 4 | | 0.325 | | |
| Selenium, Se | mcg | 20.9 | | 0 | RK | 4 | | 44.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | | 1 | | 4 | | 1.1 | | |
| Thiamin | mg | 0.160 | 0.009 | 8 | | 1 | | 0.344 | | |
| Riboflavin | mg | 0.190 | 0.010 | 8 | | 1 | | 0.409 | | |
| Niacin | mg | 3.130 | 0.150 | 8 | | 1 | | 6.730 | | |
| Pantothenic acid | mg | 0.360 | | 1 | | 4 | | 0.774 | | |
| Vitamin B-6 | mg | 0.170 | | 1 | | 4 | | 0.366 | | |
| Folate, total | mcg | 39 | | 0 | RK | 4 | | 84 | | |
| Folic acid | mcg | 18 | | 0 | NC | 4 | | 39 | | |
| Folate, food | mcg | 21 | | 0 | | 4 | | 45 | | |
| Folate, DFE | mcg_DFE | 52 | | 0 | NC | 4 | | 111 | | |
| Vitamin B-12 | mcg | 1.55 | | 1 | | 4 | | 3.33 | | |
| Vitamin A, IU | IU | 25 | | 1 | | 4 | | 54 | | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | NC | 4 | | 3 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.582 | | 1 | | 1 | | 12.001 | | |
| Fatty acids, total monounsaturated | g | 6.571 | | 1 | | 1 | | 14.128 | | |
| Fatty acids, total polyunsaturated | g | 1.286 | | 1 | | 1 | | 2.765 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 48 | | 1 | | 4 | | 103 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.179 | | 0 | | 1 | | 0.385 | | |
| Threonine | g | 0.580 | | 0 | | 1 | | 1.247 | | |
| Isoleucine | g | 0.623 | | 0 | | 1 | | 1.339 | | |
| Leucine | g | 1.143 | | 0 | | 1 | | 2.457 | | |
| Lysine | g | 1.062 | | 0 | | 1 | | 2.283 | | |
| Methionine | g | 0.320 | | 0 | | 1 | | 0.688 | | |
| Cystine | g | 0.162 | | 0 | | 1 | | 0.348 | | |

**NDB No. 21111**
**Fast foods, hamburger, regular, double patty, with condiments**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine g | 0.589 | | 0 | | 1 | | 1.266 | | |
| Tyrosine g | 0.437 | | 0 | | 1 | | 0.940 | | |
| Valine g | 0.714 | | 0 | | 1 | | 1.535 | | |
| Arginine g | 0.914 | | 0 | | 1 | | 1.965 | | |
| Histidine g | 0.437 | | 0 | | 1 | | 0.940 | | |
| Alanine g | 0.873 | | 0 | | 1 | | 1.877 | | |
| Aspartic acid g | 1.231 | | 0 | | 1 | | 2.647 | | |
| Glutamic acid g | 2.759 | | 0 | | 1 | | 5.932 | | |
| Glycine g | 0.988 | | 0 | | 1 | | 2.124 | | |
| Proline g | 0.904 | | 0 | | 1 | | 1.944 | | |
| Serine g | 0.601 | | 0 | | 1 | | 1.292 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 215g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21107**
**Fast foods, hamburger, regular, single patty, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 37.55 | 0.857 | 4 | | 1 | | 33.80 | | |
| Energy | kcal | 305 | | 0 | | 1 | | 275 | | |
| Energy | kj | 1276 | | | NR | 4 | | 1149 | | |
| Protein (N x 6.03) | g | 13.69 | | 1 | | 1 | | 12.32 | | |
| Total lipid (fat) | g | 13.13 | 0.918 | 5 | | 1 | | 11.82 | | |
| Ash | g | 1.73 | | 1 | | 1 | | 1.56 | | |
| Carbohydrate, by difference | g | 33.90 | | 0 | NC | 4 | | 30.51 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 70 | | 1 | | 4 | | 63 | | |
| Iron, Fe | mg | 2.67 | | 1 | | 4 | | 2.40 | | |
| Magnesium, Mg | mg | 21 | | 1 | | 4 | | 19 | | |
| Phosphorus, P | mg | 114 | | 1 | | 4 | | 103 | | |
| Potassium, K | mg | 161 | | 1 | | 4 | | 145 | | |
| Sodium, Na | mg | 430 | | 1 | | 1 | | 387 | | |
| Zinc, Zn | mg | 2.22 | | 1 | | 4 | | 2.00 | | |
| Copper, Cu | mg | 0.100 | | 1 | | 4 | | 0.090 | | |
| Manganese, Mn | mg | 0.237 | | 1 | | 4 | | 0.213 | | |
| Selenium, Se | mcg | 24.1 | | 0 | RK | 4 | | 21.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.370 | | 1 | | 1 | | 0.333 | | |
| Riboflavin | mg | 0.300 | | 1 | | 1 | | 0.270 | | |
| Niacin | mg | 4.130 | | 1 | | 4 | | 3.717 | | |
| Pantothenic acid | mg | 0.410 | | 1 | | 4 | | 0.369 | | |
| Vitamin B-6 | mg | 0.070 | | 1 | | 1 | | 0.063 | | |
| Folate, total | mcg | 59 | | 0 | RK | 4 | | 53 | | |
| Folic acid | mcg | 31 | | 0 | NC | 4 | | 28 | | |
| Folate, food | mcg | 28 | | 0 | | 4 | | 25 | | |
| Folate, DFE | mcg_DFE | 81 | | 0 | NC | 4 | | 73 | | |
| Vitamin B-12 | mcg | 0.99 | | 1 | | 4 | | 0.89 | | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.55 | | 0 | | 1 | | 0.50 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 12.000 | | 0 | T | 4 | | 10.800 | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.601 | | 0 | | 1 | | 4.141 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.073 | | 2 | | 1 | | 0.066 | | |
| 12:0 | g | 0.046 | | 2 | | 1 | | 0.041 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.375 | | 2 | | 1 | | 0.338 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.369 | | 2 | | 1 | | 2.132 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.615 | | 2 | | 1 | | 1.454 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21107**
**Fast foods, hamburger, regular, single patty, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 6.062 | | 0 | | 1 | | 5.456 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.639 | | 2 | | 1 | | 0.575 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.178 | | 2 | | 1 | | 4.660 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.020 | | 0 | | 1 | | 0.918 | | |
| 18:2 undifferentiated....g | 0.938 | | 2 | | 1 | | 0.844 | | |
| 18:3 undifferentiated....g | 0.082 | | 2 | | 1 | | 0.074 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 39 | 3.958 | 6 | | 1 | | 35 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.168 | | 0 | | 1 | | 0.151 | | |
| Threonine....g | 0.513 | | 0 | | 1 | | 0.462 | | |
| Isoleucine....g | 0.579 | | 0 | | 1 | | 0.521 | | |
| Leucine....g | 1.049 | | 0 | | 1 | | 0.944 | | |
| Lysine....g | 0.854 | | 0 | | 1 | | 0.769 | | |
| Methionine....g | 0.282 | | 0 | | 1 | | 0.254 | | |
| Cystine....g | 0.173 | | 0 | | 1 | | 0.156 | | |
| Phenylalanine....g | 0.583 | | 0 | | 1 | | 0.525 | | |
| Tyrosine....g | 0.391 | | 0 | | 1 | | 0.352 | | |
| Valine....g | 0.674 | | 0 | | 1 | | 0.607 | | |
| Arginine....g | 0.790 | | 0 | | 1 | | 0.711 | | |
| Histidine....g | 0.384 | | 0 | | 1 | | 0.346 | | |
| Alanine....g | 0.745 | | 0 | | 1 | | 0.671 | | |
| Aspartic acid....g | 1.056 | | 0 | | 1 | | 0.950 | | |
| Glutamic acid....g | 2.976 | | 0 | | 1 | | 2.678 | | |
| Glycine....g | 0.840 | | 0 | | 1 | | 0.756 | | |
| Proline....g | 0.997 | | 0 | | 1 | | 0.897 | | |
| Serine....g | 0.540 | | 0 | | 1 | | 0.486 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 90g: 1 sandwich

**Calories Factors:** **Protein** 4.07 **Fat** 8.81 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21108**
**Fast foods, hamburger, regular, single patty, with condiments**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 44.91 | | 0 | MC | 9 | | 47.60 | | |
| Energy kcal | 257 | | 0 | MC | 9 | | 272 | | |
| Energy kj | 1075 | | | | 9 | | 1140 | | |
| Protein g | 11.62 | | 0 | MC | 9 | | 12.32 | | |
| Total lipid (fat) g | 9.22 | | 0 | MC | 9 | | 9.77 | | |
| Ash g | 2.10 | | 0 | MC | 9 | | 2.23 | | |
| Carbohydrate, by difference g | 32.31 | | 0 | MC | 9 | | 34.25 | | |
| Fiber, total dietary g | 2.2 | | 0 | MC | 9 | | 2.3 | | |
| Sugars, total g | 6.32 | | 0 | MC | 9 | | 6.70 | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 119 | | 0 | MC | 9 | | 126 | | |
| Iron, Fe mg | 2.56 | | 0 | MC | 9 | | 2.71 | | |
| Magnesium, Mg mg | 22 | | 0 | MC | 9 | | 23 | | |
| Phosphorus, P mg | 108 | | 0 | MC | 9 | | 114 | | |
| Potassium, K mg | 237 | | 0 | MC | 9 | | 251 | | |
| Sodium, Na mg | 504 | | 0 | MC | 9 | | 534 | | |
| Zinc, Zn mg | 2.12 | | 0 | MC | 9 | | 2.25 | | |
| Copper, Cu mg | 0.173 | | 0 | MC | 9 | | 0.183 | | |
| Manganese, Mn mg | 0.345 | | 0 | MC | 9 | | 0.366 | | |
| Selenium, Se mcg | 19.5 | 1.085 | 38 | A | 1 | | 20.7 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 2.1 | | 0 | MC | 9 | | 2.2 | | |
| Thiamin mg | 0.274 | | 0 | MC | 9 | | 0.290 | | |
| Riboflavin mg | 0.222 | | 0 | MC | 9 | | 0.235 | | |
| Niacin mg | 3.690 | | 0 | MC | 9 | | 3.911 | | |
| Pantothenic acid mg | 0.263 | | 0 | MC | 9 | | 0.279 | | |
| Vitamin B-6 mg | 0.111 | | 0 | MC | 9 | | 0.118 | | |
| Folate, total mcg | 49 | | 0 | MC | 9 | | 52 | | |
| Folic acid mcg | 30 | | 0 | RA | 4 | | 32 | | |
| Folate, food mcg | 19 | | 0 | NC | 4 | | 20 | | |
| Folate, DFE mcg_DFE | 70 | | 0 | NC | 4 | | 74 | | |
| Vitamin B-12 mcg | 1.03 | | 0 | MC | 9 | | 1.09 | | |
| Vitamin A, IU IU | 70 | | 0 | MC | 9 | | 74 | | |
| Vitamin A, RAE mcg_RAE | 4 | | 0 | NC | 4 | | 4 | | |
| Retinol mcg | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) mg | 0.40 | | 0 | | 1 | | 0.42 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.361 | | 0 | MC | 9 | | 3.563 | | |
| Fatty acids, total monounsaturated g | 3.212 | | 0 | MC | 9 | | 3.405 | | |
| Fatty acids, total polyunsaturated g | 0.948 | | 0 | MC | 9 | | 1.005 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 28 | | 0 | MC | 9 | | 30 | | |
| Phytosterols mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 106g: 1 sandwich

**NDB No. 21108**
**Fast foods, hamburger, regular, single patty, with condiments**

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21109**
**Fast foods, hamburger, regular, single patty, with condiments and vegetables**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 49.41 | 1.288 | 10 | | 1 | | 54.35 | | |
| Energy kcal | 254 | | 0 | | 1 | | 279 | | |
| Energy kj | 1063 | | | | 1 | | 1169 | | |
| Protein (N x 6.03) g | 11.74 | 0.456 | 11 | | 1 | | 12.91 | | |
| Total lipid (fat) g | 12.25 | 0.577 | 11 | | 1 | | 13.48 | | |
| Ash g | 1.78 | 0.064 | 10 | | 1 | | 1.96 | | |
| Carbohydrate, by difference g | 24.81 | | 0 | NC | 4 | | 27.29 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 57 | 8.146 | 10 | | 1 | | 63 | | |
| Iron, Fe mg | 2.39 | 0.127 | 10 | | 1 | | 2.63 | | |
| Magnesium, Mg mg | 20 | 0.811 | 10 | | 1 | | 22 | | |
| Phosphorus, P mg | 113 | 5.418 | 10 | | 1 | | 124 | | |
| Potassium, K mg | 206 | 9.018 | 10 | | 1 | | 227 | | |
| Sodium, Na mg | 458 | 21.438 | 11 | | 1 | | 504 | | |
| Zinc, Zn mg | 1.87 | 0.113 | 10 | | 1 | | 2.06 | | |
| Copper, Cu mg | 0.093 | 0.005 | 10 | | 1 | | 0.102 | | |
| Manganese, Mn mg | 0.230 | | 2 | | 1 | | 0.253 | | |
| Selenium, Se mcg | 18.7 | | 0 | RK | 4 | | 20.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.5 | | 2 | | 1 | | 1.7 | | |
| Thiamin mg | 0.210 | 0.012 | 10 | | 1 | | 0.231 | | |
| Riboflavin mg | 0.180 | 0.036 | 10 | | 1 | | 0.198 | | |
| Niacin mg | 3.350 | 0.343 | 10 | | 1 | | 3.685 | | |
| Pantothenic acid mg | 0.270 | | 2 | | 1 | | 0.297 | | |
| Vitamin B-6 mg | 0.110 | | 2 | | 1 | | 0.121 | | |
| Folate, total mcg | 47 | | 0 | RK | 4 | | 52 | | |
| Folic acid mcg | 30 | | 0 | NC | 4 | | 33 | | |
| Folate, food mcg | 17 | | 2 | | 1 | | 19 | | |
| Folate, DFE mcg_DFE | 68 | | 0 | NC | 4 | | 75 | | |
| Vitamin B-12 mcg | 0.80 | | 2 | | 1 | | 0.88 | | |
| Vitamin A, IU IU | 75 | | 2 | | 1 | | 83 | | |
| Vitamin A, RAE mcg_RAE | 4 | | 0 | NC | 4 | | 4 | | |
| Retinol mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.755 | | 1 | | 1 | | 4.131 | | |
| Fatty acids, total monounsaturated g | 4.809 | | 1 | | 1 | | 5.290 | | |
| Fatty acids, total polyunsaturated g | 2.343 | | 1 | | 1 | | 2.577 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 24 | 1.528 | 3 | | 1 | | 26 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.142 | | 0 | | 1 | | 0.156 | | |
| Threonine g | 0.438 | | 0 | | 1 | | 0.482 | | |
| Isoleucine g | 0.495 | | 0 | | 1 | | 0.545 | | |
| Leucine g | 0.892 | | 0 | | 1 | | 0.981 | | |
| Lysine g | 0.726 | | 0 | | 1 | | 0.799 | | |
| Methionine g | 0.240 | | 0 | | 1 | | 0.264 | | |
| Cystine g | 0.148 | | 0 | | 1 | | 0.163 | | |

**NDB No. 21109**
**Fast foods, hamburger, regular, single patty, with condiments and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.499 | | 0 | | 1 | | 0.549 | | |
| Tyrosine....g | 0.333 | | 0 | | 1 | | 0.366 | | |
| Valine....g | 0.576 | | 0 | | 1 | | 0.634 | | |
| Arginine....g | 0.672 | | 0 | | 1 | | 0.739 | | |
| Histidine....g | 0.325 | | 0 | | 1 | | 0.358 | | |
| Alanine....g | 0.633 | | 0 | | 1 | | 0.696 | | |
| Aspartic acid....g | 0.917 | | 0 | | 1 | | 1.009 | | |
| Glutamic acid....g | 2.579 | | 0 | | 1 | | 2.837 | | |
| Glycine....g | 0.711 | | 0 | | 1 | | 0.782 | | |
| Proline....g | 0.841 | | 0 | | 1 | | 0.925 | | |
| Serine....g | 0.510 | | 0 | | 1 | | 0.561 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 110g: 1 sandwich

**Calories Factors:** **Protein** 4.07 **Fat** 8.81 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21118**
**Fast foods, hotdog, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 53.96 | 2.617 | 6 | | 1 | | 52.88 | | |
| Energy | kcal | 247 | | 0 | | 1 | | 242 | | |
| Energy | kj | 1033 | | | | 1 | | 1013 | | |
| Protein (N x 5.97) | g | 10.60 | 0.537 | 12 | | 1 | | 10.39 | | |
| Total lipid (fat) | g | 14.84 | 1.301 | 8 | | 1 | | 14.54 | | |
| Ash | g | 2.20 | | 2 | | 1 | | 2.16 | | |
| Carbohydrate, by difference | g | 18.40 | | 0 | NC | 4 | | 18.03 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 24 | 4.226 | 9 | | 1 | | 24 | | |
| Iron, Fe | mg | 2.36 | 0.272 | 10 | | 1 | | 2.31 | | |
| Magnesium, Mg | mg | 13 | 0.569 | 9 | | 1 | | 13 | | |
| Phosphorus, P | mg | 99 | 2.352 | 5 | | 1 | | 97 | | |
| Potassium, K | mg | 146 | 16.773 | 7 | | 1 | | 143 | | |
| Sodium, Na | mg | 684 | 42.471 | 14 | | 1 | | 670 | | |
| Zinc, Zn | mg | 2.02 | 0.336 | 9 | | 1 | | 1.98 | | |
| Copper, Cu | mg | 0.078 | 0.017 | 8 | | 1 | | 0.076 | | |
| Manganese, Mn | mg | 0.093 | 0.026 | 9 | | 1 | | 0.091 | | |
| Selenium, Se | mcg | 26.5 | | 0 | RK | 4 | | 26.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.1 | 0.133 | 3 | | 1 | | 0.1 | | |
| Thiamin | mg | 0.240 | | 1 | | 1 | | 0.235 | | |
| Riboflavin | mg | 0.280 | 0.050 | 3 | | 1 | | 0.274 | | |
| Niacin | mg | 3.720 | 0.282 | 3 | | 1 | | 3.646 | | |
| Pantothenic acid | mg | 0.520 | 0.111 | 3 | | 1 | | 0.510 | | |
| Vitamin B-6 | mg | 0.050 | 0.003 | 3 | | 1 | | 0.049 | | |
| Folate, total | mcg | 49 | | 0 | RK | 4 | | 48 | | |
| Folic acid | mcg | 19 | | 0 | NC | 4 | | 19 | | |
| Folate, food | mcg | 30 | 3.930 | 3 | | 1 | | 29 | | |
| Folate, DFE | mcg_DFE | 62 | | 0 | NC | 4 | | 61 | | |
| Vitamin B-12 | mcg | 0.52 | 0.228 | 3 | | 1 | | 0.51 | | |
| Vitamin A, IU | IU | 0 | | 1 | | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.213 | | 0 | | 1 | | 5.109 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.487 | | 1 | | 1 | | 0.477 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.028 | | 1 | | 1 | | 2.967 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.497 | | 1 | | 1 | | 1.467 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21118**
**Fast foods, hotdog, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 6.993 | | 0 | | 1 | | 6.853 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.660 | | 1 | | 1 | | 0.647 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 6.333 | | 1 | | 1 | | 6.206 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.741 | | 0 | | 1 | | 1.706 | | |
| 18:2 undifferentiated....g | 1.310 | | 1 | | 1 | | 1.284 | | |
| 18:3 undifferentiated....g | 0.432 | | 1 | | 1 | | 0.423 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 45 | 2.739 | 5 | | 1 | | 44 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.098 | | 0 | | 1 | | 0.096 | | |
| Threonine....g | 0.360 | | 0 | | 1 | | 0.353 | | |
| Isoleucine....g | 0.453 | | 0 | | 1 | | 0.444 | | |
| Leucine....g | 0.769 | | 0 | | 1 | | 0.754 | | |
| Lysine....g | 0.641 | | 0 | | 1 | | 0.628 | | |
| Methionine....g | 0.199 | | 0 | | 1 | | 0.195 | | |
| Cystine....g | 0.147 | | 0 | | 1 | | 0.144 | | |
| Phenylalanine....g | 0.417 | | 0 | | 1 | | 0.409 | | |
| Tyrosine....g | 0.282 | | 0 | | 1 | | 0.276 | | |
| Valine....g | 0.483 | | 0 | | 1 | | 0.473 | | |
| Arginine....g | 0.666 | | 0 | | 1 | | 0.653 | | |
| Histidine....g | 0.295 | | 0 | | 1 | | 0.289 | | |
| Alanine....g | 0.598 | | 0 | | 1 | | 0.586 | | |
| Aspartic acid....g | 0.872 | | 0 | | 1 | | 0.855 | | |
| Glutamic acid....g | 2.385 | | 0 | | 1 | | 2.337 | | |
| Glycine....g | 0.646 | | 0 | | 1 | | 0.633 | | |
| Proline....g | 0.765 | | 0 | | 1 | | 0.750 | | |
| Serine....g | 0.481 | | 0 | | 1 | | 0.471 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 98g: 1 sandwich

**Calories Factors:** **Protein** 4.02 **Fat** 8.89 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21119**
**Fast foods, hotdog, with chili**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.80 | 2.600 | 3 | | 1 | | 54.49 | | |
| Energy | kcal | 260 | | 0 | | 1 | | 296 | | |
| Energy | kj | 1088 | | | | 1 | | 1240 | | |
| Protein (N x 6.1) | g | 11.85 | 1.449 | 5 | | 1 | | 13.51 | | |
| Total lipid (fat) | g | 11.79 | 1.762 | 3 | | 1 | | 13.44 | | |
| Ash | g | 1.10 | | 1 | | 1 | | 1.25 | | |
| Carbohydrate, by difference | g | 27.45 | | 0 | NC | 4 | | 31.29 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 17 | | 2 | | 1 | | 19 | | |
| Iron, Fe | mg | 2.88 | | 2 | | 1 | | 3.28 | | |
| Magnesium, Mg | mg | 9 | | 2 | | 1 | | 10 | | |
| Phosphorus, P | mg | 168 | | 2 | | 1 | | 192 | | |
| Potassium, K | mg | 146 | | 1 | | 4 | | 166 | | |
| Sodium, Na | mg | 421 | 170.382 | 3 | | 1 | | 480 | | |
| Zinc, Zn | mg | 0.68 | | 2 | | 1 | | 0.78 | | |
| Copper, Cu | mg | 0.090 | | 2 | | 1 | | 0.103 | | |
| Manganese, Mn | mg | 0.100 | | 2 | | 1 | | 0.114 | | |
| Selenium, Se | mcg | 11.4 | | 0 | RK | 4 | | 13.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.4 | | 1 | | 1 | | 2.7 | | |
| Thiamin | mg | 0.190 | | 1 | | 4 | | 0.217 | | |
| Riboflavin | mg | 0.350 | | 2 | | 1 | | 0.399 | | |
| Niacin | mg | 3.280 | | 2 | | 1 | | 3.739 | | |
| Pantothenic acid | mg | 0.480 | | 2 | | 1 | | 0.547 | | |
| Vitamin B-6 | mg | 0.040 | | 2 | | 1 | | 0.046 | | |
| Folate, total | mcg | 64 | | 0 | RK | 4 | | 73 | | |
| Folic acid | mcg | 20 | | 0 | NC | 4 | | 23 | | |
| Folate, food | mcg | 44 | | 2 | | 1 | | 50 | | |
| Folate, DFE | mcg_DFE | 78 | | 0 | NC | 4 | | 89 | | |
| Vitamin B-12 | mcg | 0.26 | | 2 | | 1 | | 0.30 | | |
| Vitamin A, IU | IU | 51 | | 1 | | 4 | | 58 | | |
| Vitamin A, RAE | mcg_RAE | 3 | | 0 | NC | 4 | | 3 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.258 | | 0 | | 1 | | 4.854 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.091 | | 2 | | 1 | | 0.104 | | |
| 12:0 | g | 0.025 | | 2 | | 1 | | 0.029 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.235 | | 2 | | 1 | | 0.268 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.486 | | 2 | | 1 | | 2.834 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.322 | | 2 | | 1 | | 1.507 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21119**
**Fast foods, hotdog, with chili**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 5.785 | | 0 | | 1 | | 6.595 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.409 | | 2 | | 1 | | 0.466 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 5.376 | | 2 | | 1 | | 6.129 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.042 | | 0 | | 1 | | 1.188 | | |
| 18:2 undifferentiated....g | 0.918 | | 2 | | 1 | | 1.047 | | |
| 18:3 undifferentiated....g | 0.124 | | 2 | | 1 | | 0.141 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 45 | | 1 | | 1 | | 51 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.113 | | 0 | | 1 | | 0.129 | | |
| Threonine....g | 0.408 | | 0 | | 1 | | 0.465 | | |
| Isoleucine....g | 0.497 | | 0 | | 1 | | 0.567 | | |
| Leucine....g | 0.853 | | 0 | | 1 | | 0.972 | | |
| Lysine....g | 0.729 | | 0 | | 1 | | 0.831 | | |
| Methionine....g | 0.222 | | 0 | | 1 | | 0.253 | | |
| Cystine....g | 0.157 | | 0 | | 1 | | 0.179 | | |
| Phenylalanine....g | 0.463 | | 0 | | 1 | | 0.528 | | |
| Tyrosine....g | 0.315 | | 0 | | 1 | | 0.359 | | |
| Valine....g | 0.534 | | 0 | | 1 | | 0.609 | | |
| Arginine....g | 0.733 | | 0 | | 1 | | 0.836 | | |
| Histidine....g | 0.326 | | 0 | | 1 | | 0.372 | | |
| Alanine....g | 0.657 | | 0 | | 1 | | 0.749 | | |
| Aspartic acid....g | 0.995 | | 0 | | 1 | | 1.134 | | |
| Glutamic acid....g | 2.542 | | 0 | | 1 | | 2.898 | | |
| Glycine....g | 0.709 | | 0 | | 1 | | 0.808 | | |
| Proline....g | 0.797 | | 0 | | 1 | | 0.909 | | |
| Serine....g | 0.525 | | 0 | | 1 | | 0.599 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 3.9 **Fat** 8.92 **Carbohydrate** 3.97

**Food Group:** 21 Fast Foods

**NDB No. 21120**
**Fast foods, hotdog, with corn flour coating (corndog)**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 46.70 | | 1 | | 1 | | 81.73 | | |
| Energy | kcal | 263 | | 0 | | 1 | | 460 | | |
| Energy | kj | 1100 | | | | 1 | | 1926 | | |
| Protein (N x 6.06) | g | 9.60 | | 1 | | 1 | | 16.80 | | |
| Total lipid (fat) | g | 10.80 | | 1 | | 1 | | 18.90 | | |
| Ash | g | 1.02 | | 1 | | 1 | | 1.79 | | |
| Carbohydrate, by difference | g | 31.88 | | 0 | NC | 4 | | 55.79 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 58 | | 1 | | 1 | | 102 | | |
| Iron, Fe | mg | 3.53 | | 1 | | 1 | | 6.18 | | |
| Magnesium, Mg | mg | 10 | | 1 | | 1 | | 18 | | |
| Phosphorus, P | mg | 95 | | 1 | | 1 | | 166 | | |
| Potassium, K | mg | 150 | | 1 | | 4 | | 263 | | |
| Sodium, Na | mg | 556 | | 1 | | 1 | | 973 | | |
| Zinc, Zn | mg | 0.75 | | 1 | | 1 | | 1.31 | | |
| Copper, Cu | mg | 0.140 | | 1 | | 1 | | 0.245 | | |
| Manganese, Mn | mg | 0.110 | | 1 | | 1 | | 0.193 | | |
| Selenium, Se | mcg | 12.7 | | 0 | RK | 4 | | 22.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.160 | | 1 | | 1 | | 0.280 | | |
| Riboflavin | mg | 0.400 | | 1 | | 1 | | 0.700 | | |
| Niacin | mg | 2.380 | | 1 | | 1 | | 4.165 | | |
| Pantothenic acid | mg | 0.770 | | 1 | | 1 | | 1.348 | | |
| Vitamin B-6 | mg | 0.050 | | 1 | | 1 | | 0.088 | | |
| Folate, total | mcg | 59 | | 0 | RK | 4 | | 103 | | |
| Folic acid | mcg | 25 | | 0 | NC | 4 | | 44 | | |
| Folate, food | mcg | 34 | | 1 | | 1 | | 60 | | |
| Folate, DFE | mcg_DFE | 77 | | 0 | NC | 4 | | 134 | | |
| Vitamin B-12 | mcg | 0.25 | | 1 | | 1 | | 0.44 | | |
| Vitamin A, IU | IU | 118 | | 1 | | 4 | | 207 | | |
| Vitamin A, RAE | mcg_RAE | 34 | | 0 | NC | 4 | | 59 | | |
| Retinol | mcg | 33 | | 0 | NC | 4 | | 58 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.949 | | 0 | | 1 | | 5.161 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.474 | | 1 | | 1 | | 0.830 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.913 | | 1 | | 1 | | 3.348 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.562 | | 1 | | 1 | | 0.984 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21120**
**Fast foods, hotdog, with corn flour coating (corndog)**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.205 | | 0 | | 1 | | 9.109 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.506 | | 1 | | 1 | | 0.886 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.699 | | 1 | | 1 | | 8.223 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.998 | | 0 | | 1 | | 3.497 | | |
| 18:2 undifferentiated g | 1.581 | | 1 | | 1 | | 2.767 | | |
| 18:3 undifferentiated g | 0.417 | | 1 | | 1 | | 0.730 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 45 | | 1 | | 4 | | 79 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.086 | | 0 | | 1 | | 0.151 | | |
| Threonine g | 0.363 | | 0 | | 1 | | 0.635 | | |
| Isoleucine g | 0.429 | | 0 | | 1 | | 0.751 | | |
| Leucine g | 0.808 | | 0 | | 1 | | 1.414 | | |
| Lysine g | 0.657 | | 0 | | 1 | | 1.150 | | |
| Methionine g | 0.208 | | 0 | | 1 | | 0.364 | | |
| Cystine g | 0.135 | | 0 | | 1 | | 0.236 | | |
| Phenylalanine g | 0.377 | | 0 | | 1 | | 0.660 | | |
| Tyrosine g | 0.317 | | 0 | | 1 | | 0.555 | | |
| Valine g | 0.458 | | 0 | | 1 | | 0.802 | | |
| Arginine g | 0.637 | | 0 | | 1 | | 1.115 | | |
| Histidine g | 0.290 | | 0 | | 1 | | 0.508 | | |
| Alanine g | 0.618 | | 0 | | 1 | | 1.082 | | |
| Aspartic acid g | 0.865 | | 0 | | 1 | | 1.514 | | |
| Glutamic acid g | 1.787 | | 0 | | 1 | | 3.127 | | |
| Glycine g | 0.578 | | 0 | | 1 | | 1.012 | | |
| Proline g | 0.610 | | 0 | | 1 | | 1.068 | | |
| Serine g | 0.448 | | 0 | | 1 | | 0.784 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.03 **Fat** 8.92 **Carbohydrate** 4.01

**Food Group:** 21 Fast Foods

**NDB No. 21129**
**Fast foods, hush puppies**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 32.29 | 2.763 | 4 | | 1 | | 25.19 | | |
| Energy | kcal | 329 | | 0 | | 1 | | 257 | | |
| Energy | kj | 1377 | | | | 1 | | 1074 | | |
| Protein (N x 6.25) | g | 6.25 | 0.426 | 5 | | 1 | | 4.88 | | |
| Total lipid (fat) | g | 14.86 | 2.457 | 5 | | 1 | | 11.59 | | |
| Ash | g | 1.86 | | 2 | | 1 | | 1.45 | | |
| Carbohydrate, by difference | g | 44.74 | | 0 | NC | 4 | | 34.90 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 88 | 5.423 | 4 | | 1 | | 69 | | |
| Iron, Fe | mg | 1.83 | 0.453 | 4 | | 1 | | 1.43 | | |
| Magnesium, Mg | mg | 21 | 2.589 | 4 | | 1 | | 16 | | |
| Phosphorus, P | mg | 244 | 49.836 | 4 | | 1 | | 190 | | |
| Potassium, K | mg | 241 | 12.981 | 3 | | 1 | | 188 | | |
| Sodium, Na | mg | 1237 | 261.887 | 4 | | 1 | | 965 | | |
| Zinc, Zn | mg | 0.55 | 0.077 | 4 | | 1 | | 0.43 | | |
| Copper, Cu | mg | 0.262 | 0.118 | 4 | | 1 | | 0.204 | | |
| Manganese, Mn | mg | 0.342 | 0.059 | 4 | | 1 | | 0.267 | | |
| Selenium, Se | mcg | 10.3 | | 0 | BFZN | 4 | | 8.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Riboflavin | mg | 0.030 | | 1 | | 1 | | 0.023 | | |
| Niacin | mg | 2.600 | | 1 | | 1 | | 2.028 | | |
| Pantothenic acid | mg | 0.280 | | 1 | | 1 | | 0.218 | | |
| Vitamin B-6 | mg | 0.130 | | 1 | | 1 | | 0.101 | | |
| Folate, total | mcg | 74 | | 0 | BFZN | 4 | | 58 | | |
| Folic acid | mcg | 47 | | 0 | NC | 4 | | 37 | | |
| Folate, food | mcg | 27 | | 1 | | 1 | | 21 | | |
| Folate, DFE | mcg_DFE | 107 | | 0 | NC | 4 | | 83 | | |
| Vitamin B-12 | mcg | 0.22 | | 1 | | 1 | | 0.17 | | |
| Vitamin A, IU | IU | 120 | | 1 | | 4 | | 94 | | |
| Vitamin A, RAE | mcg_RAE | 11 | | 0 | NC | 4 | | 9 | | |
| Retinol | mcg | 6 | | 0 | NC | 4 | | 5 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.444 | | 0 | | 1 | | 2.686 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.042 | | 1 | | 1 | | 0.033 | | |
| 12:0 | g | 0.024 | | 1 | | 1 | | 0.019 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.070 | | 1 | | 1 | | 0.055 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.761 | | 1 | | 1 | | 1.374 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.508 | | 1 | | 1 | | 1.176 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21129**
**Fast foods, hush puppies**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 10.024 | | 0 | | 1 | | 7.819 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.238 | | 1 | | 1 | | 0.186 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 9.787 | | 1 | | 1 | | 7.634 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.498 | | 0 | | 1 | | 0.388 | | |
| 18:2 undifferentiated....g | 0.461 | | 1 | | 1 | | 0.360 | | |
| 18:3 undifferentiated....g | 0.037 | | 1 | | 1 | | 0.029 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 173 | | 1 | | 1 | | 135 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.067 | | 0 | | 1 | | 0.052 | | |
| Threonine....g | 0.258 | | 0 | | 1 | | 0.201 | | |
| Isoleucine....g | 0.291 | | 0 | | 1 | | 0.227 | | |
| Leucine....g | 0.667 | | 0 | | 1 | | 0.520 | | |
| Lysine....g | 0.290 | | 0 | | 1 | | 0.226 | | |
| Methionine....g | 0.153 | | 0 | | 1 | | 0.119 | | |
| Cystine....g | 0.115 | | 0 | | 1 | | 0.090 | | |
| Phenylalanine....g | 0.314 | | 0 | | 1 | | 0.245 | | |
| Tyrosine....g | 0.258 | | 0 | | 1 | | 0.201 | | |
| Valine....g | 0.363 | | 0 | | 1 | | 0.283 | | |
| Arginine....g | 0.329 | | 0 | | 1 | | 0.257 | | |
| Histidine....g | 0.173 | | 0 | | 1 | | 0.135 | | |
| Alanine....g | 0.395 | | 0 | | 1 | | 0.308 | | |
| Aspartic acid....g | 0.488 | | 0 | | 1 | | 0.381 | | |
| Glutamic acid....g | 1.063 | | 0 | | 1 | | 0.829 | | |
| Glycine....g | 0.223 | | 0 | | 1 | | 0.174 | | |
| Proline....g | 0.454 | | 0 | | 1 | | 0.354 | | |
| Serine....g | 0.350 | | 0 | | 1 | | 0.273 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 78g: 5 pieces

**Calories Factors:** **Protein** 2.73 **Fat** 8.84 **Carbohydrate** 4.03

**Food Group:** 21 Fast Foods

**NDB No. 21028**
**Fast foods, ice milk, vanilla, soft-serve, with cone**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 65.47 | 2.449 | 4 | | 1 | | 67.43 | | |
| Energy | kcal | 159 | | 0 | NC | 4 | | 164 | | |
| Energy | kj | 665 | | | | 4 | | 685 | | |
| Protein (N x 6.29) | g | 3.78 | 0.222 | 7 | | 1 | | 3.89 | | |
| Total lipid (fat) | g | 5.94 | 1.214 | 6 | | 1 | | 6.12 | | |
| Ash | g | 1.40 | 0.451 | 3 | | 1 | | 1.44 | | |
| Carbohydrate, by difference | g | 23.41 | | 0 | NC | 4 | | 24.11 | | |
| Fiber, total dietary | g | 0.1 | | 0 | | 4 | | 0.1 | | |
| Sugars, total | g | 17.43 | | 0 | FLA | 4 | | 17.95 | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 149 | | 2 | | 1 | | 153 | | |
| Iron, Fe | mg | 0.15 | | 2 | | 1 | | 0.15 | | |
| Magnesium, Mg | mg | 15 | | 2 | | 1 | | 15 | | |
| Phosphorus, P | mg | 135 | | 2 | | 1 | | 139 | | |
| Potassium, K | mg | 164 | | 2 | | 1 | | 169 | | |
| Sodium, Na | mg | 89 | 18.386 | 3 | | 1 | | 92 | | |
| Zinc, Zn | mg | 0.55 | | 2 | | 1 | | 0.57 | | |
| Copper, Cu | mg | 0.018 | | 1 | | 1 | | 0.019 | | |
| Manganese, Mn | mg | 0.020 | | 1 | | 1 | | 0.021 | | |
| Selenium, Se | mcg | 3.7 | | 0 | RK | 4 | | 3.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | | 2 | | 1 | | 1.1 | | |
| Thiamin | mg | 0.050 | | 2 | | 1 | | 0.052 | | |
| Riboflavin | mg | 0.250 | | 2 | | 1 | | 0.258 | | |
| Niacin | mg | 0.300 | | 2 | | 1 | | 0.309 | | |
| Pantothenic acid | mg | 0.260 | 0.081 | 4 | | 1 | | 0.268 | | |
| Vitamin B-6 | mg | 0.060 | 0.009 | 4 | | 1 | | 0.062 | | |
| Folate, total | mcg | 12 | | 0 | RK | 4 | | 12 | | |
| Folic acid | mcg | 7 | | 0 | NC | 4 | | 7 | | |
| Folate, food | mcg | 5 | 3.055 | 3 | | 1 | | 5 | | |
| Folate, DFE | mcg_DFE | 17 | | 0 | NC | 4 | | 17 | | |
| Vitamin B-12 | mcg | 0.20 | | 2 | | 1 | | 0.21 | | |
| Vitamin A, IU | IU | 205 | | 0 | FLA | 4 | | 211 | | |
| Vitamin A, RAE | mcg_RAE | 58 | | 0 | FLA | 4 | | 60 | | |
| Retinol | mcg | 58 | | 0 | FLA | 4 | | 59 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.37 | | 0 | | 1 | | 0.38 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 8.000 | | 0 | T | 4 | | 8.240 | | |
| Vitamin K (phylloquinone) | mcg | 0.7 | | 0 | FLA | 4 | | 0.8 | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.429 | | 0 | | 1 | | 3.532 | | |
| 4:0 | g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 6:0 | g | 0.121 | | 2 | | 1 | | 0.125 | | |
| 8:0 | g | 0.046 | | 2 | | 1 | | 0.047 | | |
| 10:0 | g | 0.115 | | 2 | | 1 | | 0.118 | | |
| 12:0 | g | 0.149 | | 2 | | 1 | | 0.153 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.501 | | 2 | | 1 | | 0.516 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.500 | | 2 | | 1 | | 1.545 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.868 | | 2 | | 1 | | 0.894 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21028**
**Fast foods, ice milk, vanilla, soft-serve, with cone**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 1.763 | | 0 | | 1 | | 1.816 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.155 | | 2 | | 1 | | 0.160 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.516 | | 2 | | 1 | | 1.561 | | |
| 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 | 0.348 | | 0 | | 1 | | 0.358 | | |
| 18:2 undifferentiated g | 0.249 | | 2 | | 1 | | 0.256 | | |
| 18:3 undifferentiated g | 0.074 | | 2 | | 1 | | 0.076 | | |
| 18:4 g | 0.000 | | 0 | | 1 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.025 | | 2 | | 1 | | 0.026 | | |
| 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 | 27 | 6.883 | 3 | | 1 | | 28 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.050 | | 0 | | 1 | | 0.052 | | |
| Threonine g | 0.155 | | 0 | | 1 | | 0.160 | | |
| Isoleucine g | 0.207 | | 0 | | 1 | | 0.213 | | |
| Leucine g | 0.340 | | 0 | | 1 | | 0.350 | | |
| Lysine g | 0.260 | | 0 | | 1 | | 0.268 | | |
| Methionine g | 0.087 | | 0 | | 1 | | 0.090 | | |
| Cystine g | 0.039 | | 0 | | 1 | | 0.040 | | |
| Phenylalanine g | 0.176 | | 0 | | 1 | | 0.181 | | |
| Tyrosine g | 0.166 | | 0 | | 1 | | 0.171 | | |
| Valine g | 0.230 | | 0 | | 1 | | 0.237 | | |
| Arginine g | 0.133 | | 0 | | 1 | | 0.137 | | |
| Histidine g | 0.097 | | 0 | | 1 | | 0.100 | | |
| Alanine g | 0.123 | | 0 | | 1 | | 0.127 | | |
| Aspartic acid g | 0.259 | | 0 | | 1 | | 0.267 | | |
| Glutamic acid g | 0.817 | | 0 | | 1 | | 0.842 | | |
| Glycine g | 0.083 | | 0 | | 1 | | 0.085 | | |
| Proline g | 0.359 | | 0 | | 1 | | 0.370 | | |
| Serine g | 0.195 | | 0 | | 1 | | 0.201 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | | 7 | | 0.0 | | |
| Caffeine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| Theobromine mg | 0 | | 0 | FLA | 4 | | 0 | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 8 | | 0 | FLA | 4 | | 7.925 | | |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.004 | | |
| Cryptoxanthin, beta mcg | 0 | | 0 | FLA | 4 | | 0.006 | | |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | | |
| Lutein + zeaxanthin mcg | 1 | | 0 | FLA | 4 | | 1.059 | | |

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

**Common Measures:**

Measure 1 = 103g: 1 cone

**NDB No. 21028**
**Fast foods, ice milk, vanilla, soft-serve, with cone**

**Calories Factors:** **Protein** 4.2 **Fat** 8.78 **Carbohydrate** 3.88

**Food Group:** 21 Fast Foods

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

**NDB No. 21078**
**Fast foods, nachos, with cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 40.45 | 2.053 | 8 | | 1 | | 45.71 | | |
| Energy | kcal | 306 | | 0 | | 1 | | 346 | | |
| Energy | kj | 1280 | | | | 1 | | 1447 | | |
| Protein (N x 6.3) | g | 8.05 | 0.395 | 8 | | 1 | | 9.10 | | |
| Total lipid (fat) | g | 16.77 | 0.858 | 7 | | 1 | | 18.95 | | |
| Ash | g | 2.58 | 0.137 | 8 | | 1 | | 2.92 | | |
| Carbohydrate, by difference | g | 32.15 | | 0 | NC | 4 | | 36.33 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 241 | 15.002 | 8 | | 1 | | 272 | | |
| Iron, Fe | mg | 1.13 | 0.127 | 8 | | 1 | | 1.28 | | |
| Magnesium, Mg | mg | 49 | 1.426 | 8 | | 1 | | 55 | | |
| Phosphorus, P | mg | 244 | 27.838 | 8 | | 1 | | 276 | | |
| Potassium, K | mg | 152 | 11.047 | 8 | | 1 | | 172 | | |
| Sodium, Na | mg | 722 | 37.131 | 8 | | 1 | | 816 | | |
| Zinc, Zn | mg | 1.58 | 0.151 | 8 | | 1 | | 1.79 | | |
| Copper, Cu | mg | 0.124 | 0.032 | 8 | | 1 | | 0.140 | | |
| Manganese, Mn | mg | 0.198 | 0.008 | 8 | | 1 | | 0.224 | | |
| Selenium, Se | mcg | 13.9 | | 0 | RK | 4 | | 15.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | 0.361 | 8 | | 1 | | 1.2 | | |
| Thiamin | mg | 0.170 | 0.065 | 8 | | 1 | | 0.192 | | |
| Riboflavin | mg | 0.330 | 0.040 | 8 | | 1 | | 0.373 | | |
| Niacin | mg | 1.360 | 0.063 | 8 | | 1 | | 1.537 | | |
| Pantothenic acid | mg | 1.160 | 0.108 | 8 | | 1 | | 1.311 | | |
| Vitamin B-6 | mg | 0.180 | 0.023 | 8 | | 1 | | 0.203 | | |
| Folate, total | mcg | 9 | | 1 | | 4 | | 10 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 9 | | 1 | | 4 | | 10 | | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 10 | | |
| Vitamin B-12 | mcg | 0.73 | 0.092 | 8 | | 1 | | 0.82 | | |
| Vitamin A, IU | IU | 495 | 76.699 | 3 | | 1 | | 559 | | |
| Vitamin A, RAE | mcg_RAE | 132 | | 0 | NC | 4 | | 149 | | |
| Retinol | mcg | 128 | | 0 | NC | 4 | | 145 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.885 | | 0 | | 1 | | 7.780 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.165 | | 3 | | 1 | | 0.186 | | |
| 12:0 | g | 0.214 | | 3 | | 1 | | 0.242 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.893 | | 3 | | 1 | | 1.009 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.648 | | 3 | | 1 | | 4.122 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.964 | | 3 | | 1 | | 2.219 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21078**
**Fast foods, nachos, with cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 7.074 | | 0 | | 1 | | 7.994 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 7.074 | | 3 | | 1 | | 7.994 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.976 | | 0 | | 1 | | 2.233 | | |
| 18:2 undifferentiated g | 1.803 | | 3 | | 1 | | 2.037 | | |
| 18:3 undifferentiated g | 0.173 | | 3 | | 1 | | 0.195 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 16 | | 2 | | 1 | | 18 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.068 | | 0 | | 1 | | 0.077 | | |
| Threonine g | 0.291 | | 0 | | 1 | | 0.329 | | |
| Isoleucine g | 0.333 | | 0 | | 1 | | 0.376 | | |
| Leucine g | 0.902 | | 0 | | 1 | | 1.019 | | |
| Lysine g | 0.332 | | 0 | | 1 | | 0.375 | | |
| Methionine g | 0.174 | | 0 | | 1 | | 0.197 | | |
| Cystine g | 0.114 | | 0 | | 1 | | 0.129 | | |
| Phenylalanine g | 0.391 | | 0 | | 1 | | 0.442 | | |
| Tyrosine g | 0.333 | | 0 | | 1 | | 0.376 | | |
| Valine g | 0.429 | | 0 | | 1 | | 0.485 | | |
| Arginine g | 0.372 | | 0 | | 1 | | 0.420 | | |
| Histidine g | 0.247 | | 0 | | 1 | | 0.279 | | |
| Alanine g | 0.493 | | 0 | | 1 | | 0.557 | | |
| Aspartic acid g | 0.540 | | 0 | | 1 | | 0.610 | | |
| Glutamic acid g | 1.588 | | 0 | | 1 | | 1.794 | | |
| Glycine g | 0.278 | | 0 | | 1 | | 0.314 | | |
| Proline g | 0.733 | | 0 | | 1 | | 0.828 | | |
| Serine g | 0.395 | | 0 | | 1 | | 0.446 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 113g: 1 portion (6-8 nachos)

**Calories Factors:** **Protein** 3.73 **Fat** 8.48 **Carbohydrate** 4.15

**Food Group:** 21 Fast Foods

**NDB No. 21079**
**Fast foods, nachos, with cheese and jalapeno peppers**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 42.70 | 1.518 | 4 | | 1 | | 87.11 | | |
| Energy | kcal | 298 | | 0 | | 1 | | 608 | | |
| Energy | kj | 1247 | | | | 1 | | 2544 | | |
| Protein (N x 6.32) | g | 8.24 | 0.301 | 5 | | 1 | | 16.81 | | |
| Total lipid (fat) | g | 16.74 | 1.202 | 5 | | 1 | | 34.15 | | |
| Ash | g | 2.87 | 0.257 | 4 | | 1 | | 5.85 | | |
| Carbohydrate, by difference | g | 29.45 | | 0 | NC | 4 | | 60.08 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 304 | 52.593 | 4 | | 1 | | 620 | | |
| Iron, Fe | mg | 1.20 | 0.201 | 4 | | 1 | | 2.45 | | |
| Magnesium, Mg | mg | 53 | 5.039 | 4 | | 1 | | 108 | | |
| Phosphorus, P | mg | 193 | 14.626 | 4 | | 1 | | 394 | | |
| Potassium, K | mg | 144 | 19.686 | 4 | | 1 | | 294 | | |
| Sodium, Na | mg | 851 | 43.474 | 5 | | 1 | | 1736 | | |
| Zinc, Zn | mg | 1.42 | 0.085 | 4 | | 1 | | 2.90 | | |
| Copper, Cu | mg | 0.085 | 0.007 | 4 | | 1 | | 0.173 | | |
| Manganese, Mn | mg | 0.215 | 0.023 | 4 | | 1 | | 0.439 | | |
| Selenium, Se | mcg | 6.9 | | 0 | RK | 4 | | 14.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.5 | 0.258 | 4 | | 1 | | 1.0 | | |
| Thiamin | mg | 0.060 | 0.003 | 4 | | 1 | | 0.122 | | |
| Riboflavin | mg | 0.240 | 0.046 | 4 | | 1 | | 0.490 | | |
| Niacin | mg | 1.390 | 0.082 | 4 | | 1 | | 2.836 | | |
| Pantothenic acid | mg | 1.200 | 0.165 | 4 | | 1 | | 2.448 | | |
| Vitamin B-6 | mg | 0.180 | 0.021 | 4 | | 1 | | 0.367 | | |
| Folate, total | mcg | 9 | | 1 | | 4 | | 18 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 9 | | 1 | | 4 | | 18 | | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 18 | | |
| Vitamin B-12 | mcg | 0.50 | 0.030 | 4 | | 1 | | 1.02 | | |
| Vitamin A, IU | IU | 1991 | 692.961 | 3 | | 1 | | 4062 | | |
| Vitamin A, RAE | mcg_RAE | 281 | | 0 | NC | 4 | | 572 | | |
| Retinol | mcg | 217 | | 0 | NC | 4 | | 443 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.872 | | 0 | | 1 | | 14.019 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.165 | | 3 | | 1 | | 0.337 | | |
| 12:0 | g | 0.213 | | 3 | | 1 | | 0.435 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.891 | | 3 | | 1 | | 1.818 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 3.641 | | 3 | | 1 | | 7.428 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.961 | | 3 | | 1 | | 4.000 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21079**
**Fast foods, nachos, with cheese and jalapeno peppers**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 7.061 | | 0 | | 1 | | 14.404 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.061 | | 3 | | 1 | | 14.404 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.973 | | 0 | | 1 | | 4.025 | | |
| 18:2 undifferentiated....g | 1.800 | | 3 | | 1 | | 3.672 | | |
| 18:3 undifferentiated....g | 0.173 | | 3 | | 1 | | 0.353 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 41 | | 2 | | 1 | | 84 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.074 | | 0 | | 1 | | 0.151 | | |
| Threonine....g | 0.291 | | 0 | | 1 | | 0.594 | | |
| Isoleucine....g | 0.365 | | 0 | | 1 | | 0.745 | | |
| Leucine....g | 0.880 | | 0 | | 1 | | 1.795 | | |
| Lysine....g | 0.398 | | 0 | | 1 | | 0.812 | | |
| Methionine....g | 0.181 | | 0 | | 1 | | 0.369 | | |
| Cystine....g | 0.102 | | 0 | | 1 | | 0.208 | | |
| Phenylalanine....g | 0.398 | | 0 | | 1 | | 0.812 | | |
| Tyrosine....g | 0.344 | | 0 | | 1 | | 0.702 | | |
| Valine....g | 0.450 | | 0 | | 1 | | 0.918 | | |
| Arginine....g | 0.357 | | 0 | | 1 | | 0.728 | | |
| Histidine....g | 0.256 | | 0 | | 1 | | 0.522 | | |
| Alanine....g | 0.443 | | 0 | | 1 | | 0.904 | | |
| Aspartic acid....g | 0.541 | | 0 | | 1 | | 1.104 | | |
| Glutamic acid....g | 1.690 | | 0 | | 1 | | 3.448 | | |
| Glycine....g | 0.249 | | 0 | | 1 | | 0.508 | | |
| Proline....g | 0.767 | | 0 | | 1 | | 1.565 | | |
| Serine....g | 0.409 | | 0 | | 1 | | 0.834 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 204g: 1 portion (6-8 nachos)

**Calories Factors:** **Protein** 3.9 **Fat** 8.57 **Carbohydrate** 4.14

**Food Group:** 21 Fast Foods

**NDB No. 21080**
**Fast foods, nachos, with cheese, beans, ground beef, and peppers**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 55.96 | 0.988 | 4 | | 1 | | 142.70 | | |
| Energy | kcal | 223 | | 0 | | 1 | | 569 | | |
| Energy | kj | 933 | | | | 1 | | 2379 | | |
| Protein (N x 6.37) | g | 7.76 | 0.287 | 5 | | 1 | | 19.79 | | |
| Total lipid (fat) | g | 12.04 | 0.343 | 5 | | 1 | | 30.70 | | |
| Ash | g | 2.35 | 0.090 | 4 | | 1 | | 5.99 | | |
| Carbohydrate, by difference | g | 21.89 | | 0 | NC | 4 | | 55.82 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 151 | 9.197 | 4 | | 1 | | 385 | | |
| Iron, Fe | mg | 1.09 | 0.082 | 4 | | 1 | | 2.78 | | |
| Magnesium, Mg | mg | 38 | 1.104 | 4 | | 1 | | 97 | | |
| Phosphorus, P | mg | 152 | 13.725 | 4 | | 1 | | 388 | | |
| Potassium, K | mg | 177 | 20.074 | 4 | | 1 | | 451 | | |
| Sodium, Na | mg | 706 | 25.481 | 5 | | 1 | | 1800 | | |
| Zinc, Zn | mg | 1.43 | 0.063 | 4 | | 1 | | 3.65 | | |
| Copper, Cu | mg | 0.292 | 0.131 | 4 | | 1 | | 0.745 | | |
| Manganese, Mn | mg | 0.166 | 0.006 | 4 | | 1 | | 0.423 | | |
| Selenium, Se | mcg | 5.4 | | 0 | RK | 4 | | 13.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.9 | 0.748 | 4 | | 1 | | 4.8 | | |
| Thiamin | mg | 0.090 | 0.049 | 4 | | 1 | | 0.230 | | |
| Riboflavin | mg | 0.270 | 0.025 | 4 | | 1 | | 0.689 | | |
| Niacin | mg | 1.310 | 0.052 | 4 | | 1 | | 3.341 | | |
| Pantothenic acid | mg | 0.990 | 0.053 | 4 | | 1 | | 2.525 | | |
| Vitamin B-6 | mg | 0.160 | 0.011 | 4 | | 1 | | 0.408 | | |
| Folate, total | mcg | 15 | | 1 | | 4 | | 38 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 15 | | 1 | | 4 | | 38 | | |
| Folate, DFE | mcg_DFE | 15 | | 0 | NC | 4 | | 38 | | |
| Vitamin B-12 | mcg | 0.40 | 0.010 | 4 | | 1 | | 1.02 | | |
| Vitamin A, IU | IU | 1334 | | 2 | | 1 | | 3402 | | |
| Vitamin A, RAE | mcg_RAE | 171 | | 0 | NC | 4 | | 436 | | |
| Retinol | mcg | 125 | | 0 | NC | 4 | | 319 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.897 | | 0 | | 1 | | 12.487 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.190 | | 1 | | 1 | | 0.485 | | |
| 12:0 | g | 0.264 | | 1 | | 1 | | 0.673 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.820 | | 1 | | 1 | | 2.091 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.612 | | 1 | | 1 | | 6.661 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.011 | | 1 | | 1 | | 2.578 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21080**
**Fast foods, nachos, with cheese, beans, ground beef, and peppers**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 4.306 | | 0 | | 1 | | 10.980 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.306 | | 1 | | 1 | | 10.980 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 2.231 | | 0 | | 1 | | 5.689 | | |
| 18:2 undifferentiated g | 2.138 | | 1 | | 1 | | 5.452 | | |
| 18:3 undifferentiated g | 0.093 | | 1 | | 1 | | 0.237 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 8 | | 2 | | 1 | | 20 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.077 | | 0 | | 1 | | 0.196 | | |
| Threonine g | 0.279 | | 0 | | 1 | | 0.711 | | |
| Isoleucine g | 0.347 | | 0 | | 1 | | 0.885 | | |
| Leucine g | 0.750 | | 0 | | 1 | | 1.913 | | |
| Lysine g | 0.438 | | 0 | | 1 | | 1.117 | | |
| Methionine g | 0.166 | | 0 | | 1 | | 0.423 | | |
| Cystine g | 0.086 | | 0 | | 1 | | 0.219 | | |
| Phenylalanine g | 0.360 | | 0 | | 1 | | 0.918 | | |
| Tyrosine g | 0.301 | | 0 | | 1 | | 0.768 | | |
| Valine g | 0.414 | | 0 | | 1 | | 1.056 | | |
| Arginine g | 0.358 | | 0 | | 1 | | 0.913 | | |
| Histidine g | 0.235 | | 0 | | 1 | | 0.599 | | |
| Alanine g | 0.390 | | 0 | | 1 | | 0.995 | | |
| Aspartic acid g | 0.575 | | 0 | | 1 | | 1.466 | | |
| Glutamic acid g | 1.523 | | 0 | | 1 | | 3.884 | | |
| Glycine g | 0.268 | | 0 | | 1 | | 0.683 | | |
| Proline g | 0.640 | | 0 | | 1 | | 1.632 | | |
| Serine g | 0.374 | | 0 | | 1 | | 0.954 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 255g: 1 portion (6-8 nachos)

**Calories Factors:** **Protein** 3.83 **Fat** 8.53 **Carbohydrate** 4.13

**Food Group:** 21 Fast Foods

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

**NDB No. 21081**
**Fast foods, nachos, with cinnamon and sugar**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 1.01 | 0.244 | 4 | | 1 | | 1.10 | | |
| Energy | kcal | 543 | | 0 | | 1 | | 592 | | |
| Energy | kj | 2272 | | | | 1 | | 2476 | | |
| Protein (N x 6.25) | g | 6.60 | 0.150 | 4 | | 1 | | 7.19 | | |
| Total lipid (fat) | g | 33.01 | 1.036 | 4 | | 1 | | 35.98 | | |
| Ash | g | 1.22 | 0.139 | 4 | | 1 | | 1.33 | | |
| Carbohydrate, by difference | g | 58.16 | | 0 | NC | 4 | | 63.39 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 78 | 2.012 | 3 | | 1 | | 85 | | |
| Iron, Fe | mg | 2.65 | 0.308 | 4 | | 1 | | 2.89 | | |
| Magnesium, Mg | mg | 18 | 1.764 | 4 | | 1 | | 20 | | |
| Phosphorus, P | mg | 30 | 0.074 | 4 | | 1 | | 33 | | |
| Potassium, K | mg | 72 | 0.622 | 3 | | 1 | | 78 | | |
| Sodium, Na | mg | 403 | 44.924 | 3 | | 1 | | 439 | | |
| Zinc, Zn | mg | 0.54 | 0.010 | 4 | | 1 | | 0.59 | | |
| Copper, Cu | mg | 0.143 | 0.023 | 4 | | 1 | | 0.156 | | |
| Manganese, Mn | mg | 0.452 | 0.011 | 4 | | 1 | | 0.493 | | |
| Selenium, Se | mcg | 6.1 | | 0 | RK | 4 | | 6.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 7.3 | 2.480 | 4 | | 1 | | 8.0 | | |
| Thiamin | mg | 0.170 | 0.062 | 4 | | 1 | | 0.185 | | |
| Riboflavin | mg | 0.410 | 0.075 | 4 | | 1 | | 0.447 | | |
| Niacin | mg | 3.600 | 0.359 | 4 | | 1 | | 3.924 | | |
| Pantothenic acid | mg | 1.740 | 0.099 | 4 | | 1 | | 1.897 | | |
| Vitamin B-6 | mg | 0.160 | 0.106 | 4 | | 1 | | 0.174 | | |
| Folate, total | mcg | 7 | | 1 | | 4 | | 8 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 7 | | 1 | | 4 | | 8 | | |
| Folate, DFE | mcg_DFE | 7 | | 0 | NC | 4 | | 8 | | |
| Vitamin B-12 | mcg | 1.58 | 0.090 | 4 | | 1 | | 1.72 | | |
| Vitamin A, IU | IU | 99 | | 2 | | 1 | | 108 | | |
| Vitamin A, RAE | mcg_RAE | 5 | | 0 | NC | 4 | | 5 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 16.707 | | 0 | | 1 | | 18.211 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | | | | | | | | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 11.056 | | 1 | | 1 | | 12.051 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 5.651 | | 1 | | 1 | | 6.160 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21081**
**Fast foods, nachos, with cinnamon and sugar**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 10.864 | | 0 | | 1 | | 11.842 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 10.864 | | 1 | | 1 | | 11.842 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 3.786 | | 0 | | 1 | | 4.127 | | |
| 18:2 undifferentiated g | 3.786 | | 1 | | 1 | | 4.127 | | |
| 18:3 undifferentiated g | | | | | | | | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 36 | | 1 | | 1 | | 39 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.047 | | 0 | | 1 | | 0.051 | | |
| Threonine g | 0.248 | | 0 | | 1 | | 0.270 | | |
| Isoleucine g | 0.236 | | 0 | | 1 | | 0.257 | | |
| Leucine g | 0.809 | | 0 | | 1 | | 0.882 | | |
| Lysine g | 0.186 | | 0 | | 1 | | 0.203 | | |
| Methionine g | 0.138 | | 0 | | 1 | | 0.150 | | |
| Cystine g | 0.119 | | 0 | | 1 | | 0.130 | | |
| Phenylalanine g | 0.324 | | 0 | | 1 | | 0.353 | | |
| Tyrosine g | 0.269 | | 0 | | 1 | | 0.293 | | |
| Valine g | 0.335 | | 0 | | 1 | | 0.365 | | |
| Arginine g | 0.329 | | 0 | | 1 | | 0.359 | | |
| Histidine g | 0.202 | | 0 | | 1 | | 0.220 | | |
| Alanine g | 0.494 | | 0 | | 1 | | 0.538 | | |
| Aspartic acid g | 0.459 | | 0 | | 1 | | 0.500 | | |
| Glutamic acid g | 1.238 | | 0 | | 1 | | 1.349 | | |
| Glycine g | 0.271 | | 0 | | 1 | | 0.295 | | |
| Proline g | 0.576 | | 0 | | 1 | | 0.628 | | |
| Serine g | 0.313 | | 0 | | 1 | | 0.341 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 109g: 1 portion (6-8 nachos)

**Calories Factors:** **Protein** 3.45 **Fat** 8.49 **Carbohydrate** 4.13

**Food Group:** 21 Fast Foods

**NDB No. 21130**
**Fast foods, onion rings, breaded and fried**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 37.09 | 2.519 | 9 | | 1 | | 30.78 | | |
| Energy | kcal | 332 | | 0 | | 1 | | 276 | | |
| Energy | kj | 1389 | | | | 1 | | 1153 | | |
| Protein (N x 6.07) | g | 4.46 | 0.192 | 10 | | 1 | | 3.70 | | |
| Total lipid (fat) | g | 18.69 | 1.410 | 11 | | 1 | | 15.51 | | |
| Ash | g | 2.03 | 0.190 | 6 | | 1 | | 1.68 | | |
| Carbohydrate, by difference | g | 37.74 | | 0 | NC | 4 | | 31.32 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 88 | 13.863 | 12 | | 1 | | 73 | | |
| Iron, Fe | mg | 1.02 | 0.102 | 13 | | 1 | | 0.85 | | |
| Magnesium, Mg | mg | 19 | 0.579 | 11 | | 1 | | 16 | | |
| Phosphorus, P | mg | 104 | 16.375 | 10 | | 1 | | 86 | | |
| Potassium, K | mg | 156 | 16.315 | 11 | | 1 | | 129 | | |
| Sodium, Na | mg | 518 | 59.454 | 15 | | 1 | | 430 | | |
| Zinc, Zn | mg | 0.42 | 0.016 | 11 | | 1 | | 0.35 | | |
| Copper, Cu | mg | 0.083 | 0.004 | 11 | | 1 | | 0.069 | | |
| Manganese, Mn | mg | 0.357 | 0.018 | 7 | | 1 | | 0.296 | | |
| Selenium, Se | mcg | 3.5 | 44.000 | 12 | A | 1 | | 2.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.7 | | 2 | | 1 | | 0.6 | | |
| Thiamin | mg | 0.100 | 0.032 | 7 | | 1 | | 0.083 | | |
| Riboflavin | mg | 0.120 | 0.053 | 7 | | 1 | | 0.100 | | |
| Niacin | mg | 1.110 | 0.551 | 7 | | 1 | | 0.921 | | |
| Pantothenic acid | mg | 0.240 | | 2 | | 1 | | 0.199 | | |
| Vitamin B-6 | mg | 0.070 | | 2 | | 1 | | 0.058 | | |
| Folate, total | mcg | 66 | | 0 | BFZN | 4 | | 55 | | |
| Folic acid | mcg | 52 | | 0 | NC | 4 | | 43 | | |
| Folate, food | mcg | 14 | | 2 | | 1 | | 12 | | |
| Folate, DFE | mcg_DFE | 102 | | 0 | NC | 4 | | 85 | | |
| Vitamin B-12 | mcg | 0.15 | | 2 | | 1 | | 0.12 | | |
| Vitamin A, IU | IU | 10 | | 1 | | 1 | | 8 | | |
| Vitamin A, RAE | mcg_RAE | 1 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.40 | | 0 | | 1 | | 0.33 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.377 | | 0 | | 1 | | 6.953 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | 0.091 | | 1 | | 1 | | 0.076 | | |
| 10:0 | g | 0.034 | | 1 | | 1 | | 0.028 | | |
| 12:0 | g | 0.031 | | 1 | | 1 | | 0.026 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.530 | | 1 | | 1 | | 0.440 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 4.897 | | 1 | | 1 | | 4.065 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 2.786 | | 1 | | 1 | | 2.312 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21130**
**Fast foods, onion rings, breaded and fried**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 8.013 | | 0 | | 1 | | 6.651 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.227 | | 1 | | 1 | | 0.188 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 7.786 | | 1 | | 1 | | 6.462 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.801 | | 0 | | 1 | | 0.665 | | |
| 18:2 undifferentiated....g | 0.672 | | 1 | | 1 | | 0.558 | | |
| 18:3 undifferentiated....g | 0.129 | | 1 | | 1 | | 0.107 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 17 | 5.154 | 5 | | 1 | | 14 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.059 | | 0 | | 1 | | 0.049 | | |
| Threonine....g | 0.126 | | 0 | | 1 | | 0.105 | | |
| Isoleucine....g | 0.178 | | 0 | | 1 | | 0.148 | | |
| Leucine....g | 0.292 | | 0 | | 1 | | 0.242 | | |
| Lysine....g | 0.126 | | 0 | | 1 | | 0.105 | | |
| Methionine....g | 0.068 | | 0 | | 1 | | 0.056 | | |
| Cystine....g | 0.090 | | 0 | | 1 | | 0.075 | | |
| Phenylalanine....g | 0.203 | | 0 | | 1 | | 0.168 | | |
| Tyrosine....g | 0.131 | | 0 | | 1 | | 0.109 | | |
| Valine....g | 0.181 | | 0 | | 1 | | 0.150 | | |
| Arginine....g | 0.271 | | 0 | | 1 | | 0.225 | | |
| Histidine....g | 0.091 | | 0 | | 1 | | 0.076 | | |
| Alanine....g | 0.144 | | 0 | | 1 | | 0.120 | | |
| Aspartic acid....g | 0.205 | | 0 | | 1 | | 0.170 | | |
| Glutamic acid....g | 1.375 | | 0 | | 1 | | 1.141 | | |
| Glycine....g | 0.164 | | 0 | | 1 | | 0.136 | | |
| Proline....g | 0.435 | | 0 | | 1 | | 0.361 | | |
| Serine....g | 0.214 | | 0 | | 1 | | 0.178 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 83g: 1 portion (8-9 onion rings)

**Calories Factors:** **Protein** 3.7 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 21 Fast Foods

**NDB No. 21048**
**Fast foods, oysters, battered or breaded, and fried**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.97 | 4.368 | 3 | | 1 | | 66.68 | | |
| Energy | kcal | 265 | | 0 | NC | 4 | | 368 | | |
| Energy | kj | 1109 | | | | 4 | | 1541 | | |
| Protein (N x 6.17) | g | 9.02 | 0.957 | 6 | | 1 | | 12.54 | | |
| Total lipid (fat) | g | 12.90 | 0.491 | 3 | | 1 | | 17.93 | | |
| Ash | g | 1.41 | | 2 | | 1 | | 1.96 | | |
| Carbohydrate, by difference | g | 28.69 | | 0 | NC | 4 | | 39.88 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 20 | 2.134 | 4 | | 1 | | 28 | | |
| Iron, Fe | mg | 3.21 | 0.201 | 4 | | 1 | | 4.46 | | |
| Magnesium, Mg | mg | 17 | 3.177 | 4 | | 1 | | 24 | | |
| Phosphorus, P | mg | 141 | 6.566 | 4 | | 1 | | 196 | | |
| Potassium, K | mg | 131 | | 2 | | 1 | | 182 | | |
| Sodium, Na | mg | 487 | 185.100 | 4 | | 1 | | 677 | | |
| Zinc, Zn | mg | 11.25 | 4.014 | 4 | | 1 | | 15.64 | | |
| Copper, Cu | mg | 0.573 | 0.162 | 3 | | 1 | | 0.796 | | |
| Manganese, Mn | mg | 0.305 | 0.070 | 4 | | 1 | | 0.424 | | |
| Selenium, Se | mcg | 66.3 | | 0 | RK | 4 | | 92.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 3.0 | | 1 | | 4 | | 4.2 | | |
| Thiamin | mg | 0.220 | | 1 | | 4 | | 0.306 | | |
| Riboflavin | mg | 0.250 | | 1 | | 4 | | 0.348 | | |
| Niacin | mg | 3.180 | | 1 | | 4 | | 4.420 | | |
| Pantothenic acid | mg | 0.760 | | 1 | | 1 | | 1.056 | | |
| Vitamin B-6 | mg | 0.020 | | 1 | | 1 | | 0.028 | | |
| Folate, total | mcg | 22 | | 0 | RK | 4 | | 31 | | |
| Folic acid | mcg | 13 | | 0 | NC | 4 | | 18 | | |
| Folate, food | mcg | 9 | | 1 | | 1 | | 13 | | |
| Folate, DFE | mcg_DFE | 31 | | 0 | NC | 4 | | 43 | | |
| Vitamin B-12 | mcg | 0.73 | | 1 | | 1 | | 1.01 | | |
| Vitamin A, IU | IU | 261 | | 1 | | 4 | | 363 | | |
| Vitamin A, RAE | mcg_RAE | 78 | | 0 | NC | 4 | | 108 | | |
| Retinol | mcg | 78 | | 0 | NC | 4 | | 108 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.294 | | 1 | | 1 | | 4.579 | | |
| Fatty acids, total monounsaturated | g | 4.979 | | 1 | | 1 | | 6.921 | | |
| Fatty acids, total polyunsaturated | g | 3.337 | | 1 | | 1 | | 4.638 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 78 | | 1 | | 4 | | 108 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.107 | | 0 | | 1 | | 0.149 | | |
| Threonine | g | 0.338 | | 0 | | 1 | | 0.470 | | |
| Isoleucine | g | 0.380 | | 0 | | 1 | | 0.528 | | |
| Leucine | g | 0.633 | | 0 | | 1 | | 0.880 | | |
| Lysine | g | 0.490 | | 0 | | 1 | | 0.681 | | |
| Methionine | g | 0.192 | | 0 | | 1 | | 0.267 | | |
| Cystine | g | 0.148 | | 0 | | 1 | | 0.206 | | |

**NDB No. 21048**
**Fast foods, oysters, battered or breaded, and fried**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.382 | | 0 | | 1 | | 0.531 | | |
| Tyrosine....g | 0.279 | | 0 | | 1 | | 0.388 | | |
| Valine....g | 0.412 | | 0 | | 1 | | 0.573 | | |
| Arginine....g | 0.532 | | 0 | | 1 | | 0.739 | | |
| Histidine....g | 0.184 | | 0 | | 1 | | 0.256 | | |
| Alanine....g | 0.445 | | 0 | | 1 | | 0.619 | | |
| Aspartic acid....g | 0.692 | | 0 | | 1 | | 0.962 | | |
| Glutamic acid....g | 1.803 | | 0 | | 1 | | 2.506 | | |
| Glycine....g | 0.442 | | 0 | | 1 | | 0.614 | | |
| Proline....g | 0.588 | | 0 | | 1 | | 0.817 | | |
| Serine....g | 0.443 | | 0 | | 1 | | 0.616 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 139g: 6 pieces

**Calories Factors:** **Protein** 4.18 **Fat** 8.94 **Carbohydrate** 3.9

**Food Group:** 21 Fast Foods

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

**NDB No. 21025**
**Fast foods, pancakes with butter and syrup**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 49.72 | 1.539 | 6 | | 1 | | 115.35 | | |
| Energy kcal | 224 | | 0 | NC | 4 | | 520 | | |
| Energy kj | 937 | | | | 4 | | 2174 | | |
| Protein (N x 6.05) g | 3.56 | 0.187 | 7 | | 1 | | 8.26 | | |
| Total lipid (fat) g | 6.03 | 0.897 | 5 | | 1 | | 13.99 | | |
| Ash g | 1.51 | 0.245 | 3 | | 1 | | 3.50 | | |
| Carbohydrate, by difference g | 39.18 | | 0 | NC | 4 | | 90.90 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 55 | 6.473 | 4 | | 1 | | 128 | | |
| Iron, Fe mg | 1.13 | 0.053 | 4 | | 1 | | 2.62 | | |
| Magnesium, Mg mg | 21 | 6.694 | 3 | | 1 | | 49 | | |
| Phosphorus, P mg | 205 | 14.621 | 3 | | 1 | | 476 | | |
| Potassium, K mg | 108 | | 2 | | 1 | | 251 | | |
| Sodium, Na mg | 476 | 32.157 | 5 | | 1 | | 1104 | | |
| Zinc, Zn mg | 0.44 | 0.125 | 4 | | 1 | | 1.02 | | |
| Copper, Cu mg | 0.065 | 0.013 | 3 | | 1 | | 0.151 | | |
| Manganese, Mn mg | 0.139 | 0.011 | 3 | | 1 | | 0.322 | | |
| Selenium, Se mcg | 8.3 | | 0 | BFZN | 4 | | 19.3 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.5 | 0.733 | 3 | | 1 | | 3.5 | | |
| Thiamin mg | 0.170 | 0.039 | 5 | | 1 | | 0.394 | | |
| Riboflavin mg | 0.240 | 0.066 | 5 | | 1 | | 0.557 | | |
| Niacin mg | 1.460 | 0.234 | 4 | | 1 | | 3.387 | | |
| Pantothenic acid mg | 0.290 | 0.161 | 3 | | 1 | | 0.673 | | |
| Vitamin B-6 mg | 0.050 | 0.013 | 5 | | 1 | | 0.116 | | |
| Folate, total mcg | 22 | | 0 | RK | 4 | | 51 | | |
| Folic acid mcg | 7 | | 0 | NC | 4 | | 16 | | |
| Folate, food mcg | 15 | 7.860 | 3 | | 1 | | 35 | | |
| Folate, DFE mcg_DFE | 27 | | 0 | NC | 4 | | 62 | | |
| Vitamin B-12 mcg | 0.10 | 0.047 | 4 | | 1 | | 0.23 | | |
| Vitamin A, IU IU | 121 | 1.333 | 3 | | 1 | | 281 | | |
| Vitamin A, RAE mcg_RAE | 35 | | 0 | NC | 4 | | 81 | | |
| Retinol mcg | 35 | | 0 | NC | 4 | | 81 | | |
| Vitamin E (alpha-tocopherol) mg | 0.60 | | 0 | | 1 | | 1.39 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.522 | | 0 | | 1 | | 5.851 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | 0.068 | | 2 | | 1 | | 0.158 | | |
| 8:0 g | 0.029 | | 2 | | 1 | | 0.067 | | |
| 10:0 g | 0.075 | | 2 | | 1 | | 0.174 | | |
| 12:0 g | 0.104 | | 2 | | 1 | | 0.241 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.163 | | 2 | | 1 | | 0.378 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 1.114 | | 2 | | 1 | | 2.584 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.716 | | 2 | | 1 | | 1.661 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21025**
**Fast foods, pancakes with butter and syrup**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 2.271 | | 0 | | 1 | | 5.269 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.081 | | 2 | | 1 | | 0.188 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.138 | | 2 | | 1 | | 4.960 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.844 | | 0 | | 1 | | 1.958 | | |
| 18:2 undifferentiated....g | 0.753 | | 2 | | 1 | | 1.747 | | |
| 18:3 undifferentiated....g | 0.064 | | 2 | | 1 | | 0.148 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.027 | | 2 | | 1 | | 0.063 | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 25 | 3.560 | 5 | | 1 | | 58 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.044 | | 0 | | 1 | | 0.102 | | |
| Threonine....g | 0.131 | | 0 | | 1 | | 0.304 | | |
| Isoleucine....g | 0.166 | | 0 | | 1 | | 0.385 | | |
| Leucine....g | 0.307 | | 0 | | 1 | | 0.712 | | |
| Lysine....g | 0.181 | | 0 | | 1 | | 0.420 | | |
| Methionine....g | 0.075 | | 0 | | 1 | | 0.174 | | |
| Cystine....g | 0.055 | | 0 | | 1 | | 0.128 | | |
| Phenylalanine....g | 0.173 | | 0 | | 1 | | 0.401 | | |
| Tyrosine....g | 0.137 | | 0 | | 1 | | 0.318 | | |
| Valine....g | 0.195 | | 0 | | 1 | | 0.452 | | |
| Arginine....g | 0.151 | | 0 | | 1 | | 0.350 | | |
| Histidine....g | 0.089 | | 0 | | 1 | | 0.206 | | |
| Alanine....g | 0.140 | | 0 | | 1 | | 0.325 | | |
| Aspartic acid....g | 0.233 | | 0 | | 1 | | 0.541 | | |
| Glutamic acid....g | 0.868 | | 0 | | 1 | | 2.014 | | |
| Glycine....g | 0.110 | | 0 | | 1 | | 0.255 | | |
| Proline....g | 0.340 | | 0 | | 1 | | 0.789 | | |
| Serine....g | 0.180 | | 0 | | 1 | | 0.418 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 232g: 2 cakes

**Calories Factors:** **Protein** 4.04 **Fat** 8.8 **Carbohydrate** 3.99

**Food Group:** 21 Fast Foods

**NDB No. 21131**
**Fast foods, potato, baked and topped with cheese sauce**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 65.75 | | 1 | | 4 | | 194.62 | | |
| Energy | kcal | 160 | | 0 | | 1 | | 474 | | |
| Energy | kj | 669 | | | | 1 | | 1982 | | |
| Protein (N x 6.35) | g | 4.94 | | 1 | | 1 | | 14.62 | | |
| Total lipid (fat) | g | 9.71 | | 1 | | 1 | | 28.74 | | |
| Ash | g | 1.72 | | 1 | | 4 | | 5.09 | | |
| Carbohydrate, by difference | g | 15.71 | | 0 | NC | 4 | | 46.50 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 105 | | 1 | | 4 | | 311 | | |
| Iron, Fe | mg | 1.02 | | 1 | | 4 | | 3.02 | | |
| Magnesium, Mg | mg | 22 | | 1 | | 4 | | 65 | | |
| Phosphorus, P | mg | 108 | | 1 | | 4 | | 320 | | |
| Potassium, K | mg | 394 | | 1 | | 1 | | 1166 | | |
| Sodium, Na | mg | 129 | | 1 | | 1 | | 382 | | |
| Zinc, Zn | mg | 0.64 | | 1 | | 4 | | 1.89 | | |
| Copper, Cu | mg | 0.213 | | 1 | | 4 | | 0.630 | | |
| Manganese, Mn | mg | 0.174 | | 1 | | 4 | | 0.515 | | |
| Selenium, Se | mcg | 2.6 | | 0 | RK | 4 | | 7.7 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 8.8 | | 1 | | 4 | | 26.0 | | |
| Thiamin | mg | 0.080 | | 1 | | 4 | | 0.237 | | |
| Riboflavin | mg | 0.070 | | 1 | | 4 | | 0.207 | | |
| Niacin | mg | 1.130 | | 1 | | 4 | | 3.345 | | |
| Pantothenic acid | mg | 0.440 | | 1 | | 4 | | 1.302 | | |
| Vitamin B-6 | mg | 0.240 | | 1 | | 4 | | 0.710 | | |
| Folate, total | mcg | 9 | | 1 | | 4 | | 27 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 9 | | 1 | | 4 | | 27 | | |
| Folate, DFE | mcg_DFE | 9 | | 0 | NC | 4 | | 27 | | |
| Vitamin B-12 | mcg | 0.06 | | 1 | | 4 | | 0.18 | | |
| Vitamin A, IU | IU | 282 | | 1 | | 4 | | 835 | | |
| Vitamin A, RAE | mcg_RAE | 85 | | 0 | NC | 4 | | 252 | | |
| Retinol | mcg | 85 | | 0 | NC | 4 | | 252 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.567 | | 1 | | 1 | | 10.558 | | |
| Fatty acids, total monounsaturated | g | 3.615 | | 1 | | 1 | | 10.700 | | |
| Fatty acids, total polyunsaturated | g | 2.042 | | 1 | | 1 | | 6.044 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 6 | | 1 | | 1 | | 18 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.064 | | 0 | | 1 | | 0.189 | | |
| Threonine | g | 0.167 | | 0 | | 1 | | 0.494 | | |
| Isoleucine | g | 0.256 | | 0 | | 1 | | 0.758 | | |
| Leucine | g | 0.391 | | 0 | | 1 | | 1.157 | | |
| Lysine | g | 0.353 | | 0 | | 1 | | 1.045 | | |
| Methionine | g | 0.106 | | 0 | | 1 | | 0.314 | | |
| Cystine | g | 0.035 | | 0 | | 1 | | 0.104 | | |

**NDB No. 21131**
**Fast foods, potato, baked and topped with cheese sauce**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.233 | | 0 | | 1 | | 0.690 | | |
| Tyrosine....g | 0.208 | | 0 | | 1 | | 0.616 | | |
| Valine....g | 0.295 | | 0 | | 1 | | 0.873 | | |
| Arginine....g | 0.189 | | 0 | | 1 | | 0.559 | | |
| Histidine....g | 0.143 | | 0 | | 1 | | 0.423 | | |
| Alanine....g | 0.136 | | 0 | | 1 | | 0.403 | | |
| Aspartic acid....g | 0.579 | | 0 | | 1 | | 1.714 | | |
| Glutamic acid....g | 1.020 | | 0 | | 1 | | 3.019 | | |
| Glycine....g | 0.100 | | 0 | | 1 | | 0.296 | | |
| Proline....g | 0.406 | | 0 | | 1 | | 1.202 | | |
| Serine....g | 0.249 | | 0 | | 1 | | 0.737 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 296g: 1 piece

**Calories Factors:** **Protein** 3.97 **Fat** 8.82 **Carbohydrate** 3.51

**Food Group:** 21 Fast Foods

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

**NDB No. 21132**
**Fast foods, potato, baked and topped with cheese sauce and bacon**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 65.02 | | 1 | | 4 | | 194.41 | | |
| Energy | kcal | 151 | | 0 | | 1 | | 451 | | |
| Energy | kj | 632 | | | | 1 | | 1889 | | |
| Protein (N x 6.24) | g | 6.16 | | 2 | | 1 | | 18.42 | | |
| Total lipid (fat) | g | 8.66 | | 2 | | 1 | | 25.89 | | |
| Ash | g | 1.72 | | 1 | | 4 | | 5.14 | | |
| Carbohydrate, by difference | g | 14.86 | | 2 | | 9 | | 44.43 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 103 | | 1 | | 4 | | 308 | | |
| Iron, Fe | mg | 1.05 | | 1 | | 4 | | 3.14 | | |
| Magnesium, Mg | mg | 23 | | 1 | | 4 | | 69 | | |
| Phosphorus, P | mg | 116 | | 1 | | 4 | | 347 | | |
| Potassium, K | mg | 394 | | 1 | | 1 | | 1178 | | |
| Sodium, Na | mg | 325 | | 2 | | 1 | | 972 | | |
| Zinc, Zn | mg | 0.72 | | 1 | | 4 | | 2.15 | | |
| Copper, Cu | mg | 0.216 | | 1 | | 4 | | 0.646 | | |
| Manganese, Mn | mg | 0.169 | | 1 | | 4 | | 0.505 | | |
| Selenium, Se | mcg | 3.2 | | 0 | RK | 4 | | 9.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 9.6 | | 1 | | 4 | | 28.7 | | |
| Thiamin | mg | 0.090 | | 1 | | 4 | | 0.269 | | |
| Riboflavin | mg | 0.080 | | 1 | | 4 | | 0.239 | | |
| Niacin | mg | 1.330 | | 1 | | 4 | | 3.977 | | |
| Pantothenic acid | mg | 0.430 | | 1 | | 4 | | 1.286 | | |
| Vitamin B-6 | mg | 0.250 | | 1 | | 4 | | 0.748 | | |
| Folate, total | mcg | 10 | | 1 | | 4 | | 30 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 10 | | 1 | | 4 | | 30 | | |
| Folate, DFE | mcg_DFE | 10 | | 0 | NC | 4 | | 30 | | |
| Vitamin B-12 | mcg | 0.11 | | 1 | | 4 | | 0.33 | | |
| Vitamin A, IU | IU | 210 | | 1 | | 4 | | 628 | | |
| Vitamin A, RAE | mcg_RAE | 63 | | 0 | NC | 4 | | 188 | | |
| Retinol | mcg | 63 | | 0 | NC | 4 | | 188 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.389 | | 1 | | 1 | | 10.133 | | |
| Fatty acids, total monounsaturated | g | 3.249 | | 1 | | 1 | | 9.715 | | |
| Fatty acids, total polyunsaturated | g | 1.589 | | 1 | | 1 | | 4.751 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 10 | | 2 | | 1 | | 30 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.078 | | 0 | | 1 | | 0.233 | | |
| Threonine | g | 0.216 | | 0 | | 1 | | 0.646 | | |
| Isoleucine | g | 0.314 | | 0 | | 1 | | 0.939 | | |
| Leucine | g | 0.486 | | 0 | | 1 | | 1.453 | | |
| Lysine | g | 0.450 | | 0 | | 1 | | 1.346 | | |
| Methionine | g | 0.135 | | 0 | | 1 | | 0.404 | | |
| Cystine | g | 0.047 | | 0 | | 1 | | 0.141 | | |

**NDB No. 21132**
**Fast foods, potato, baked and topped with cheese sauce and bacon**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.286 | | 0 | | 1 | | 0.855 | | |
| Tyrosine....g | 0.251 | | 0 | | 1 | | 0.750 | | |
| Valine....g | 0.363 | | 0 | | 1 | | 1.085 | | |
| Arginine....g | 0.260 | | 0 | | 1 | | 0.777 | | |
| Histidine....g | 0.181 | | 0 | | 1 | | 0.541 | | |
| Alanine....g | 0.198 | | 0 | | 1 | | 0.592 | | |
| Aspartic acid....g | 0.701 | | 0 | | 1 | | 2.096 | | |
| Glutamic acid....g | 1.227 | | 0 | | 1 | | 3.669 | | |
| Glycine....g | 0.174 | | 0 | | 1 | | 0.520 | | |
| Proline....g | 0.487 | | 0 | | 1 | | 1.456 | | |
| Serine....g | 0.304 | | 0 | | 1 | | 0.909 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 299g: 1 piece

**Calories Factors:** **Protein** 3.77 **Fat** 8.75 **Carbohydrate** 3.49

**Food Group:** 21 Fast Foods

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

**NDB No. 21133**
**Fast foods, potato, baked and topped with cheese sauce and broccoli**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 70.04 | | 1 | | 4 | | 237.44 | | |
| Energy | kcal | 119 | | 0 | | 1 | | 403 | | |
| Energy | kj | 498 | | | | 1 | | 1688 | | |
| Protein (N x 6.33) | g | 4.03 | | 2 | | 1 | | 13.66 | | |
| Total lipid (fat) | g | 6.32 | | 2 | | 1 | | 21.42 | | |
| Ash | g | 1.61 | | 1 | | 4 | | 5.46 | | |
| Carbohydrate, by difference | g | 13.74 | | 2 | | 9 | | 46.58 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 99 | | 1 | | 4 | | 336 | | |
| Iron, Fe | mg | 0.98 | | 1 | | 4 | | 3.32 | | |
| Magnesium, Mg | mg | 23 | | 1 | | 4 | | 78 | | |
| Phosphorus, P | mg | 102 | | 1 | | 4 | | 346 | | |
| Potassium, K | mg | 425 | | 1 | | 1 | | 1441 | | |
| Sodium, Na | mg | 143 | | 2 | | 1 | | 485 | | |
| Zinc, Zn | mg | 0.60 | | 1 | | 4 | | 2.03 | | |
| Copper, Cu | mg | 0.191 | | 1 | | 4 | | 0.647 | | |
| Manganese, Mn | mg | 0.237 | | 1 | | 4 | | 0.803 | | |
| Selenium, Se | mcg | 1.7 | | 0 | RK | 4 | | 5.8 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 14.3 | | 1 | | 4 | | 48.5 | | |
| Thiamin | mg | 0.080 | | 1 | | 4 | | 0.271 | | |
| Riboflavin | mg | 0.080 | | 1 | | 4 | | 0.271 | | |
| Niacin | mg | 1.060 | | 1 | | 4 | | 3.593 | | |
| Pantothenic acid | mg | 0.420 | | 1 | | 4 | | 1.424 | | |
| Vitamin B-6 | mg | 0.230 | | 1 | | 4 | | 0.780 | | |
| Folate, total | mcg | 18 | | 1 | | 4 | | 61 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 18 | | 1 | | 4 | | 61 | | |
| Folate, DFE | mcg_DFE | 18 | | 0 | NC | 4 | | 61 | | |
| Vitamin B-12 | mcg | 0.10 | | 1 | | 4 | | 0.34 | | |
| Vitamin A, IU | IU | 500 | | 1 | | 4 | | 1695 | | |
| Vitamin A, RAE | mcg_RAE | 79 | | 0 | NC | 4 | | 268 | | |
| Retinol | mcg | 65 | | 0 | NC | 4 | | 220 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.511 | | 1 | | 1 | | 8.512 | | |
| Fatty acids, total monounsaturated | g | 2.265 | | 1 | | 1 | | 7.678 | | |
| Fatty acids, total polyunsaturated | g | 1.232 | | 1 | | 1 | | 4.176 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 6 | | 1 | | 1 | | 20 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.051 | | 0 | | 1 | | 0.173 | | |
| Threonine | g | 0.136 | | 0 | | 1 | | 0.461 | | |
| Isoleucine | g | 0.203 | | 0 | | 1 | | 0.688 | | |
| Leucine | g | 0.305 | | 0 | | 1 | | 1.034 | | |
| Lysine | g | 0.279 | | 0 | | 1 | | 0.946 | | |
| Methionine | g | 0.083 | | 0 | | 1 | | 0.281 | | |
| Cystine | g | 0.029 | | 0 | | 1 | | 0.098 | | |

**NDB No. 21133**
**Fast foods, potato, baked and topped with cheese sauce and broccoli**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.183 | | 0 | | 1 | | 0.620 | | |
| Tyrosine....g | 0.161 | | 0 | | 1 | | 0.546 | | |
| Valine....g | 0.235 | | 0 | | 1 | | 0.797 | | |
| Arginine....g | 0.160 | | 0 | | 1 | | 0.542 | | |
| Histidine....g | 0.112 | | 0 | | 1 | | 0.380 | | |
| Alanine....g | 0.117 | | 0 | | 1 | | 0.397 | | |
| Aspartic acid....g | 0.456 | | 0 | | 1 | | 1.546 | | |
| Glutamic acid....g | 0.801 | | 0 | | 1 | | 2.715 | | |
| Glycine....g | 0.087 | | 0 | | 1 | | 0.295 | | |
| Proline....g | 0.314 | | 0 | | 1 | | 1.064 | | |
| Serine....g | 0.197 | | 0 | | 1 | | 0.668 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 339g: 1 piece

**Calories Factors:** **Protein** 3.69 **Fat** 8.82 **Carbohydrate** 3.49

**Food Group:** 21 Fast Foods

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

**NDB No. 21134**
**Fast foods, potato, baked and topped with cheese sauce and chili**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 70.08 | | 1 | | 4 | | 276.82 | | |
| Energy | kcal | 122 | | 0 | | 1 | | 482 | | |
| Energy | kj | 510 | | | | 1 | | 2016 | | |
| Protein (N x 6.35) | g | 5.88 | | 2 | | 1 | | 23.23 | | |
| Total lipid (fat) | g | 5.53 | | 2 | | 1 | | 21.84 | | |
| Ash | g | 1.79 | | 1 | | 4 | | 7.07 | | |
| Carbohydrate, by difference | g | 14.14 | | 2 | | 9 | | 55.85 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 104 | | 1 | | 4 | | 411 | | |
| Iron, Fe | mg | 1.55 | | 1 | | 4 | | 6.12 | | |
| Magnesium, Mg | mg | 28 | | 1 | | 4 | | 111 | | |
| Phosphorus, P | mg | 126 | | 1 | | 4 | | 498 | | |
| Potassium, K | mg | 398 | | 1 | | 1 | | 1572 | | |
| Sodium, Na | mg | 177 | | 2 | | 1 | | 699 | | |
| Zinc, Zn | mg | 0.96 | | 1 | | 4 | | 3.79 | | |
| Copper, Cu | mg | 0.209 | | 1 | | 4 | | 0.826 | | |
| Manganese, Mn | mg | 0.171 | | 1 | | 4 | | 0.675 | | |
| Selenium, Se | mcg | 1.4 | | 0 | RK | 4 | | 5.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 8.0 | | 1 | | 4 | | 31.6 | | |
| Thiamin | mg | 0.070 | | 1 | | 4 | | 0.277 | | |
| Riboflavin | mg | 0.090 | | 1 | | 4 | | 0.356 | | |
| Niacin | mg | 1.060 | | 1 | | 4 | | 4.187 | | |
| Pantothenic acid | mg | 0.650 | | 1 | | 4 | | 2.568 | | |
| Vitamin B-6 | mg | 0.240 | | 1 | | 4 | | 0.948 | | |
| Folate, total | mcg | 12 | | 0 | RK | 4 | | 47 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 12 | | 0 | RK | 4 | | 47 | | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 47 | | |
| Vitamin B-12 | mcg | 0.06 | | 1 | | 4 | | 0.24 | | |
| Vitamin A, IU | IU | 194 | | 1 | | 4 | | 766 | | |
| Vitamin A, RAE | mcg_RAE | 47 | | 0 | NC | 4 | | 186 | | |
| Retinol | mcg | 45 | | 0 | NC | 4 | | 178 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.300 | | 1 | | 1 | | 13.035 | | |
| Fatty acids, total monounsaturated | g | 1.731 | | 1 | | 1 | | 6.837 | | |
| Fatty acids, total polyunsaturated | g | 0.227 | | 1 | | 1 | | 0.897 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 8 | | 2 | | 1 | | 32 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.074 | | 0 | | 1 | | 0.292 | | |
| Threonine | g | 0.205 | | 0 | | 1 | | 0.810 | | |
| Isoleucine | g | 0.292 | | 0 | | 1 | | 1.153 | | |
| Leucine | g | 0.461 | | 0 | | 1 | | 1.821 | | |
| Lysine | g | 0.423 | | 0 | | 1 | | 1.671 | | |
| Methionine | g | 0.124 | | 0 | | 1 | | 0.490 | | |
| Cystine | g | 0.045 | | 0 | | 1 | | 0.178 | | |

**NDB No. 21134**
**Fast foods, potato, baked and topped with cheese sauce and chili**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.269 | | 0 | | 1 | | 1.063 | | |
| Tyrosine....g | 0.231 | | 0 | | 1 | | 0.912 | | |
| Valine....g | 0.336 | | 0 | | 1 | | 1.327 | | |
| Arginine....g | 0.252 | | 0 | | 1 | | 0.995 | | |
| Histidine....g | 0.170 | | 0 | | 1 | | 0.672 | | |
| Alanine....g | 0.193 | | 0 | | 1 | | 0.762 | | |
| Aspartic acid....g | 0.663 | | 0 | | 1 | | 2.619 | | |
| Glutamic acid....g | 1.177 | | 0 | | 1 | | 4.649 | | |
| Glycine....g | 0.163 | | 0 | | 1 | | 0.644 | | |
| Proline....g | 0.442 | | 0 | | 1 | | 1.746 | | |
| Serine....g | 0.286 | | 0 | | 1 | | 1.130 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 395g: 1 piece

**Calories Factors:** **Protein** 3.97 **Fat** 8.81 **Carbohydrate** 3.51

**Food Group:** 21 Fast Foods

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

**NDB No. 21135**
**Fast foods, potato, baked and topped with sour cream and chives**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 69.45 | | 1 | | 4 | | 209.74 | | |
| Energy | kcal | 130 | | 0 | | 1 | | 393 | | |
| Energy | kj | 544 | | | | 1 | | 1643 | | |
| Protein (N x 6.29) | g | 2.21 | | 2 | | 1 | | 6.67 | | |
| Total lipid (fat) | g | 7.39 | | 2 | | 1 | | 22.32 | | |
| Ash | g | 1.42 | | 1 | | 4 | | 4.29 | | |
| Carbohydrate, by difference | g | 16.56 | | 2 | | 9 | | 50.01 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 35 | | 1 | | 4 | | 106 | | |
| Iron, Fe | mg | 1.03 | | 1 | | 4 | | 3.11 | | |
| Magnesium, Mg | mg | 23 | | 1 | | 4 | | 69 | | |
| Phosphorus, P | mg | 61 | | 1 | | 4 | | 184 | | |
| Potassium, K | mg | 458 | | 1 | | 1 | | 1383 | | |
| Sodium, Na | mg | 60 | | 2 | | 1 | | 181 | | |
| Zinc, Zn | mg | 0.30 | | 1 | | 4 | | 0.91 | | |
| Copper, Cu | mg | 0.227 | | 1 | | 4 | | 0.686 | | |
| Manganese, Mn | mg | 0.192 | | 1 | | 4 | | 0.580 | | |
| Selenium, Se | mcg | 1.1 | | 0 | RK | 4 | | 3.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 11.2 | | 1 | | 4 | | 33.8 | | |
| Thiamin | mg | 0.090 | | 1 | | 4 | | 0.272 | | |
| Riboflavin | mg | 0.060 | | 1 | | 4 | | 0.181 | | |
| Niacin | mg | 1.230 | | 1 | | 4 | | 3.715 | | |
| Pantothenic acid | mg | 0.490 | | 1 | | 4 | | 1.480 | | |
| Vitamin B-6 | mg | 0.260 | | 1 | | 4 | | 0.785 | | |
| Folate, total | mcg | 11 | | 1 | | 4 | | 33 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 11 | | 1 | | 4 | | 33 | | |
| Folate, DFE | mcg_DFE | 11 | | 0 | NC | 4 | | 33 | | |
| Vitamin B-12 | mcg | 0.07 | | 1 | | 4 | | 0.21 | | |
| Vitamin A, IU | IU | 446 | | 1 | | 4 | | 1347 | | |
| Vitamin A, RAE | mcg_RAE | 88 | | 0 | NC | 4 | | 264 | | |
| Retinol | mcg | 78 | | 0 | NC | 4 | | 236 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.315 | | 1 | | 1 | | 10.011 | | |
| Fatty acids, total monounsaturated | g | 2.607 | | 1 | | 1 | | 7.873 | | |
| Fatty acids, total polyunsaturated | g | 1.098 | | 1 | | 1 | | 3.316 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 8 | | 2 | | 1 | | 24 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.033 | | 0 | | 1 | | 0.100 | | |
| Threonine | g | 0.085 | | 0 | | 1 | | 0.257 | | |
| Isoleucine | g | 0.101 | | 0 | | 1 | | 0.305 | | |
| Leucine | g | 0.155 | | 0 | | 1 | | 0.468 | | |
| Lysine | g | 0.144 | | 0 | | 1 | | 0.435 | | |
| Methionine | g | 0.040 | | 0 | | 1 | | 0.121 | | |
| Cystine | g | 0.026 | | 0 | | 1 | | 0.079 | | |

**NDB No. 21135**
**Fast foods, potato, baked and topped with sour cream and chives**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.099 | | 0 | | 1 | | 0.299 | | |
| Tyrosine....g | 0.087 | | 0 | | 1 | | 0.263 | | |
| Valine....g | 0.129 | | 0 | | 1 | | 0.390 | | |
| Arginine....g | 0.096 | | 0 | | 1 | | 0.290 | | |
| Histidine....g | 0.051 | | 0 | | 1 | | 0.154 | | |
| Alanine....g | 0.070 | | 0 | | 1 | | 0.211 | | |
| Aspartic acid....g | 0.422 | | 0 | | 1 | | 1.274 | | |
| Glutamic acid....g | 0.394 | | 0 | | 1 | | 1.190 | | |
| Glycine....g | 0.061 | | 0 | | 1 | | 0.184 | | |
| Proline....g | 0.118 | | 0 | | 1 | | 0.356 | | |
| Serine....g | 0.102 | | 0 | | 1 | | 0.308 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 302g: 1 piece

**Calories Factors:** **Protein** 3.23 **Fat** 8.82 **Carbohydrate** 3.5

**Food Group:** 21 Fast Foods

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

**NDB No. 21138**
**Fast foods, potato, french fried in vegetable oil**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 35.35 | 0.250 | 18 | A | 1 | | 59.74 | 47.37 | 30.05 |
| Energy kcal | 342 | | 0 | NC | 4 | | 578 | 458 | 291 |
| Energy kj | 1431 | | | | 4 | | 2418 | 1917 | 1216 |
| Protein g | 4.30 | | 1 | MA | 12 | | 7.27 | 5.76 | 3.66 |
| Total lipid (fat) g | 18.43 | 0.098 | 18 | A | 1 | | 31.15 | 24.70 | 15.67 |
| Ash g | 2.10 | | 1 | MA | 12 | | 3.55 | 2.81 | 1.79 |
| Carbohydrate, by difference g | 39.81 | | 0 | NC | 4 | | 67.28 | 53.35 | 33.84 |
| Fiber, total dietary g | 3.5 | | 1 | MA | 12 | | 5.9 | 4.7 | 3.0 |
| Sugars, total g | 0.00 | | 1 | MA | 12 | | 0.00 | 0.00 | 0.00 |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 14 | | 1 | MA | 12 | | 24 | 19 | 12 |
| Iron, Fe mg | 0.78 | | 1 | MA | 12 | | 1.32 | 1.05 | 0.66 |
| Magnesium, Mg mg | 39 | | 1 | MA | 12 | | 66 | 52 | 33 |
| Phosphorus, P mg | 129 | | 1 | MA | 12 | | 218 | 173 | 110 |
| Potassium, K mg | 689 | | 1 | MA | 12 | | 1164 | 923 | 586 |
| Sodium, Na mg | 198 | | 1 | MA | 12 | | 335 | 265 | 168 |
| Zinc, Zn mg | 0.47 | | 1 | MA | 12 | | 0.79 | 0.63 | 0.40 |
| Copper, Cu mg | 0.150 | | 1 | MA | 12 | | 0.254 | 0.201 | 0.128 |
| Manganese, Mn mg | 0.258 | | 1 | MA | 12 | | 0.436 | 0.346 | 0.219 |
| Selenium, Se mcg | 0.6 | | 0 | BFZN | 4 | | 1.0 | 0.8 | 0.5 |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 11.6 | | 1 | MA | 12 | | 19.6 | 15.5 | 9.9 |
| Thiamin mg | 0.080 | | 1 | MA | 12 | | 0.135 | 0.107 | 0.068 |
| Riboflavin mg | 0.040 | | 0 | T | 4 | | 0.068 | 0.054 | 0.034 |
| Niacin mg | 2.850 | | 1 | MA | 12 | | 4.817 | 3.819 | 2.423 |
| Pantothenic acid mg | 0.500 | | 1 | MA | 12 | | 0.845 | 0.670 | 0.425 |
| Vitamin B-6 mg | 0.358 | | 1 | MA | 12 | | 0.605 | 0.480 | 0.304 |
| Folate, total mcg | 7 | | 0 | FLA | 4 | | 13 | 10 | 6 |
| Folic acid mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Folate, food mcg | 7 | | 0 | FLA | 4 | | 13 | 10 | 6 |
| Folate, DFE mcg_DFE | 7 | | 0 | NC | 4 | | 13 | 10 | 6 |
| Vitamin B-12 mcg | 0.00 | | 0 | Z | 7 | | 0.00 | 0.00 | 0.00 |
| Vitamin A, IU IU | 0 | | 1 | MA | 12 | | 0 | 0 | 0 |
| Vitamin A, RAE mcg_RAE | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Retinol mcg | 0 | | 0 | FLA | 4 | | 0 | 0 | 0 |
| Vitamin E (alpha-tocopherol) mg | 1.52 | | 0 | FLA | 4 | | 2.57 | 2.04 | 1.29 |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | 4.8 | | 0 | FLA | 4 | | 8.1 | 6.4 | 4.1 |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.850 | | 18 | A | 1 | | 6.507 | 5.159 | 3.273 |
| 4:0 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 6:0 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 8:0 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 10:0 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 12:0 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.005 | | 18 | A | 1 | | 0.008 | 0.007 | 0.004 |
| 15:0 g | 0.000 | | 18 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 16:0 g | 1.922 | | 18 | A | 1 | | 3.248 | 2.575 | 1.634 |
| 17:0 g | 0.024 | | 18 | A | 1 | | 0.041 | 0.032 | 0.020 |
| 18:0 g | 1.772 | | 18 | A | 1 | | 2.995 | 2.374 | 1.506 |
| 20:0 g | 0.048 | | 18 | A | 1 | | 0.081 | 0.064 | 0.041 |
| 22:0 g | 0.057 | | 18 | A | 1 | | 0.096 | 0.076 | 0.048 |
| 24:0 g | 0.023 | | 18 | A | 1 | | 0.039 | 0.031 | 0.020 |

**NDB No. 21138**
**Fast foods, potato, french fried in vegetable oil**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 10.645 | | 18 | A | 1 | | 17.990 | 14.264 | 9.048 |
| 14:1 g | 0.000 | | 18 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.009 | | 18 | A | 1 | | 0.015 | 0.012 | 0.008 |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 10.602 | | 18 | A | 1 | | 17.917 | 14.207 | 9.012 |
| 20:1 g | 0.034 | | 18 | A | 1 | | 0.057 | 0.046 | 0.029 |
| 22:1 undifferentiated g | 0.000 | | 18 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 3.129 | | 18 | A | 1 | | 5.288 | 4.193 | 2.660 |
| 18:2 undifferentiated g | 2.312 | | 18 | A | 1 | | 3.907 | 3.098 | 1.965 |
| 18:3 undifferentiated g | 0.141 | | 18 | A | 1 | | 0.238 | 0.189 | 0.120 |
| 18:4 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | 0.000 | | 18 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated g | 0.000 | | 18 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 g | 0.000 | | 18 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 g | 0.000 | | 18 | A | 1 | | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 g | 0.000 | | 0 | Z | 7 | | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 1 | MA | 12 | | 0 | 0 | 0 |
| Phytosterols mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | 0.0 | | 0 | Z | 7 | | 0.0 | 0.0 | 0.0 |
| Caffeine mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| Theobromine mg | 0 | | 0 | Z | 7 | | 0 | 0 | 0 |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Carotene, alpha mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Cryptoxanthin, beta mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lycopene mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |
| Lutein + zeaxanthin mcg | 0 | | 0 | FLA | 4 | | 0.000 | 0.000 | 0.000 |

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

**Common Measures:**

Measure 1 = 169g: 1 large

Measure 2 = 134g: 1 medium

Measure 3 = 85g: 1 small

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21139**
**Fast foods, potato, mashed**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 79.21 | 2.476 | 6 | | 1 | | 63.37 | | |
| Energy kcal | 83 | | 0 | | 1 | | 66 | | |
| Energy kj | 347 | | | | 1 | | 278 | | |
| Protein (N x 6.25) g | 2.31 | 0.058 | 3 | | 1 | | 1.85 | | |
| Total lipid (fat) g | 1.21 | 0.211 | 3 | | 1 | | 0.97 | | |
| Ash g | 1.15 | 0.171 | 4 | | 1 | | 0.92 | | |
| Carbohydrate, by difference g | 16.12 | | 0 | NC | 4 | | 12.90 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 21 | 1.757 | 5 | | 1 | | 17 | | |
| Iron, Fe mg | 0.47 | 0.067 | 5 | | 1 | | 0.38 | | |
| Magnesium, Mg mg | 18 | 2.842 | 4 | | 1 | | 14 | | |
| Phosphorus, P mg | 55 | | 2 | | 1 | | 44 | | |
| Potassium, K mg | 294 | 46.256 | 4 | | 1 | | 235 | | |
| Sodium, Na mg | 227 | 54.694 | 7 | | 1 | | 182 | | |
| Zinc, Zn mg | 0.32 | 0.035 | 4 | | 1 | | 0.26 | | |
| Copper, Cu mg | 0.097 | 0.020 | 4 | | 1 | | 0.078 | | |
| Manganese, Mn mg | 0.117 | 0.011 | 4 | | 1 | | 0.094 | | |
| Selenium, Se mcg | 0.5 | | 0 | BFZN | 4 | | 0.4 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 0.4 | | 2 | | 1 | | 0.3 | | |
| Thiamin mg | 0.090 | | 1 | | 4 | | 0.072 | | |
| Riboflavin mg | 0.050 | | 1 | | 1 | | 0.040 | | |
| Niacin mg | 1.200 | | 1 | | 1 | | 0.960 | | |
| Pantothenic acid mg | 0.480 | | 1 | | 4 | | 0.384 | | |
| Vitamin B-6 mg | 0.230 | | 1 | | 4 | | 0.184 | | |
| Folate, total mcg | 8 | | 1 | | 4 | | 6 | | |
| Folic acid mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food mcg | 8 | | 1 | | 4 | | 6 | | |
| Folate, DFE mcg_DFE | 8 | | 0 | NC | 4 | | 6 | | |
| Vitamin B-12 mcg | 0.05 | | 1 | | 4 | | 0.04 | | |
| Vitamin A, IU IU | 41 | | 1 | | 4 | | 33 | | |
| Vitamin A, RAE mcg_RAE | 11 | | 0 | NC | 4 | | 8 | | |
| Retinol mcg | 10 | | 0 | NC | 4 | | 8 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 0.479 | | 1 | | 1 | | 0.383 | | |
| Fatty acids, total monounsaturated g | 0.351 | | 1 | | 1 | | 0.281 | | |
| Fatty acids, total polyunsaturated g | 0.292 | | 1 | | 1 | | 0.234 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 2 | | 1 | | 4 | | 2 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.035 | | 0 | | 1 | | 0.028 | | |
| Threonine g | 0.088 | | 0 | | 1 | | 0.070 | | |
| Isoleucine g | 0.104 | | 0 | | 1 | | 0.083 | | |
| Leucine g | 0.159 | | 0 | | 1 | | 0.127 | | |
| Lysine g | 0.149 | | 0 | | 1 | | 0.119 | | |
| Methionine g | 0.042 | | 0 | | 1 | | 0.034 | | |
| Cystine g | 0.027 | | 0 | | 1 | | 0.022 | | |

**NDB No. 21139**
**Fast foods, potato, mashed**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.104 | | 0 | | 1 | | 0.083 | | |
| Tyrosine....g | 0.091 | | 0 | | 1 | | 0.073 | | |
| Valine....g | 0.135 | | 0 | | 1 | | 0.108 | | |
| Arginine....g | 0.100 | | 0 | | 1 | | 0.080 | | |
| Histidine....g | 0.053 | | 0 | | 1 | | 0.042 | | |
| Alanine....g | 0.072 | | 0 | | 1 | | 0.058 | | |
| Aspartic acid....g | 0.462 | | 0 | | 1 | | 0.370 | | |
| Glutamic acid....g | 0.407 | | 0 | | 1 | | 0.326 | | |
| Glycine....g | 0.063 | | 0 | | 1 | | 0.050 | | |
| Proline....g | 0.117 | | 0 | | 1 | | 0.094 | | |
| Serine....g | 0.106 | | 0 | | 1 | | 0.085 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 80g: .333 cup

**Calories Factors:** **Protein** 2.78 **Fat** 8.84 **Carbohydrate** 4.03

**Food Group:** 21 Fast Foods

**NDB No. 21026**
**Fast foods, potatoes, hashed brown**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 60.14 | 4.485 | 3 | | 1 | | 43.30 | | |
| Energy kcal | 210 | | 0 | NC | 4 | | 151 | | |
| Energy kj | 879 | | | | 4 | | 633 | | |
| Protein (N x 6.25) g | 2.70 | | 1 | | 1 | | 1.94 | | |
| Total lipid (fat) g | 12.80 | | 1 | | 1 | | 9.22 | | |
| Ash g | 1.92 | | 2 | | 1 | | 1.38 | | |
| Carbohydrate, by difference g | 22.43 | | 0 | NC | 4 | | 16.15 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 10 | 0.431 | 3 | | 1 | | 7 | | |
| Iron, Fe mg | 0.67 | 0.067 | 3 | | 1 | | 0.48 | | |
| Magnesium, Mg mg | 22 | 1.923 | 3 | | 1 | | 16 | | |
| Phosphorus, P mg | 96 | 13.283 | 3 | | 1 | | 69 | | |
| Potassium, K mg | 371 | 40.595 | 3 | | 1 | | 267 | | |
| Sodium, Na mg | 403 | 159.538 | 3 | | 1 | | 290 | | |
| Zinc, Zn mg | 0.30 | 0.018 | 3 | | 1 | | 0.22 | | |
| Copper, Cu mg | 0.097 | 0.022 | 3 | | 1 | | 0.070 | | |
| Manganese, Mn mg | 0.153 | 0.020 | 3 | | 1 | | 0.110 | | |
| Selenium, Se mcg | 0.3 | | 0 | BFZN | 4 | | 0.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 7.6 | | 1 | | 1 | | 5.5 | | |
| Thiamin mg | 0.110 | | 1 | | 1 | | 0.079 | | |
| Riboflavin mg | 0.020 | | 1 | | 1 | | 0.014 | | |
| Niacin mg | 1.490 | | 1 | | 1 | | 1.073 | | |
| Pantothenic acid mg | 0.470 | | 1 | | 1 | | 0.338 | | |
| Vitamin B-6 mg | 0.230 | | 1 | | 1 | | 0.166 | | |
| Folate, total mcg | 11 | | 1 | | 1 | | 8 | | |
| Folic acid mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food mcg | 11 | | 1 | | 1 | | 8 | | |
| Folate, DFE mcg_DFE | 11 | | 0 | NC | 4 | | 8 | | |
| Vitamin B-12 mcg | 0.02 | | 1 | | 1 | | 0.01 | | |
| Vitamin A, IU IU | 25 | | 1 | | 1 | | 18 | | |
| Vitamin A, RAE mcg_RAE | 2 | | 0 | NC | 4 | | 1 | | |
| Retinol mcg | 0 | | 0 | NC | 4 | | 0 | | |
| Vitamin E (alpha-tocopherol) mg | 0.17 | | 0 | | 1 | | 0.12 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 6.005 | | 0 | | 1 | | 4.324 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | 0.008 | | 1 | | 1 | | 0.006 | | |
| 10:0 g | 0.006 | | 1 | | 1 | | 0.004 | | |
| 12:0 g | 0.010 | | 1 | | 1 | | 0.007 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.380 | | 1 | | 1 | | 0.274 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 3.140 | | 1 | | 1 | | 2.261 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 2.215 | | 1 | | 1 | | 1.595 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21026**
**Fast foods, potatoes, hashed brown**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.359 | | 0 | | 1 | | 3.858 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.501 | | 1 | | 1 | | 0.361 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.731 | | 1 | | 1 | | 3.406 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.653 | | 0 | | 1 | | 0.470 | | |
| 18:2 undifferentiated g | 0.556 | | 1 | | 1 | | 0.400 | | |
| 18:3 undifferentiated g | 0.095 | | 1 | | 1 | | 0.068 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.002 | | 1 | | 1 | | 0.001 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 13 | | 1 | | 1 | | 9 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.036 | | 0 | | 1 | | 0.026 | | |
| Threonine g | 0.123 | | 0 | | 1 | | 0.089 | | |
| Isoleucine g | 0.116 | | 0 | | 1 | | 0.084 | | |
| Leucine g | 0.163 | | 0 | | 1 | | 0.117 | | |
| Lysine g | 0.143 | | 0 | | 1 | | 0.103 | | |
| Methionine g | 0.030 | | 0 | | 1 | | 0.022 | | |
| Cystine g | 0.017 | | 0 | | 1 | | 0.012 | | |
| Phenylalanine g | 0.115 | | 0 | | 1 | | 0.083 | | |
| Tyrosine g | 0.068 | | 0 | | 1 | | 0.049 | | |
| Valine g | 0.137 | | 0 | | 1 | | 0.099 | | |
| Arginine g | 0.128 | | 0 | | 1 | | 0.092 | | |
| Histidine g | 0.045 | | 0 | | 1 | | 0.032 | | |
| Alanine g | 0.093 | | 0 | | 1 | | 0.067 | | |
| Aspartic acid g | 0.626 | | 0 | | 1 | | 0.451 | | |
| Glutamic acid g | 0.422 | | 0 | | 1 | | 0.304 | | |
| Glycine g | 0.098 | | 0 | | 1 | | 0.071 | | |
| Proline g | 0.087 | | 0 | | 1 | | 0.063 | | |
| Serine g | 0.097 | | 0 | | 1 | | 0.070 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 72g: .5 cup

**Calories Factors:** **Protein** 2.8 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 21 Fast Foods

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

**NDB No. 21121**
**Fast foods, roast beef sandwich, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 48.64 | 0.938 | 9 | | 1 | | 67.61 | | |
| Energy | kcal | 249 | | 0 | | 1 | | 346 | | |
| Energy | kj | 1042 | | | | 1 | | 1448 | | |
| Protein (N x 6.17) | g | 15.47 | 0.571 | 17 | | 1 | | 21.50 | | |
| Total lipid (fat) | g | 9.90 | 0.656 | 17 | | 1 | | 13.76 | | |
| Ash | g | 1.93 | 0.083 | 8 | | 1 | | 2.68 | | |
| Carbohydrate, by difference | g | 24.06 | | 0 | NC | 4 | | 33.44 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 39 | 5.492 | 15 | | 1 | | 54 | | |
| Iron, Fe | mg | 3.04 | 0.196 | 15 | | 1 | | 4.23 | | |
| Magnesium, Mg | mg | 22 | 1.768 | 9 | | 1 | | 31 | | |
| Phosphorus, P | mg | 172 | 7.986 | 9 | | 1 | | 239 | | |
| Potassium, K | mg | 227 | 11.223 | 14 | | 1 | | 316 | | |
| Sodium, Na | mg | 570 | 42.248 | 17 | | 1 | | 792 | | |
| Zinc, Zn | mg | 2.44 | 0.317 | 9 | | 1 | | 3.39 | | |
| Copper, Cu | mg | 0.070 | | 1 | | 1 | | 0.097 | | |
| Manganese, Mn | mg | 0.090 | | 1 | | 1 | | 0.125 | | |
| Selenium, Se | mcg | 21.0 | | 0 | RK | 4 | | 29.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.5 | 0.748 | 6 | | 1 | | 2.1 | | |
| Thiamin | mg | 0.270 | 0.038 | 16 | | 1 | | 0.375 | | |
| Riboflavin | mg | 0.220 | 0.038 | 16 | | 1 | | 0.306 | | |
| Niacin | mg | 4.220 | 0.225 | 15 | | 1 | | 5.866 | | |
| Pantothenic acid | mg | 0.600 | | 1 | | 1 | | 0.834 | | |
| Vitamin B-6 | mg | 0.190 | 0.017 | 10 | | 1 | | 0.264 | | |
| Folate, total | mcg | 41 | | 0 | RK | 4 | | 57 | | |
| Folic acid | mcg | 12 | | 0 | NC | 4 | | 17 | | |
| Folate, food | mcg | 29 | 4.989 | 9 | | 1 | | 40 | | |
| Folate, DFE | mcg_DFE | 49 | | 0 | NC | 4 | | 69 | | |
| Vitamin B-12 | mcg | 0.88 | 0.118 | 8 | | 1 | | 1.22 | | |
| Vitamin A, IU | IU | 151 | 32.028 | 12 | | 1 | | 210 | | |
| Vitamin A, RAE | mcg_RAE | 8 | | 0 | NC | 4 | | 10 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.594 | | 0 | | 1 | | 3.606 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.015 | | 1 | | 1 | | 0.021 | | |
| 12:0 | g | 0.157 | | 1 | | 1 | | 0.218 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.223 | | 1 | | 1 | | 0.310 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.469 | | 1 | | 1 | | 2.042 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.717 | | 1 | | 1 | | 0.997 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21121**
**Fast foods, roast beef sandwich, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 4.895 | | 0 | | 1 | | 6.804 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.635 | | 1 | | 1 | | 0.883 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.260 | | 1 | | 1 | | 5.921 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.227 | | 0 | | 1 | | 1.706 | | |
| 18:2 undifferentiated....g | 1.101 | | 1 | | 1 | | 1.530 | | |
| 18:3 undifferentiated....g | 0.125 | | 1 | | 1 | | 0.174 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 37 | 1.417 | 7 | | 1 | | 51 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.176 | | 0 | | 1 | | 0.245 | | |
| Threonine....g | 0.629 | | 0 | | 1 | | 0.874 | | |
| Isoleucine....g | 0.679 | | 0 | | 1 | | 0.944 | | |
| Leucine....g | 1.191 | | 0 | | 1 | | 1.655 | | |
| Lysine....g | 1.111 | | 0 | | 1 | | 1.544 | | |
| Methionine....g | 0.366 | | 0 | | 1 | | 0.509 | | |
| Cystine....g | 0.191 | | 0 | | 1 | | 0.265 | | |
| Phenylalanine....g | 0.634 | | 0 | | 1 | | 0.881 | | |
| Tyrosine....g | 0.489 | | 0 | | 1 | | 0.680 | | |
| Valine....g | 0.755 | | 0 | | 1 | | 1.049 | | |
| Arginine....g | 0.908 | | 0 | | 1 | | 1.262 | | |
| Histidine....g | 0.489 | | 0 | | 1 | | 0.680 | | |
| Alanine....g | 0.855 | | 0 | | 1 | | 1.188 | | |
| Aspartic acid....g | 1.291 | | 0 | | 1 | | 1.794 | | |
| Glutamic acid....g | 2.813 | | 0 | | 1 | | 3.910 | | |
| Glycine....g | 0.795 | | 0 | | 1 | | 1.105 | | |
| Proline....g | 0.875 | | 0 | | 1 | | 1.216 | | |
| Serine....g | 0.629 | | 0 | | 1 | | 0.874 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 139g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.95 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21052**
**Fast foods, salad, vegetable, tossed, without dressing**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 95.51 | | 1 | | 1 | | 197.71 | 99.33 | |
| Energy kcal | 16 | | 0 | NC | 4 | | 33 | 17 | |
| Energy kj | 67 | | | | 4 | | 139 | 70 | |
| Protein (N x 6.25) g | 1.25 | | 2 | | 1 | | 2.59 | 1.30 | |
| Total lipid (fat) g | 0.07 | 0.041 | 3 | | 1 | | 0.14 | 0.07 | |
| Ash g | 0.53 | | 1 | | 4 | | 1.10 | 0.55 | |
| Carbohydrate, by difference g | 3.22 | | 2 | | 9 | | 6.67 | 3.35 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 13 | | 2 | | 1 | | 27 | 14 | |
| Iron, Fe mg | 0.63 | | 2 | | 1 | | 1.30 | 0.66 | |
| Magnesium, Mg mg | 11 | | 1 | | 4 | | 23 | 11 | |
| Phosphorus, P mg | 39 | | 1 | | 1 | | 81 | 41 | |
| Potassium, K mg | 172 | | 2 | | 1 | | 356 | 179 | |
| Sodium, Na mg | 26 | | 2 | | 1 | | 54 | 27 | |
| Zinc, Zn mg | 0.21 | | 1 | | 4 | | 0.43 | 0.22 | |
| Copper, Cu mg | 0.050 | | 1 | | 4 | | 0.104 | 0.052 | |
| Manganese, Mn mg | 0.147 | | 1 | | 4 | | 0.304 | 0.153 | |
| Selenium, Se mcg | 0.4 | | 0 | RK | 4 | | 0.8 | 0.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 23.2 | | 2 | | 1 | | 48.0 | 24.1 | |
| Thiamin mg | 0.030 | | 2 | | 1 | | 0.062 | 0.031 | |
| Riboflavin mg | 0.050 | | 2 | | 1 | | 0.104 | 0.052 | |
| Niacin mg | 0.550 | | 2 | | 1 | | 1.139 | 0.572 | |
| Pantothenic acid mg | 0.120 | | 1 | | 4 | | 0.248 | 0.125 | |
| Vitamin B-6 mg | 0.080 | | 1 | | 4 | | 0.166 | 0.083 | |
| Folate, total mcg | 37 | | 1 | | 4 | | 77 | 38 | |
| Folic acid mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Folate, food mcg | 37 | | 1 | | 4 | | 77 | 38 | |
| Folate, DFE mcg_DFE | 37 | | 0 | NC | 4 | | 77 | 38 | |
| Vitamin B-12 mcg | 0.00 | | 1 | | 4 | | 0.00 | 0.00 | |
| Vitamin A, IU IU | 1136 | | 2 | | 1 | | 2352 | 1181 | |
| Vitamin A, RAE mcg_RAE | 57 | | 0 | NC | 4 | | 118 | 59 | |
| Retinol mcg | 0 | | 0 | Z | 7 | | 0 | 0 | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 0.010 | | 1 | | 1 | | 0.021 | 0.010 | |
| Fatty acids, total monounsaturated g | 0.004 | | 1 | | 1 | | 0.008 | 0.004 | |
| Fatty acids, total polyunsaturated g | 0.034 | | 1 | | 1 | | 0.070 | 0.035 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 0 | | 2 | | 1 | | 0 | 0 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.010 | | 0 | | 1 | | 0.021 | 0.010 | |
| Threonine g | 0.050 | | 0 | | 1 | | 0.104 | 0.052 | |
| Isoleucine g | 0.066 | | 0 | | 1 | | 0.137 | 0.069 | |
| Leucine g | 0.068 | | 0 | | 1 | | 0.141 | 0.071 | |
| Lysine g | 0.069 | | 0 | | 1 | | 0.143 | 0.072 | |
| Methionine g | 0.014 | | 0 | | 1 | | 0.029 | 0.015 | |
| Cystine g | 0.014 | | 0 | | 1 | | 0.029 | 0.015 | |

**NDB No. 21052**
**Fast foods, salad, vegetable, tossed, without dressing**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine g | 0.046 | | 0 | | 1 | | 0.095 | 0.048 | |
| Tyrosine g | 0.027 | | 0 | | 1 | | 0.056 | 0.028 | |
| Valine g | 0.059 | | 0 | | 1 | | 0.122 | 0.061 | |
| Arginine g | 0.065 | | 0 | | 1 | | 0.135 | 0.068 | |
| Histidine g | 0.022 | | 0 | | 1 | | 0.046 | 0.023 | |
| Alanine g | 0.050 | | 0 | | 1 | | 0.104 | 0.052 | |
| Aspartic acid g | 0.137 | | 0 | | 1 | | 0.284 | 0.142 | |
| Glutamic acid g | 0.228 | | 0 | | 1 | | 0.472 | 0.237 | |
| Glycine g | 0.046 | | 0 | | 1 | | 0.095 | 0.048 | |
| Proline g | 0.073 | | 0 | | 1 | | 0.151 | 0.076 | |
| Serine g | 0.044 | | 0 | | 1 | | 0.091 | 0.046 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 207g: 1.5 cup

Measure 2 = 104g: .75 cup

**Calories Factors:** **Protein** 2.47 **Fat** 8.35 **Carbohydrate** 3.67

**Food Group:** 21 Fast Foods

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

**NDB No. 21053**
**Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 90.46 | | 1 | | 4 | | 196.30 | | |
| Energy | kcal | 47 | | 0 | NC | 4 | | 102 | | |
| Energy | kj | 197 | | | | 4 | | 427 | | |
| Protein (N x 6.31) | g | 4.04 | 1.010 | 3 | | 1 | | 8.77 | | |
| Total lipid (fat) | g | 2.67 | 0.333 | 3 | | 1 | | 5.79 | | |
| Ash | g | 0.76 | | 1 | | 4 | | 1.65 | | |
| Carbohydrate, by difference | g | 2.19 | | 2 | | 9 | | 4.75 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 46 | | 2 | | 1 | | 100 | | |
| Iron, Fe | mg | 0.31 | | 2 | | 1 | | 0.67 | | |
| Magnesium, Mg | mg | 11 | | 1 | | 4 | | 24 | | |
| Phosphorus, P | mg | 61 | | 1 | | 4 | | 132 | | |
| Potassium, K | mg | 171 | | 1 | | 4 | | 371 | | |
| Sodium, Na | mg | 55 | 11.050 | 3 | | 1 | | 119 | | |
| Zinc, Zn | mg | 0.46 | | 1 | | 4 | | 1.00 | | |
| Copper, Cu | mg | 0.041 | | 1 | | 4 | | 0.089 | | |
| Manganese, Mn | mg | 0.126 | | 1 | | 4 | | 0.273 | | |
| Selenium, Se | mcg | 3.4 | | 0 | RK | 4 | | 7.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 4.5 | | 2 | | 1 | | 9.8 | | |
| Thiamin | mg | 0.040 | | 2 | | 1 | | 0.087 | | |
| Riboflavin | mg | 0.080 | | 2 | | 1 | | 0.174 | | |
| Niacin | mg | 0.450 | | 2 | | 1 | | 0.977 | | |
| Pantothenic acid | mg | 0.240 | | 1 | | 4 | | 0.521 | | |
| Vitamin B-6 | mg | 0.050 | | 1 | | 4 | | 0.109 | | |
| Folate, total | mcg | 39 | | 1 | | 4 | | 85 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 39 | | 1 | | 4 | | 85 | | |
| Folate, DFE | mcg_DFE | 39 | | 0 | NC | 4 | | 85 | | |
| Vitamin B-12 | mcg | 0.14 | | 1 | | 4 | | 0.30 | | |
| Vitamin A, IU | IU | 379 | | 2 | | 1 | | 822 | | |
| Vitamin A, RAE | mcg_RAE | 48 | | 0 | NC | 4 | | 103 | | |
| Retinol | mcg | 34 | | 0 | NC | 4 | | 74 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.371 | | 1 | | 1 | | 2.975 | | |
| Fatty acids, total monounsaturated | g | 0.810 | | 1 | | 1 | | 1.758 | | |
| Fatty acids, total polyunsaturated | g | 0.219 | | 1 | | 1 | | 0.475 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 45 | | 2 | | 1 | | 98 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.047 | | 0 | | 1 | | 0.102 | | |
| Threonine | g | 0.157 | | 0 | | 1 | | 0.341 | | |
| Isoleucine | g | 0.230 | | 0 | | 1 | | 0.499 | | |
| Leucine | g | 0.318 | | 0 | | 1 | | 0.690 | | |
| Lysine | g | 0.276 | | 0 | | 1 | | 0.599 | | |
| Methionine | g | 0.092 | | 0 | | 1 | | 0.200 | | |
| Cystine | g | 0.047 | | 0 | | 1 | | 0.102 | | |

**NDB No. 21053**
**Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine g | 0.191 | | 0 | | 1 | | 0.414 | | |
| Tyrosine g | 0.152 | | 0 | | 1 | | 0.330 | | |
| Valine g | 0.243 | | 0 | | 1 | | 0.527 | | |
| Arginine g | 0.185 | | 0 | | 1 | | 0.401 | | |
| Histidine g | 0.104 | | 0 | | 1 | | 0.226 | | |
| Alanine g | 0.153 | | 0 | | 1 | | 0.332 | | |
| Aspartic acid g | 0.337 | | 0 | | 1 | | 0.731 | | |
| Glutamic acid g | 0.760 | | 0 | | 1 | | 1.649 | | |
| Glycine g | 0.106 | | 0 | | 1 | | 0.230 | | |
| Proline g | 0.272 | | 0 | | 1 | | 0.590 | | |
| Serine g | 0.215 | | 0 | | 1 | | 0.467 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 217g: 1.5 cup

**Calories Factors:** **Protein** 3.87 **Fat** 8.82 **Carbohydrate** 3.62

**Food Group:** 21 Fast Foods

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

**NDB No. 21054**
**Fast foods, salad, vegetable, tossed, without dressing, with chicken**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 87.05 | | 1 | | 4 | | 189.77 | | |
| Energy | kcal | 48 | | 0 | NC | 4 | | 105 | | |
| Energy | kj | 201 | | | | 4 | | 438 | | |
| Protein (N x 6.25) | g | 8.00 | | 1 | | 1 | | 17.44 | | |
| Total lipid (fat) | g | 1.00 | | 1 | | 1 | | 2.18 | | |
| Ash | g | 0.70 | | 1 | | 4 | | 1.53 | | |
| Carbohydrate, by difference | g | 1.71 | | 0 | NC | 4 | | 3.73 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 17 | | 1 | | 1 | | 37 | | |
| Iron, Fe | mg | 0.50 | | 1 | | 1 | | 1.09 | | |
| Magnesium, Mg | mg | 15 | | 1 | | 4 | | 33 | | |
| Phosphorus, P | mg | 78 | | 1 | | 4 | | 170 | | |
| Potassium, K | mg | 205 | | 1 | | 4 | | 447 | | |
| Sodium, Na | mg | 96 | | 1 | | 1 | | 209 | | |
| Zinc, Zn | mg | 0.41 | | 1 | | 4 | | 0.89 | | |
| Copper, Cu | mg | 0.043 | | 1 | | 4 | | 0.094 | | |
| Manganese, Mn | mg | 0.114 | | 1 | | 4 | | 0.249 | | |
| Selenium, Se | mcg | 7.1 | | 0 | RK | 4 | | 15.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 8.0 | | 1 | | 1 | | 17.4 | | |
| Thiamin | mg | 0.050 | | 1 | | 1 | | 0.109 | | |
| Riboflavin | mg | 0.060 | | 1 | | 1 | | 0.131 | | |
| Niacin | mg | 2.700 | | 1 | | 1 | | 5.886 | | |
| Pantothenic acid | mg | 0.270 | | 1 | | 4 | | 0.589 | | |
| Vitamin B-6 | mg | 0.200 | | 1 | | 4 | | 0.436 | | |
| Folate, total | mcg | 31 | | 1 | | 4 | | 68 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 31 | | 1 | | 4 | | 68 | | |
| Folate, DFE | mcg_DFE | 31 | | 0 | NC | 4 | | 68 | | |
| Vitamin B-12 | mcg | 0.09 | | 1 | | 4 | | 0.20 | | |
| Vitamin A, IU | IU | 429 | | 1 | | 1 | | 935 | | |
| Vitamin A, RAE | mcg_RAE | 24 | | 0 | NC | 4 | | 52 | | |
| Retinol | mcg | 3 | | 0 | NC | 4 | | 7 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.265 | | 1 | | 1 | | 0.578 | | |
| Fatty acids, total monounsaturated | g | 0.311 | | 1 | | 1 | | 0.678 | | |
| Fatty acids, total polyunsaturated | g | 0.255 | | 1 | | 1 | | 0.556 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 33 | | 1 | | 1 | | 72 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.091 | | 0 | | 1 | | 0.198 | | |
| Threonine | g | 0.337 | | 0 | | 1 | | 0.735 | | |
| Isoleucine | g | 0.424 | | 0 | | 1 | | 0.924 | | |
| Leucine | g | 0.589 | | 0 | | 1 | | 1.284 | | |
| Lysine | g | 0.663 | | 0 | | 1 | | 1.445 | | |
| Methionine | g | 0.211 | | 0 | | 1 | | 0.460 | | |
| Cystine | g | 0.102 | | 0 | | 1 | | 0.222 | | |

**NDB No. 21054**
**Fast foods, salad, vegetable, tossed, without dressing, with chicken**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.316 | | 0 | | 1 | | 0.689 | | |
| Tyrosine....g | 0.264 | | 0 | | 1 | | 0.576 | | |
| Valine....g | 0.396 | | 0 | | 1 | | 0.863 | | |
| Arginine....g | 0.475 | | 0 | | 1 | | 1.036 | | |
| Histidine....g | 0.239 | | 0 | | 1 | | 0.521 | | |
| Alanine....g | 0.428 | | 0 | | 1 | | 0.933 | | |
| Aspartic acid....g | 0.732 | | 0 | | 1 | | 1.596 | | |
| Glutamic acid....g | 1.208 | | 0 | | 1 | | 2.633 | | |
| Glycine....g | 0.388 | | 0 | | 1 | | 0.846 | | |
| Proline....g | 0.325 | | 0 | | 1 | | 0.709 | | |
| Serine....g | 0.273 | | 0 | | 1 | | 0.595 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 218g: 1.5 cup

**Calories Factors:** **Protein** 4.16 **Fat** 8.97 **Carbohydrate** 3.59

**Food Group:** 21 Fast Foods

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

**NDB No. 21055**
**Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 80.37 | | 1 | | 4 | | 335.14 | | |
| Energy | kcal | 91 | | 0 | NC | 4 | | 379 | | |
| Energy | kj | 381 | | | | 4 | | 1588 | | |
| Protein (N x 6.16) | g | 3.94 | | 1 | | 1 | | 16.43 | | |
| Total lipid (fat) | g | 5.00 | | 1 | | 1 | | 20.85 | | |
| Ash | g | 1.12 | | 1 | | 4 | | 4.67 | | |
| Carbohydrate, by difference | g | 7.67 | | 0 | NC | 4 | | 31.98 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 17 | | 1 | | 4 | | 71 | | |
| Iron, Fe | mg | 0.76 | | 1 | | 4 | | 3.17 | | |
| Magnesium, Mg | mg | 12 | | 1 | | 4 | | 50 | | |
| Phosphorus, P | mg | 49 | | 1 | | 4 | | 204 | | |
| Potassium, K | mg | 144 | | 1 | | 4 | | 600 | | |
| Sodium, Na | mg | 377 | | 1 | | 1 | | 1572 | | |
| Zinc, Zn | mg | 0.40 | | 1 | | 4 | | 1.67 | | |
| Copper, Cu | mg | 0.087 | | 1 | | 4 | | 0.363 | | |
| Manganese, Mn | mg | 0.160 | | 1 | | 4 | | 0.667 | | |
| Selenium, Se | mcg | 10.7 | | 0 | RK | 4 | | 44.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 9.2 | | 1 | | 4 | | 38.4 | | |
| Thiamin | mg | 0.070 | | 1 | | 4 | | 0.292 | | |
| Riboflavin | mg | 0.050 | | 1 | | 4 | | 0.209 | | |
| Niacin | mg | 0.850 | | 1 | | 4 | | 3.545 | | |
| Pantothenic acid | mg | 0.090 | | 1 | | 4 | | 0.375 | | |
| Vitamin B-6 | mg | 0.080 | | 1 | | 4 | | 0.334 | | |
| Folate, total | mcg | 45 | | 0 | RK | 4 | | 188 | | |
| Folic acid | mcg | 21 | | 0 | NC | 4 | | 88 | | |
| Folate, food | mcg | 24 | | 0 | | 4 | | 100 | | |
| Folate, DFE | mcg_DFE | 60 | | 0 | NC | 4 | | 249 | | |
| Vitamin B-12 | mcg | 0.41 | | 1 | | 4 | | 1.71 | | |
| Vitamin A, IU | IU | 1498 | | 1 | | 4 | | 6247 | | |
| Vitamin A, RAE | mcg_RAE | 76 | | 0 | NC | 4 | | 315 | | |
| Retinol | mcg | 1 | | 0 | NC | 4 | | 4 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.616 | | 1 | | 1 | | 2.569 | | |
| Fatty acids, total monounsaturated | g | 1.156 | | 1 | | 1 | | 4.821 | | |
| Fatty acids, total polyunsaturated | g | 2.178 | | 1 | | 1 | | 9.082 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 12 | | 1 | | 1 | | 50 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.046 | | 0 | | 1 | | 0.192 | | |
| Threonine | g | 0.147 | | 0 | | 1 | | 0.613 | | |
| Isoleucine | g | 0.179 | | 0 | | 1 | | 0.746 | | |
| Leucine | g | 0.287 | | 0 | | 1 | | 1.197 | | |
| Lysine | g | 0.254 | | 0 | | 1 | | 1.059 | | |
| Methionine | g | 0.088 | | 0 | | 1 | | 0.367 | | |
| Cystine | g | 0.061 | | 0 | | 1 | | 0.254 | | |

**NDB No. 21055**

**Fast foods, salad, vegetable, tossed, without dressing, with pasta and seafood**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine g | 0.165 | | 0 | | 1 | | 0.688 | | |
| Tyrosine g | 0.118 | | 0 | | 1 | | 0.492 | | |
| Valine g | 0.187 | | 0 | | 1 | | 0.780 | | |
| Arginine g | 0.224 | | 0 | | 1 | | 0.934 | | |
| Histidine g | 0.092 | | 0 | | 1 | | 0.384 | | |
| Alanine g | 0.186 | | 0 | | 1 | | 0.776 | | |
| Aspartic acid g | 0.337 | | 0 | | 1 | | 1.405 | | |
| Glutamic acid g | 0.829 | | 0 | | 1 | | 3.457 | | |
| Glycine g | 0.172 | | 0 | | 1 | | 0.717 | | |
| Proline g | 0.224 | | 0 | | 1 | | 0.934 | | |
| Serine g | 0.161 | | 0 | | 1 | | 0.671 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 417g: 1.5 cup

**Calories Factors:** **Protein** 4.15 **Fat** 8.8 **Carbohydrate** 4

**Food Group:** 21 Fast Foods

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

**NDB No. 21056**
**Fast foods, salad, vegetable, tossed, without dressing, with shrimp**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 89.10 | | 1 | | 1 | | 210.28 | | |
| Energy | kcal | 45 | | 0 | NC | 4 | | 106 | | |
| Energy | kj | 188 | | | | 4 | | 444 | | |
| Protein (N x 6.25) | g | 6.15 | | 2 | | 1 | | 14.51 | | |
| Total lipid (fat) | g | 1.05 | | 2 | | 1 | | 2.48 | | |
| Ash | g | 0.90 | | 1 | | 1 | | 2.12 | | |
| Carbohydrate, by difference | g | 2.80 | | 0 | NC | 4 | | 6.61 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 25 | | 2 | | 1 | | 59 | | |
| Iron, Fe | mg | 0.38 | | 2 | | 1 | | 0.90 | | |
| Magnesium, Mg | mg | 16 | | 1 | | 1 | | 38 | | |
| Phosphorus, P | mg | 68 | | 1 | | 1 | | 160 | | |
| Potassium, K | mg | 171 | | 1 | | 1 | | 404 | | |
| Sodium, Na | mg | 207 | | 2 | | 1 | | 489 | | |
| Zinc, Zn | mg | 0.54 | | 1 | | 1 | | 1.27 | | |
| Copper, Cu | mg | 0.068 | | 1 | | 1 | | 0.160 | | |
| Manganese, Mn | mg | 0.060 | | 1 | | 4 | | 0.142 | | |
| Selenium, Se | mcg | 16.2 | | 0 | RK | 4 | | 38.2 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 3.9 | | 2 | | 1 | | 9.2 | | |
| Thiamin | mg | 0.050 | | 2 | | 1 | | 0.118 | | |
| Riboflavin | mg | 0.070 | | 2 | | 1 | | 0.165 | | |
| Niacin | mg | 0.490 | | 2 | | 1 | | 1.156 | | |
| Pantothenic acid | mg | 0.210 | | 1 | | 1 | | 0.496 | | |
| Vitamin B-6 | mg | 0.060 | | 1 | | 1 | | 0.142 | | |
| Folate, total | mcg | 37 | | 1 | | 1 | | 87 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 37 | | 1 | | 1 | | 87 | | |
| Folate, DFE | mcg_DFE | 37 | | 0 | NC | 4 | | 87 | | |
| Vitamin B-12 | mcg | 1.60 | | 1 | | 1 | | 3.78 | | |
| Vitamin A, IU | IU | 335 | | 2 | | 1 | | 791 | | |
| Vitamin A, RAE | mcg_RAE | 17 | | 0 | NC | 4 | | 40 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.276 | | 1 | | 1 | | 0.651 | | |
| Fatty acids, total monounsaturated | g | 0.348 | | 1 | | 1 | | 0.821 | | |
| Fatty acids, total polyunsaturated | g | 0.205 | | 1 | | 1 | | 0.484 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 76 | | 2 | | 1 | | 179 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.084 | | 0 | | 1 | | 0.198 | | |
| Threonine | g | 0.256 | | 0 | | 1 | | 0.604 | | |
| Isoleucine | g | 0.311 | | 0 | | 1 | | 0.734 | | |
| Leucine | g | 0.476 | | 0 | | 1 | | 1.123 | | |
| Lysine | g | 0.487 | | 0 | | 1 | | 1.149 | | |
| Methionine | g | 0.166 | | 0 | | 1 | | 0.392 | | |
| Cystine | g | 0.084 | | 0 | | 1 | | 0.198 | | |

**NDB No. 21056**
**Fast foods, salad, vegetable, tossed, without dressing, with shrimp**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.270 | | 0 | | 1 | | 0.637 | | |
| Tyrosine....g | 0.206 | | 0 | | 1 | | 0.486 | | |
| Valine....g | 0.314 | | 0 | | 1 | | 0.741 | | |
| Arginine....g | 0.479 | | 0 | | 1 | | 1.130 | | |
| Histidine....g | 0.126 | | 0 | | 1 | | 0.297 | | |
| Alanine....g | 0.337 | | 0 | | 1 | | 0.795 | | |
| Aspartic acid....g | 0.635 | | 0 | | 1 | | 1.499 | | |
| Glutamic acid....g | 1.028 | | 0 | | 1 | | 2.426 | | |
| Glycine....g | 0.321 | | 0 | | 1 | | 0.758 | | |
| Proline....g | 0.207 | | 0 | | 1 | | 0.489 | | |
| Serine....g | 0.277 | | 0 | | 1 | | 0.654 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 236g: 1.5 cup

**Calories Factors:** **Protein** 4.18 **Fat** 8.92 **Carbohydrate** 3.7

**Food Group:** 21 Fast Foods

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

**NDB No. 21057**

**Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water g | 82.45 | | 1 | | 4 | | 268.79 | | |
| Energy kcal | 82 | | 0 | NC | 4 | | 267 | | |
| Energy kj | 343 | | | | 4 | | 1118 | | |
| Protein (N x 6.28) g | 7.98 | 0.627 | 3 | | 1 | | 26.01 | | |
| Total lipid (fat) g | 4.93 | 0.070 | 3 | | 1 | | 16.07 | | |
| Ash g | 1.29 | | 1 | | 4 | | 4.21 | | |
| Carbohydrate, by difference g | 1.45 | | 2 | | 9 | | 4.73 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 72 | | 2 | | 1 | | 235 | | |
| Iron, Fe mg | 0.60 | | 2 | | 1 | | 1.96 | | |
| Magnesium, Mg mg | 15 | | 1 | | 4 | | 49 | | |
| Phosphorus, P mg | 123 | | 1 | | 4 | | 401 | | |
| Potassium, K mg | 123 | | 1 | | 1 | | 401 | | |
| Sodium, Na mg | 228 | 45.549 | 3 | | 1 | | 743 | | |
| Zinc, Zn mg | 0.96 | | 1 | | 4 | | 3.13 | | |
| Copper, Cu mg | 0.051 | | 1 | | 4 | | 0.166 | | |
| Manganese, Mn mg | 0.110 | | 1 | | 4 | | 0.359 | | |
| Selenium, Se mcg | 11.3 | | 0 | RK | 4 | | 36.8 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 5.0 | | 2 | | 1 | | 16.3 | | |
| Thiamin mg | 0.120 | | 2 | | 1 | | 0.391 | | |
| Riboflavin mg | 0.120 | | 2 | | 1 | | 0.391 | | |
| Niacin mg | 1.830 | | 2 | | 1 | | 5.966 | | |
| Pantothenic acid mg | 0.280 | | 1 | | 4 | | 0.913 | | |
| Vitamin B-6 mg | 0.130 | | 1 | | 4 | | 0.424 | | |
| Folate, total mcg | 31 | | 1 | | 4 | | 101 | | |
| Folic acid mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food mcg | 31 | | 1 | | 4 | | 101 | | |
| Folate, DFE mcg_DFE | 31 | | 0 | NC | 4 | | 101 | | |
| Vitamin B-12 mcg | 0.26 | | 1 | | 4 | | 0.85 | | |
| Vitamin A, IU IU | 323 | | 2 | | 1 | | 1053 | | |
| Vitamin A, RAE mcg_RAE | 45 | | 0 | NC | 4 | | 145 | | |
| Retinol mcg | 34 | | 0 | NC | 4 | | 111 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.508 | | 1 | | 1 | | 8.176 | | |
| Fatty acids, total monounsaturated g | 1.585 | | 1 | | 1 | | 5.167 | | |
| Fatty acids, total polyunsaturated g | 0.443 | | 1 | | 1 | | 1.444 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 43 | 7.191 | 3 | | 1 | | 140 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.093 | | 0 | | 1 | | 0.303 | | |
| Threonine g | 0.329 | | 0 | | 1 | | 1.073 | | |
| Isoleucine g | 0.412 | | 0 | | 1 | | 1.343 | | |
| Leucine g | 0.641 | | 0 | | 1 | | 2.090 | | |
| Lysine g | 0.657 | | 0 | | 1 | | 2.142 | | |
| Methionine g | 0.207 | | 0 | | 1 | | 0.675 | | |
| Cystine g | 0.088 | | 0 | | 1 | | 0.287 | | |

**NDB No. 21057**

**Fast foods, salad, vegetables tossed, without dressing, with turkey, ham and cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.348 | | 0 | | 1 | | 1.134 | | |
| Tyrosine....g | 0.303 | | 0 | | 1 | | 0.988 | | |
| Valine....g | 0.426 | | 0 | | 1 | | 1.389 | | |
| Arginine....g | 0.456 | | 0 | | 1 | | 1.487 | | |
| Histidine....g | 0.248 | | 0 | | 1 | | 0.808 | | |
| Alanine....g | 0.397 | | 0 | | 1 | | 1.294 | | |
| Aspartic acid....g | 0.698 | | 0 | | 1 | | 2.275 | | |
| Glutamic acid....g | 1.420 | | 0 | | 1 | | 4.629 | | |
| Glycine....g | 0.314 | | 0 | | 1 | | 1.024 | | |
| Proline....g | 0.456 | | 0 | | 1 | | 1.487 | | |
| Serine....g | 0.375 | | 0 | | 1 | | 1.223 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 326g: 1.5 cup

**Calories Factors:** **Protein** 4.15 **Fat** 8.85 **Carbohydrate** 3.62

**Food Group:** 21 Fast Foods

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

**NDB No. 21058**
**Fast foods, scallops, breaded and fried**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 48.01 | 1.799 | 3 | | 1 | | 69.13 | | |
| Energy | kcal | 268 | | 0 | NC | 4 | | 386 | | |
| Energy | kj | 1121 | | | | 4 | | 1615 | | |
| Protein (N x 6.21) | g | 10.94 | 0.754 | 4 | | 1 | | 15.75 | | |
| Total lipid (fat) | g | 13.47 | 1.096 | 4 | | 1 | | 19.40 | | |
| Ash | g | 0.85 | | 1 | | 1 | | 1.22 | | |
| Carbohydrate, by difference | g | 26.73 | | 0 | NC | 4 | | 38.49 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 13 | 1.165 | 3 | | 1 | | 19 | | |
| Iron, Fe | mg | 1.42 | 0.280 | 3 | | 1 | | 2.04 | | |
| Magnesium, Mg | mg | 22 | 3.575 | 3 | | 1 | | 32 | | |
| Phosphorus, P | mg | 203 | 18.030 | 3 | | 1 | | 292 | | |
| Potassium, K | mg | 204 | | 2 | | 1 | | 294 | | |
| Sodium, Na | mg | 638 | 128.292 | 3 | | 1 | | 919 | | |
| Zinc, Zn | mg | 0.75 | 0.165 | 3 | | 1 | | 1.08 | | |
| Copper, Cu | mg | 0.150 | 0.085 | 3 | | 1 | | 0.216 | | |
| Manganese, Mn | mg | 0.207 | 0.083 | 3 | | 1 | | 0.298 | | |
| Selenium, Se | mcg | 27.0 | | 0 | BFZN | 4 | | 38.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.140 | | 1 | | 1 | | 0.202 | | |
| Riboflavin | mg | 0.590 | | 1 | | 1 | | 0.850 | | |
| Niacin | mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Pantothenic acid | mg | 0.350 | | 1 | | 1 | | 0.504 | | |
| Vitamin B-6 | mg | 0.050 | | 1 | | 1 | | 0.072 | | |
| Folate, total | mcg | 37 | | 0 | BFZN | 4 | | 53 | | |
| Folic acid | mcg | 9 | | 0 | NC | 4 | | 13 | | |
| Folate, food | mcg | 28 | | 1 | | 1 | | 40 | | |
| Folate, DFE | mcg_DFE | 43 | | 0 | NC | 4 | | 62 | | |
| Vitamin B-12 | mcg | 0.30 | | 1 | | 1 | | 0.43 | | |
| Vitamin A, IU | IU | 96 | | 1 | | 4 | | 138 | | |
| Vitamin A, RAE | mcg_RAE | 29 | | 0 | NC | 4 | | 42 | | |
| Retinol | mcg | 29 | | 0 | NC | 4 | | 42 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.391 | | 0 | | 1 | | 4.883 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.040 | | 1 | | 1 | | 0.058 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.739 | | 1 | | 1 | | 2.504 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.612 | | 1 | | 1 | | 2.321 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21058**
**Fast foods, scallops, breaded and fried**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated.....g | 8.718 | | 0 | | 1 | | 12.554 | | |
| 14:1.....g | | | | | | | | | |
| 15:1.....g | | | | | | | | | |
| 16:1 undifferentiated.....g | 0.202 | | 1 | | 1 | | 0.291 | | |
| 17:1.....g | | | | | | | | | |
| 18:1 undifferentiated.....g | 8.517 | | 1 | | 1 | | 12.264 | | |
| 20:1.....g | | | | | | | | | |
| 22:1 undifferentiated.....g | | | | | | | | | |
| 24:1 c.....g | | | | | | | | | |
| Fatty acids, total polyunsaturated.....g | 0.420 | | 0 | | 1 | | 0.605 | | |
| 18:2 undifferentiated.....g | 0.284 | | 1 | | 1 | | 0.409 | | |
| 18:3 undifferentiated.....g | 0.135 | | 1 | | 1 | | 0.194 | | |
| 18:4.....g | | | | | | | | | |
| 20:2 n-6 c,c.....g | | | | | | | | | |
| 20:3 undifferentiated.....g | | | | | | | | | |
| 20:4 undifferentiated.....g | | | | | | | | | |
| 20:5 n-3.....g | | | | | | | | | |
| 22:5 n-3.....g | | | | | | | | | |
| 22:6 n-3.....g | | | | | | | | | |
| Fatty acids, total trans.....g | | | | | | | | | |
| Cholesterol.....mg | 75 | | 1 | | 4 | | 108 | | |
| Phytosterols.....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan.....g | 0.129 | | 0 | | 1 | | 0.186 | | |
| Threonine.....g | 0.423 | | 0 | | 1 | | 0.609 | | |
| Isoleucine.....g | 0.468 | | 0 | | 1 | | 0.674 | | |
| Leucine.....g | 0.770 | | 0 | | 1 | | 1.109 | | |
| Lysine.....g | 0.636 | | 0 | | 1 | | 0.916 | | |
| Methionine.....g | 0.238 | | 0 | | 1 | | 0.343 | | |
| Cystine.....g | 0.174 | | 0 | | 1 | | 0.251 | | |
| Phenylalanine.....g | 0.453 | | 0 | | 1 | | 0.652 | | |
| Tyrosine.....g | 0.343 | | 0 | | 1 | | 0.494 | | |
| Valine.....g | 0.502 | | 0 | | 1 | | 0.723 | | |
| Arginine.....g | 0.671 | | 0 | | 1 | | 0.966 | | |
| Histidine.....g | 0.220 | | 0 | | 1 | | 0.317 | | |
| Alanine.....g | 0.562 | | 0 | | 1 | | 0.809 | | |
| Aspartic acid.....g | 0.880 | | 0 | | 1 | | 1.267 | | |
| Glutamic acid.....g | 2.027 | | 0 | | 1 | | 2.919 | | |
| Glycine.....g | 0.553 | | 0 | | 1 | | 0.796 | | |
| Proline.....g | 0.653 | | 0 | | 1 | | 0.940 | | |
| Serine.....g | 0.535 | | 0 | | 1 | | 0.770 | | |
| Hydroxyproline.....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 144g: 6 pieces

**Calories Factors:** **Protein** 4.22 **Fat** 8.82 **Carbohydrate** 3.86

**Food Group:** 21 Fast Foods

**NDB No. 21059**
**Fast foods, shrimp, breaded and fried**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.82 | 2.779 | 9 | | 1 | | 78.42 | | |
| Energy | kcal | 277 | | 0 | NC | 4 | | 454 | | |
| Energy | kj | 1159 | | | | 4 | | 1901 | | |
| Protein (N x 6.22) | g | 11.51 | 0.971 | 11 | | 1 | | 18.88 | | |
| Total lipid (fat) | g | 15.18 | 1.120 | 10 | | 1 | | 24.90 | | |
| Ash | g | 1.10 | | 1 | | 1 | | 1.80 | | |
| Carbohydrate, by difference | g | 24.39 | | 0 | NC | 4 | | 40.00 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 51 | 6.993 | 9 | | 1 | | 84 | | |
| Iron, Fe | mg | 1.80 | 0.380 | 9 | | 1 | | 2.95 | | |
| Magnesium, Mg | mg | 24 | 2.098 | 9 | | 1 | | 39 | | |
| Phosphorus, P | mg | 210 | 50.814 | 9 | | 1 | | 344 | | |
| Potassium, K | mg | 112 | 11.935 | 8 | | 1 | | 184 | | |
| Sodium, Na | mg | 882 | 121.764 | 9 | | 1 | | 1446 | | |
| Zinc, Zn | mg | 0.74 | 0.080 | 9 | | 1 | | 1.21 | | |
| Copper, Cu | mg | 0.088 | 0.011 | 9 | | 1 | | 0.144 | | |
| Manganese, Mn | mg | 0.203 | 0.046 | 9 | | 1 | | 0.333 | | |
| Selenium, Se | mcg | 41.7 | | 40 | A | 1 | | 68.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.130 | | 1 | | 1 | | 0.213 | | |
| Riboflavin | mg | 0.550 | | 1 | | 1 | | 0.902 | | |
| Niacin | mg | 0.000 | | 1 | | 1 | | 0.000 | | |
| Pantothenic acid | mg | 0.290 | | 1 | | 1 | | 0.476 | | |
| Vitamin B-6 | mg | 0.040 | | 1 | | 1 | | 0.066 | | |
| Folate, total | mcg | 61 | | 0 | RA | 4 | | 100 | | |
| Folic acid | mcg | 32 | | 0 | RA | 4 | | 52 | | |
| Folate, food | mcg | 29 | | 0 | NC | 4 | | 48 | | |
| Folate, DFE | mcg_DFE | 83 | | 0 | NC | 4 | | 137 | | |
| Vitamin B-12 | mcg | 0.09 | | 1 | | 1 | | 0.15 | | |
| Vitamin A, IU | IU | 73 | | 1 | | 4 | | 120 | | |
| Vitamin A, RAE | mcg_RAE | 22 | | 0 | NC | 4 | | 36 | | |
| Retinol | mcg | 22 | | 0 | NC | 4 | | 36 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.280 | | 0 | | 1 | | 5.379 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | | | | | | | | | |
| 12:0 | g | | | | | | | | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.063 | | 1 | | 1 | | 0.103 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.628 | | 1 | | 1 | | 2.670 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.588 | | 1 | | 1 | | 2.604 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21059**
**Fast foods, shrimp, breaded and fried**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 10.597 | | 0 | | 1 | | 17.379 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.310 | | 1 | | 1 | | 0.508 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 10.286 | | 1 | | 1 | | 16.869 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.393 | | 0 | | 1 | | 0.645 | | |
| 18:2 undifferentiated g | 0.368 | | 1 | | 1 | | 0.604 | | |
| 18:3 undifferentiated g | 0.026 | | 1 | | 1 | | 0.043 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 122 | | 1 | | 4 | | 200 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.154 | | 0 | | 1 | | 0.253 | | |
| Threonine g | 0.431 | | 0 | | 1 | | 0.707 | | |
| Isoleucine g | 0.529 | | 0 | | 1 | | 0.868 | | |
| Leucine g | 0.874 | | 0 | | 1 | | 1.433 | | |
| Lysine g | 0.774 | | 0 | | 1 | | 1.269 | | |
| Methionine g | 0.291 | | 0 | | 1 | | 0.477 | | |
| Cystine g | 0.167 | | 0 | | 1 | | 0.274 | | |
| Phenylalanine g | 0.516 | | 0 | | 1 | | 0.846 | | |
| Tyrosine g | 0.370 | | 0 | | 1 | | 0.607 | | |
| Valine g | 0.550 | | 0 | | 1 | | 0.902 | | |
| Arginine g | 0.822 | | 0 | | 1 | | 1.348 | | |
| Histidine g | 0.239 | | 0 | | 1 | | 0.392 | | |
| Alanine g | 0.572 | | 0 | | 1 | | 0.938 | | |
| Aspartic acid g | 0.992 | | 0 | | 1 | | 1.627 | | |
| Glutamic acid g | 2.326 | | 0 | | 1 | | 3.815 | | |
| Glycine g | 0.579 | | 0 | | 1 | | 0.950 | | |
| Proline g | 0.611 | | 0 | | 1 | | 1.002 | | |
| Serine g | 0.520 | | 0 | | 1 | | 0.853 | | |
| Hydroxyproline g | | | | | | | | | |

Blanks in the Mean column indicate lack of reliable data. The Number of Data Points column is the number of analyses upon which the mean is based. Number of Data Points of zero indicates the mean was 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 6-8 shrimp

**Calories Factors:** **Protein** 4.23 **Fat** 8.89 **Carbohydrate** 3.83

**Food Group:** 21 Fast Foods

**NDB No. 21124**
**Fast foods, submarine sandwich, with cold cuts**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 57.80 | 0.236 | 15 | | 1 | | 131.78 | | |
| Energy kcal | 200 | | 0 | | 1 | | 456 | | |
| Energy kj | 837 | | | | 1 | | 1908 | | |
| Protein (N x 6.09) g | 9.58 | 0.750 | 15 | | 1 | | 21.84 | | |
| Total lipid (fat) g | 8.17 | 0.374 | 15 | | 1 | | 18.63 | | |
| Ash g | 2.07 | 0.100 | 15 | | 1 | | 4.72 | | |
| Carbohydrate, by difference g | 22.39 | | 0 | NC | 4 | | 51.05 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 83 | 12.079 | 15 | | 1 | | 189 | | |
| Iron, Fe mg | 1.10 | 0.074 | 15 | | 1 | | 2.51 | | |
| Magnesium, Mg mg | 30 | 2.524 | 15 | | 1 | | 68 | | |
| Phosphorus, P mg | 126 | 11.162 | 15 | | 1 | | 287 | | |
| Potassium, K mg | 173 | 11.403 | 15 | | 1 | | 394 | | |
| Sodium, Na mg | 724 | 91.486 | 15 | | 1 | | 1651 | | |
| Zinc, Zn mg | 1.13 | 0.112 | 15 | | 1 | | 2.58 | | |
| Copper, Cu mg | 0.133 | 0.013 | 15 | | 1 | | 0.303 | | |
| Manganese, Mn mg | 0.233 | 0.013 | 15 | | 1 | | 0.531 | | |
| Selenium, Se mcg | 13.5 | | 0 | RK | 4 | | 30.8 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 5.4 | | 1 | | 4 | | 12.3 | | |
| Thiamin mg | 0.440 | | 1 | | 1 | | 1.003 | | |
| Riboflavin mg | 0.350 | | 1 | | 1 | | 0.798 | | |
| Niacin mg | 2.410 | | 1 | | 4 | | 5.495 | | |
| Pantothenic acid mg | 0.390 | | 1 | | 4 | | 0.889 | | |
| Vitamin B-6 mg | 0.060 | | 1 | | 1 | | 0.137 | | |
| Folate, total mcg | 38 | | 0 | RK | 4 | | 87 | | |
| Folic acid mcg | 14 | | 0 | NC | 4 | | 32 | | |
| Folate, food mcg | 24 | | 0 | | 4 | | 55 | | |
| Folate, DFE mcg_DFE | 48 | | 0 | NC | 4 | | 109 | | |
| Vitamin B-12 mcg | 0.48 | | 1 | | 4 | | 1.09 | | |
| Vitamin A, IU IU | 186 | | 1 | | 4 | | 424 | | |
| Vitamin A, RAE mcg_RAE | 31 | | 0 | NC | 4 | | 71 | | |
| Retinol mcg | 26 | | 0 | NC | 4 | | 59 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.986 | | 1 | | 1 | | 6.808 | | |
| Fatty acids, total monounsaturated g | 3.608 | | 1 | | 1 | | 8.226 | | |
| Fatty acids, total polyunsaturated g | 1.001 | | 1 | | 1 | | 2.282 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 16 | | 1 | | 4 | | 36 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.109 | | 0 | | 1 | | 0.249 | | |
| Threonine g | 0.326 | | 0 | | 1 | | 0.743 | | |
| Isoleucine g | 0.396 | | 0 | | 1 | | 0.903 | | |
| Leucine g | 0.697 | | 0 | | 1 | | 1.589 | | |
| Lysine g | 0.565 | | 0 | | 1 | | 1.288 | | |
| Methionine g | 0.192 | | 0 | | 1 | | 0.438 | | |
| Cystine g | 0.126 | | 0 | | 1 | | 0.287 | | |

**NDB No. 21124**
**Fast foods, submarine sandwich, with cold cuts**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.433 | | 0 | | 1 | | 0.987 | | |
| Tyrosine....g | 0.329 | | 0 | | 1 | | 0.750 | | |
| Valine....g | 0.481 | | 0 | | 1 | | 1.097 | | |
| Arginine....g | 0.445 | | 0 | | 1 | | 1.015 | | |
| Histidine....g | 0.272 | | 0 | | 1 | | 0.620 | | |
| Alanine....g | 0.379 | | 0 | | 1 | | 0.864 | | |
| Aspartic acid....g | 0.640 | | 0 | | 1 | | 1.459 | | |
| Glutamic acid....g | 2.327 | | 0 | | 1 | | 5.306 | | |
| Glycine....g | 0.387 | | 0 | | 1 | | 0.882 | | |
| Proline....g | 0.839 | | 0 | | 1 | | 1.913 | | |
| Serine....g | 0.455 | | 0 | | 1 | | 1.037 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 228g: 1 submarine

**Calories Factors:** **Protein** 4.12 **Fat** 8.85 **Carbohydrate** 3.94

**Food Group:** 21 Fast Foods

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

**NDB No. 21125**
**Fast foods, submarine sandwich, with roast beef**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 58.97 | 1.494 | 15 | | 1 | | 127.38 | | |
| Energy kcal | 190 | | 0 | | 1 | | 410 | | |
| Energy kj | 795 | | | | 1 | | 1717 | | |
| Protein (N x 6.17) g | 13.26 | 0.896 | 15 | | 1 | | 28.64 | | |
| Total lipid (fat) g | 6.00 | 1.112 | 15 | | 1 | | 12.96 | | |
| Ash g | 1.27 | 0.029 | 15 | | 1 | | 2.74 | | |
| Carbohydrate, by difference g | 20.51 | | 0 | NC | 4 | | 44.30 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 19 | 1.091 | 15 | | 1 | | 41 | | |
| Iron, Fe mg | 1.30 | 0.144 | 15 | | 1 | | 2.81 | | |
| Magnesium, Mg mg | 31 | 3.642 | 15 | | 1 | | 67 | | |
| Phosphorus, P mg | 89 | 6.035 | 15 | | 1 | | 192 | | |
| Potassium, K mg | 153 | 18.396 | 15 | | 1 | | 330 | | |
| Sodium, Na mg | 391 | 37.697 | 15 | | 1 | | 845 | | |
| Zinc, Zn mg | 2.03 | 0.089 | 15 | | 1 | | 4.38 | | |
| Copper, Cu mg | 0.167 | 0.013 | 15 | | 1 | | 0.361 | | |
| Manganese, Mn mg | 0.200 | 0.000 | 15 | | 1 | | 0.432 | | |
| Selenium, Se mcg | 11.9 | | 0 | RK | 4 | | 25.7 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 2.6 | | 1 | | 4 | | 5.6 | | |
| Thiamin mg | 0.190 | | 1 | | 4 | | 0.410 | | |
| Riboflavin mg | 0.190 | | 1 | | 4 | | 0.410 | | |
| Niacin mg | 2.760 | | 1 | | 4 | | 5.962 | | |
| Pantothenic acid mg | 0.360 | | 1 | | 4 | | 0.778 | | |
| Vitamin B-6 mg | 0.150 | | 1 | | 4 | | 0.324 | | |
| Folate, total mcg | 33 | | 0 | RK | 4 | | 71 | | |
| Folic acid mcg | 12 | | 0 | NC | 4 | | 26 | | |
| Folate, food mcg | 21 | | 0 | | 4 | | 45 | | |
| Folate, DFE mcg_DFE | 41 | | 0 | NC | 4 | | 89 | | |
| Vitamin B-12 mcg | 0.84 | | 1 | | 4 | | 1.81 | | |
| Vitamin A, IU IU | 191 | | 1 | | 4 | | 413 | | |
| Vitamin A, RAE mcg_RAE | 14 | | 0 | NC | 4 | | 29 | | |
| Retinol mcg | 5 | | 0 | NC | 4 | | 11 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.281 | | 1 | | 1 | | 7.087 | | |
| Fatty acids, total monounsaturated g | 0.850 | | 1 | | 1 | | 1.836 | | |
| Fatty acids, total polyunsaturated g | 1.209 | | 1 | | 1 | | 2.611 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 34 | | 1 | | 4 | | 73 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.150 | | 0 | | 1 | | 0.324 | | |
| Threonine g | 0.531 | | 0 | | 1 | | 1.147 | | |
| Isoleucine g | 0.578 | | 0 | | 1 | | 1.248 | | |
| Leucine g | 1.008 | | 0 | | 1 | | 2.177 | | |
| Lysine g | 0.916 | | 0 | | 1 | | 1.979 | | |
| Methionine g | 0.305 | | 0 | | 1 | | 0.659 | | |
| Cystine g | 0.168 | | 0 | | 1 | | 0.363 | | |

**NDB No. 21125**
**Fast foods, submarine sandwich, with roast beef**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.546 | | 0 | | 1 | | 1.179 | | |
| Tyrosine....g | 0.411 | | 0 | | 1 | | 0.888 | | |
| Valine....g | 0.645 | | 0 | | 1 | | 1.393 | | |
| Arginine....g | 0.759 | | 0 | | 1 | | 1.639 | | |
| Histidine....g | 0.408 | | 0 | | 1 | | 0.881 | | |
| Alanine....g | 0.716 | | 0 | | 1 | | 1.547 | | |
| Aspartic acid....g | 1.092 | | 0 | | 1 | | 2.359 | | |
| Glutamic acid....g | 2.502 | | 0 | | 1 | | 5.404 | | |
| Glycine....g | 0.666 | | 0 | | 1 | | 1.439 | | |
| Proline....g | 0.774 | | 0 | | 1 | | 1.672 | | |
| Serine....g | 0.544 | | 0 | | 1 | | 1.175 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 216g: 1 submarine

**Calories Factors:** **Protein** 4.2 **Fat** 8.95 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21126**
**Fast foods, submarine sandwich, with tuna salad**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 54.31 | 1.174 | 17 | | 1 | | 139.03 | | |
| Energy kcal | 228 | | 0 | | 1 | | 584 | | |
| Energy kj | 954 | | | | 1 | | 2442 | | |
| Protein (N x 6.05) g | 11.60 | 0.674 | 17 | | 1 | | 29.70 | | |
| Total lipid (fat) g | 10.93 | 0.510 | 15 | | 1 | | 27.98 | | |
| Ash g | 1.53 | 0.045 | 15 | | 1 | | 3.92 | | |
| Carbohydrate, by difference g | 21.63 | | 0 | NC | 4 | | 55.37 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 29 | 1.630 | 15 | | 1 | | 74 | | |
| Iron, Fe mg | 1.03 | 0.111 | 15 | | 1 | | 2.64 | | |
| Magnesium, Mg mg | 31 | 3.634 | 15 | | 1 | | 79 | | |
| Phosphorus, P mg | 86 | 2.845 | 15 | | 1 | | 220 | | |
| Potassium, K mg | 131 | 16.641 | 15 | | 1 | | 335 | | |
| Sodium, Na mg | 505 | 28.566 | 15 | | 1 | | 1293 | | |
| Zinc, Zn mg | 0.73 | 0.023 | 15 | | 1 | | 1.87 | | |
| Copper, Cu mg | 0.167 | 0.013 | 15 | | 1 | | 0.428 | | |
| Manganese, Mn mg | 0.200 | 0.000 | 15 | | 1 | | 0.512 | | |
| Selenium, Se mcg | 23.5 | | 0 | RK | 4 | | 60.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.4 | | 1 | | 4 | | 3.6 | | |
| Thiamin mg | 0.180 | | 1 | | 4 | | 0.461 | | |
| Riboflavin mg | 0.130 | | 1 | | 4 | | 0.333 | | |
| Niacin mg | 4.430 | | 1 | | 4 | | 11.341 | | |
| Pantothenic acid mg | 0.730 | | 1 | | 1 | | 1.869 | | |
| Vitamin B-6 mg | 0.090 | | 1 | | 1 | | 0.230 | | |
| Folate, total mcg | 40 | | 0 | RK | 4 | | 102 | | |
| Folic acid mcg | 18 | | 0 | NC | 4 | | 46 | | |
| Folate, food mcg | 22 | | 0 | | 4 | | 56 | | |
| Folate, DFE mcg_DFE | 53 | | 0 | NC | 4 | | 135 | | |
| Vitamin B-12 mcg | 0.63 | | 1 | | 1 | | 1.61 | | |
| Vitamin A, IU IU | 73 | | 1 | | 4 | | 187 | | |
| Vitamin A, RAE mcg_RAE | 18 | | 0 | NC | 4 | | 46 | | |
| Retinol mcg | 17 | | 0 | NC | 4 | | 44 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.082 | | 1 | | 1 | | 5.330 | | |
| Fatty acids, total monounsaturated g | 5.235 | | 1 | | 1 | | 13.402 | | |
| Fatty acids, total polyunsaturated g | 2.850 | | 1 | | 1 | | 7.296 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 19 | | 1 | | 4 | | 49 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.134 | | 0 | | 1 | | 0.343 | | |
| Threonine g | 0.462 | | 0 | | 1 | | 1.183 | | |
| Isoleucine g | 0.521 | | 0 | | 1 | | 1.334 | | |
| Leucine g | 0.907 | | 0 | | 1 | | 2.322 | | |
| Lysine g | 0.842 | | 0 | | 1 | | 2.156 | | |
| Methionine g | 0.295 | | 0 | | 1 | | 0.755 | | |
| Cystine g | 0.150 | | 0 | | 1 | | 0.384 | | |

**NDB No. 21126**
**Fast foods, submarine sandwich, with tuna salad**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.495 | | 0 | | 1 | | 1.267 | | |
| Tyrosine....g | 0.359 | | 0 | | 1 | | 0.919 | | |
| Valine....g | 0.596 | | 0 | | 1 | | 1.526 | | |
| Arginine....g | 0.633 | | 0 | | 1 | | 1.620 | | |
| Histidine....g | 0.314 | | 0 | | 1 | | 0.804 | | |
| Alanine....g | 0.619 | | 0 | | 1 | | 1.585 | | |
| Aspartic acid....g | 1.022 | | 0 | | 1 | | 2.616 | | |
| Glutamic acid....g | 2.324 | | 0 | | 1 | | 5.949 | | |
| Glycine....g | 0.531 | | 0 | | 1 | | 1.359 | | |
| Proline....g | 0.669 | | 0 | | 1 | | 1.713 | | |
| Serine....g | 0.512 | | 0 | | 1 | | 1.311 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 256g: 1 submarine

**Calories Factors:** **Protein** 4.09 **Fat** 8.74 **Carbohydrate** 3.93

**Food Group:** 21 Fast Foods

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

**NDB No. 21032**
**Fast foods, sundae, caramel**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 56.50 | | 1 | | 1 | | 87.58 | | |
| Energy | kcal | 196 | | 0 | NC | 4 | | 304 | | |
| Energy | kj | 820 | | | | 4 | | 1271 | | |
| Protein (N x 6.38) | g | 4.71 | | 2 | | 1 | | 7.30 | | |
| Total lipid (fat) | g | 5.98 | | 2 | | 1 | | 9.27 | | |
| Ash | g | 1.00 | | 1 | | 1 | | 1.55 | | |
| Carbohydrate, by difference | g | 31.81 | | 0 | NC | 4 | | 49.31 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 122 | | 1 | | 1 | | 189 | | |
| Iron, Fe | mg | 0.14 | | 1 | | 1 | | 0.22 | | |
| Magnesium, Mg | mg | 18 | | 1 | | 1 | | 28 | | |
| Phosphorus, P | mg | 140 | | 1 | | 1 | | 217 | | |
| Potassium, K | mg | 205 | | 1 | | 1 | | 318 | | |
| Sodium, Na | mg | 126 | | 2 | | 1 | | 195 | | |
| Zinc, Zn | mg | 0.53 | | 1 | | 1 | | 0.82 | | |
| Copper, Cu | mg | 0.053 | | 1 | | 1 | | 0.082 | | |
| Manganese, Mn | mg | 0.060 | | 1 | | 1 | | 0.093 | | |
| Selenium, Se | mcg | 3.2 | | 0 | RK | 4 | | 5.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.2 | | 1 | | 1 | | 3.4 | | |
| Thiamin | mg | 0.040 | | 1 | | 1 | | 0.062 | | |
| Riboflavin | mg | 0.190 | | 1 | | 1 | | 0.295 | | |
| Niacin | mg | 0.610 | | 1 | | 1 | | 0.946 | | |
| Pantothenic acid | mg | 0.240 | | 1 | | 1 | | 0.372 | | |
| Vitamin B-6 | mg | 0.030 | | 1 | | 1 | | 0.047 | | |
| Folate, total | mcg | 8 | | 1 | | 1 | | 12 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 8 | | 1 | | 1 | | 12 | | |
| Folate, DFE | mcg_DFE | 8 | | 0 | NC | 4 | | 12 | | |
| Vitamin B-12 | mcg | 0.39 | | 1 | | 1 | | 0.60 | | |
| Vitamin A, IU | IU | 170 | | 1 | | 1 | | 264 | | |
| Vitamin A, RAE | mcg_RAE | 45 | | 0 | NC | 4 | | 69 | | |
| Retinol | mcg | 43 | | 0 | NC | 4 | | 67 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.58 | | 0 | | 1 | | 0.90 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 8.000 | | 0 | T | 4 | | 12.400 | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.910 | | 0 | | 1 | | 4.511 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | 0.110 | | 1 | | 1 | | 0.171 | | |
| 8:0 | g | 0.037 | | 1 | | 1 | | 0.057 | | |
| 10:0 | g | 0.100 | | 1 | | 1 | | 0.155 | | |
| 12:0 | g | 0.131 | | 1 | | 1 | | 0.203 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.420 | | 1 | | 1 | | 0.651 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.355 | | 1 | | 1 | | 2.100 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.639 | | 1 | | 1 | | 0.990 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21032**
**Fast foods, sundae, caramel**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 1.957 | | 0 | | 1 | | 3.033 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.129 | | 1 | | 1 | | 0.200 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.754 | | 1 | | 1 | | 2.719 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.653 | | 0 | | 1 | | 1.012 | | |
| 18:2 undifferentiated g | 0.552 | | 1 | | 1 | | 0.856 | | |
| 18:3 undifferentiated g | 0.074 | | 1 | | 1 | | 0.115 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.028 | | 1 | | 1 | | 0.043 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 16 | | 2 | | 1 | | 25 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.063 | | 0 | | 1 | | 0.098 | | |
| Threonine g | 0.202 | | 0 | | 1 | | 0.313 | | |
| Isoleucine g | 0.272 | | 0 | | 1 | | 0.422 | | |
| Leucine g | 0.439 | | 0 | | 1 | | 0.680 | | |
| Lysine g | 0.355 | | 0 | | 1 | | 0.550 | | |
| Methionine g | 0.112 | | 0 | | 1 | | 0.174 | | |
| Cystine g | 0.041 | | 0 | | 1 | | 0.064 | | |
| Phenylalanine g | 0.217 | | 0 | | 1 | | 0.336 | | |
| Tyrosine g | 0.217 | | 0 | | 1 | | 0.336 | | |
| Valine g | 0.301 | | 0 | | 1 | | 0.467 | | |
| Arginine g | 0.162 | | 0 | | 1 | | 0.251 | | |
| Histidine g | 0.123 | | 0 | | 1 | | 0.191 | | |
| Alanine g | 0.154 | | 0 | | 1 | | 0.239 | | |
| Aspartic acid g | 0.340 | | 0 | | 1 | | 0.527 | | |
| Glutamic acid g | 0.939 | | 0 | | 1 | | 1.455 | | |
| Glycine g | 0.095 | | 0 | | 1 | | 0.147 | | |
| Proline g | 0.434 | | 0 | | 1 | | 0.673 | | |
| Serine g | 0.244 | | 0 | | 1 | | 0.378 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 155g: 1 sundae

**Calories Factors:** **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

**Food Group:** 21 Fast Foods

**NDB No. 21033**
**Fast foods, sundae, hot fudge**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 59.70 | | 1 | | 1 | | 94.33 | | |
| Energy kcal | 180 | | 0 | NC | 4 | | 284 | | |
| Energy kj | 753 | | | | 4 | | 1190 | | |
| Protein (N x 6.38) g | 3.57 | 0.344 | 5 | | 1 | | 5.64 | | |
| Total lipid (fat) g | 5.46 | 0.859 | 5 | | 1 | | 8.63 | | |
| Ash g | 1.10 | | 1 | | 1 | | 1.74 | | |
| Carbohydrate, by difference g | 30.17 | | 0 | NC | 4 | | 47.67 | | |
| Fiber, total dietary g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 131 | | 1 | | 1 | | 207 | | |
| Iron, Fe mg | 0.37 | | 1 | | 1 | | 0.58 | | |
| Magnesium, Mg mg | 21 | | 1 | | 1 | | 33 | | |
| Phosphorus, P mg | 144 | | 1 | | 1 | | 228 | | |
| Potassium, K mg | 250 | | 1 | | 1 | | 395 | | |
| Sodium, Na mg | 115 | | 2 | | 1 | | 182 | | |
| Zinc, Zn mg | 0.60 | | 1 | | 1 | | 0.95 | | |
| Copper, Cu mg | 0.082 | | 1 | | 1 | | 0.130 | | |
| Manganese, Mn mg | 0.080 | | 1 | | 1 | | 0.126 | | |
| Selenium, Se mcg | 3.3 | | 0 | RK | 4 | | 5.2 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.5 | | 1 | | 1 | | 2.4 | | |
| Thiamin mg | 0.040 | | 1 | | 1 | | 0.063 | | |
| Riboflavin mg | 0.190 | | 1 | | 1 | | 0.300 | | |
| Niacin mg | 0.680 | | 1 | | 1 | | 1.074 | | |
| Pantothenic acid mg | 0.210 | | 1 | | 1 | | 0.332 | | |
| Vitamin B-6 mg | 0.080 | | 1 | | 1 | | 0.126 | | |
| Folate, total mcg | 6 | | 1 | | 1 | | 9 | | |
| Folic acid mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food mcg | 6 | | 1 | | 1 | | 9 | | |
| Folate, DFE mcg_DFE | 6 | | 0 | NC | 4 | | 9 | | |
| Vitamin B-12 mcg | 0.41 | | 1 | | 1 | | 0.65 | | |
| Vitamin A, IU IU | 140 | | 1 | | 1 | | 221 | | |
| Vitamin A, RAE mcg_RAE | 37 | | 0 | NC | 4 | | 58 | | |
| Retinol mcg | 35 | | 0 | NC | 4 | | 55 | | |
| Vitamin E (alpha-tocopherol) mg | 0.42 | | 0 | | 1 | | 0.66 | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | 12.000 | | 0 | T | 4 | | 18.960 | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.179 | | 0 | | 1 | | 5.023 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | 0.073 | | 1 | | 1 | | 0.115 | | |
| 8:0 g | 0.096 | | 1 | | 1 | | 0.152 | | |
| 10:0 g | 0.124 | | 1 | | 1 | | 0.196 | | |
| 12:0 g | 0.697 | | 1 | | 1 | | 1.101 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.471 | | 1 | | 1 | | 0.744 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 0.993 | | 1 | | 1 | | 1.569 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 0.640 | | 1 | | 1 | | 1.011 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21033**
**Fast foods, sundae, hot fudge**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 1.475 | | 0 | | 1 | | 2.331 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.081 | | 1 | | 1 | | 0.128 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.350 | | 1 | | 1 | | 2.133 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.511 | | 0 | | 1 | | 0.807 | | |
| 18:2 undifferentiated g | 0.445 | | 1 | | 1 | | 0.703 | | |
| 18:3 undifferentiated g | 0.051 | | 1 | | 1 | | 0.081 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.015 | | 1 | | 1 | | 0.024 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 13 | | 2 | | 1 | | 21 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.045 | | 0 | | 1 | | 0.071 | | |
| Threonine g | 0.137 | | 0 | | 1 | | 0.216 | | |
| Isoleucine g | 0.172 | | 0 | | 1 | | 0.272 | | |
| Leucine g | 0.276 | | 0 | | 1 | | 0.436 | | |
| Lysine g | 0.224 | | 0 | | 1 | | 0.354 | | |
| Methionine g | 0.066 | | 0 | | 1 | | 0.104 | | |
| Cystine g | 0.032 | | 0 | | 1 | | 0.051 | | |
| Phenylalanine g | 0.152 | | 0 | | 1 | | 0.240 | | |
| Tyrosine g | 0.143 | | 0 | | 1 | | 0.226 | | |
| Valine g | 0.205 | | 0 | | 1 | | 0.324 | | |
| Arginine g | 0.132 | | 0 | | 1 | | 0.209 | | |
| Histidine g | 0.077 | | 0 | | 1 | | 0.122 | | |
| Alanine g | 0.119 | | 0 | | 1 | | 0.188 | | |
| Aspartic acid g | 0.260 | | 0 | | 1 | | 0.411 | | |
| Glutamic acid g | 0.607 | | 0 | | 1 | | 0.959 | | |
| Glycine g | 0.087 | | 0 | | 1 | | 0.137 | | |
| Proline g | 0.257 | | 0 | | 1 | | 0.406 | | |
| Serine g | 0.162 | | 0 | | 1 | | 0.256 | | |
| Hydroxyproline g | | | | | | | | | |
| **Others:** | | | | | | | | | |
| Alcohol, ethyl g | | | | | | | | | |
| Caffeine mg | 1 | | 0 | RK | 4 | | 2 | | |
| Theobromine mg | 49 | | 0 | RK | 4 | | 77 | | |

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

**Calories Factors:** **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

**Food Group:** 21 Fast Foods

**NDB No. 21034**
**Fast foods, sundae, strawberry**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 60.90 | | 2 | | 1 | | 93.18 | | |
| Energy | kcal | 175 | | 0 | NC | 4 | | 268 | | |
| Energy | kj | 732 | | | | 4 | | 1120 | | |
| Protein (N x 6.38) | g | 4.09 | 0.003 | 3 | | 1 | | 6.26 | | |
| Total lipid (fat) | g | 5.13 | 0.088 | 3 | | 1 | | 7.85 | | |
| Ash | g | 0.70 | | 2 | | 1 | | 1.07 | | |
| Carbohydrate, by difference | g | 29.18 | | 0 | NC | 4 | | 44.65 | | |
| Fiber, total dietary | g | 0.0 | | 0 | | 4 | | 0.0 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 105 | | 2 | | 1 | | 161 | | |
| Iron, Fe | mg | 0.21 | | 2 | | 1 | | 0.32 | | |
| Magnesium, Mg | mg | 16 | | 2 | | 1 | | 24 | | |
| Phosphorus, P | mg | 101 | | 2 | | 1 | | 155 | | |
| Potassium, K | mg | 177 | | 2 | | 1 | | 271 | | |
| Sodium, Na | mg | 60 | 5.101 | 3 | | 1 | | 92 | | |
| Zinc, Zn | mg | 0.43 | | 2 | | 1 | | 0.66 | | |
| Copper, Cu | mg | 0.050 | | 2 | | 1 | | 0.077 | | |
| Manganese, Mn | mg | 0.110 | | 1 | | 1 | | 0.168 | | |
| Selenium, Se | mcg | 2.9 | | 0 | RK | 4 | | 4.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.3 | 0.219 | 3 | | 1 | | 2.0 | | |
| Thiamin | mg | 0.040 | | 2 | | 1 | | 0.061 | | |
| Riboflavin | mg | 0.180 | | 2 | | 1 | | 0.275 | | |
| Niacin | mg | 0.590 | | 2 | | 1 | | 0.903 | | |
| Pantothenic acid | mg | 0.290 | | 2 | | 1 | | 0.444 | | |
| Vitamin B-6 | mg | 0.050 | | 2 | | 1 | | 0.077 | | |
| Folate, total | mcg | 12 | | 2 | | 1 | | 18 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 12 | | 2 | | 1 | | 18 | | |
| Folate, DFE | mcg_DFE | 12 | | 0 | NC | 4 | | 18 | | |
| Vitamin B-12 | mcg | 0.42 | | 2 | | 1 | | 0.64 | | |
| Vitamin A, IU | IU | 145 | | 2 | | 1 | | 222 | | |
| Vitamin A, RAE | mcg_RAE | 37 | | 0 | NC | 4 | | 56 | | |
| Retinol | mcg | 35 | | 0 | NC | 4 | | 54 | | |
| Vitamin E (alpha-tocopherol) | mg | 0.51 | | 0 | | 1 | | 0.78 | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 12.000 | | 0 | T | 4 | | 18.360 | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.444 | | 0 | | 1 | | 3.739 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | 0.072 | | 2 | | 1 | | 0.110 | | |
| 8:0 | g | 0.025 | | 2 | | 1 | | 0.038 | | |
| 10:0 | g | 0.087 | | 2 | | 1 | | 0.133 | | |
| 12:0 | g | 0.106 | | 2 | | 1 | | 0.162 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.354 | | 2 | | 1 | | 0.542 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.152 | | 2 | | 1 | | 1.763 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.528 | | 2 | | 1 | | 0.808 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21034**
**Fast foods, sundae, strawberry**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 1.739 | | 0 | | 1 | | 2.661 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.093 | | 2 | | 1 | | 0.142 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.564 | | 2 | | 1 | | 2.393 | | |
| 20:1 g | 0.029 | | 2 | | 1 | | 0.044 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.667 | | 0 | | 1 | | 1.021 | | |
| 18:2 undifferentiated g | 0.594 | | 2 | | 1 | | 0.909 | | |
| 18:3 undifferentiated g | 0.050 | | 2 | | 1 | | 0.077 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.023 | | 2 | | 1 | | 0.035 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 14 | 1.222 | 3 | | 1 | | 21 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.054 | | 0 | | 1 | | 0.083 | | |
| Threonine g | 0.174 | | 0 | | 1 | | 0.266 | | |
| Isoleucine g | 0.230 | | 0 | | 1 | | 0.352 | | |
| Leucine g | 0.373 | | 0 | | 1 | | 0.571 | | |
| Lysine g | 0.302 | | 0 | | 1 | | 0.462 | | |
| Methionine g | 0.094 | | 0 | | 1 | | 0.144 | | |
| Cystine g | 0.036 | | 0 | | 1 | | 0.055 | | |
| Phenylalanine g | 0.185 | | 0 | | 1 | | 0.283 | | |
| Tyrosine g | 0.186 | | 0 | | 1 | | 0.285 | | |
| Valine g | 0.255 | | 0 | | 1 | | 0.390 | | |
| Arginine g | 0.142 | | 0 | | 1 | | 0.217 | | |
| Histidine g | 0.105 | | 0 | | 1 | | 0.161 | | |
| Alanine g | 0.136 | | 0 | | 1 | | 0.208 | | |
| Aspartic acid g | 0.321 | | 0 | | 1 | | 0.491 | | |
| Glutamic acid g | 0.805 | | 0 | | 1 | | 1.232 | | |
| Glycine g | 0.085 | | 0 | | 1 | | 0.130 | | |
| Proline g | 0.366 | | 0 | | 1 | | 0.560 | | |
| Serine g | 0.209 | | 0 | | 1 | | 0.320 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 153g: 1 sundae

**Calories Factors:** **Protein** 4.27 **Fat** 8.79 **Carbohydrate** 3.87

**Food Group:** 21 Fast Foods

**NDB No. 21082**
**Fast foods, taco**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 58.40 | 0.872 | 48 | | 1 | | 153.59 | 99.86 | |
| Energy kcal | 216 | | 0 | | 1 | | 568 | 369 | |
| Energy kj | 904 | | | | 1 | | 2377 | 1545 | |
| Protein (N x 6.29) g | 12.08 | 0.501 | 49 | | 1 | | 31.77 | 20.66 | |
| Total lipid (fat) g | 12.02 | 0.261 | 48 | | 1 | | 31.61 | 20.55 | |
| Ash g | 1.87 | 0.060 | 46 | | 1 | | 4.92 | 3.20 | |
| Carbohydrate, by difference g | 15.63 | | 0 | NC | 4 | | 41.11 | 26.73 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 129 | 5.031 | 48 | | 1 | | 339 | 221 | |
| Iron, Fe mg | 1.41 | 0.039 | 48 | | 1 | | 3.71 | 2.41 | |
| Magnesium, Mg mg | 41 | 1.427 | 48 | | 1 | | 108 | 70 | |
| Phosphorus, P mg | 119 | 5.199 | 47 | | 1 | | 313 | 203 | |
| Potassium, K mg | 277 | 9.556 | 47 | | 1 | | 729 | 474 | |
| Sodium, Na mg | 469 | 21.369 | 50 | | 1 | | 1233 | 802 | |
| Zinc, Zn mg | 2.30 | 0.085 | 46 | | 1 | | 6.05 | 3.93 | |
| Copper, Cu mg | 0.120 | 0.010 | 41 | | 1 | | 0.316 | 0.205 | |
| Manganese, Mn mg | 0.257 | 0.023 | 46 | | 1 | | 0.676 | 0.439 | |
| Selenium, Se mcg | 13.7 | | 0 | RK | 4 | | 36.0 | 23.4 | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.3 | 0.189 | 34 | | 1 | | 3.4 | 2.2 | |
| Thiamin mg | 0.090 | 0.010 | 37 | | 1 | | 0.237 | 0.154 | |
| Riboflavin mg | 0.260 | 0.017 | 37 | | 1 | | 0.684 | 0.445 | |
| Niacin mg | 1.880 | 0.074 | 36 | | 1 | | 4.944 | 3.215 | |
| Pantothenic acid mg | 0.990 | 0.051 | 34 | | 1 | | 2.604 | 1.693 | |
| Vitamin B-6 mg | 0.140 | 0.008 | 37 | | 1 | | 0.368 | 0.239 | |
| Folate, total mcg | 40 | | 0 | RK | 4 | | 105 | 68 | |
| Folic acid mcg | 26 | | 0 | NC | 4 | | 68 | 44 | |
| Folate, food mcg | 14 | 1.555 | 4 | | 1 | | 37 | 24 | |
| Folate, DFE mcg_DFE | 58 | | 0 | NC | 4 | | 153 | 100 | |
| Vitamin B-12 mcg | 0.61 | 0.036 | 36 | | 1 | | 1.60 | 1.04 | |
| Vitamin A, IU IU | 500 | 51.029 | 19 | | 1 | | 1315 | 855 | |
| Vitamin A, RAE mcg_RAE | 63 | | 0 | NC | 4 | | 164 | 107 | |
| Retinol mcg | 45 | | 0 | NC | 4 | | 118 | 77 | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 6.648 | | 0 | | 1 | | 17.484 | 11.368 | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | 0.000 | | 7 | | 1 | | 0.000 | 0.000 | |
| 10:0 g | 0.324 | | 7 | | 1 | | 0.852 | 0.554 | |
| 12:0 g | 0.799 | | 7 | | 1 | | 2.101 | 1.366 | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 1.017 | | 7 | | 1 | | 2.675 | 1.739 | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.755 | | 7 | | 1 | | 7.246 | 4.711 | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.754 | | 7 | | 1 | | 4.613 | 2.999 | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21082**
**Fast foods, taco**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 3.846 | | 0 | | 1 | | 10.115 | 6.577 | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.846 | | 7 | | 1 | | 10.115 | 6.577 | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.561 | | 0 | | 1 | | 1.475 | 0.959 | |
| 18:2 undifferentiated g | 0.512 | | 7 | | 1 | | 1.347 | 0.876 | |
| 18:3 undifferentiated g | 0.049 | | 7 | | 1 | | 0.129 | 0.084 | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 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 | 4.178 | 12 | | 1 | | 87 | 56 | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.134 | | 0 | | 1 | | 0.352 | 0.229 | |
| Threonine g | 0.447 | | 0 | | 1 | | 1.176 | 0.764 | |
| Isoleucine g | 0.565 | | 0 | | 1 | | 1.486 | 0.966 | |
| Leucine g | 1.039 | | 0 | | 1 | | 2.733 | 1.777 | |
| Lysine g | 0.855 | | 0 | | 1 | | 2.249 | 1.462 | |
| Methionine g | 0.269 | | 0 | | 1 | | 0.707 | 0.460 | |
| Cystine g | 0.106 | | 0 | | 1 | | 0.279 | 0.181 | |
| Phenylalanine g | 0.517 | | 0 | | 1 | | 1.360 | 0.884 | |
| Tyrosine g | 0.444 | | 0 | | 1 | | 1.168 | 0.759 | |
| Valine g | 0.634 | | 0 | | 1 | | 1.667 | 1.084 | |
| Arginine g | 0.618 | | 0 | | 1 | | 1.625 | 1.057 | |
| Histidine g | 0.373 | | 0 | | 1 | | 0.981 | 0.638 | |
| Alanine g | 0.599 | | 0 | | 1 | | 1.575 | 1.024 | |
| Aspartic acid g | 0.939 | | 0 | | 1 | | 2.470 | 1.606 | |
| Glutamic acid g | 2.383 | | 0 | | 1 | | 6.267 | 4.075 | |
| Glycine g | 0.538 | | 0 | | 1 | | 1.415 | 0.920 | |
| Proline g | 0.899 | | 0 | | 1 | | 2.364 | 1.537 | |
| Serine g | 0.542 | | 0 | | 1 | | 1.425 | 0.927 | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 263g: 1 large

Measure 2 = 171g: 1 small

**Calories Factors:** **Protein** 4.05 **Fat** 8.78 **Carbohydrate** 3.97

**Food Group:** 21 Fast Foods

**NDB No. 21083**
**Fast foods, taco salad**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 72.35 | 2.473 | 9 | | 1 | | 143.25 | | |
| Energy | kcal | 141 | | 0 | | 1 | | 279 | | |
| Energy | kj | 590 | | | | 1 | | 1168 | | |
| Protein (N x 6.27) | g | 6.68 | 0.764 | 10 | | 1 | | 13.23 | | |
| Total lipid (fat) | g | 7.46 | 0.652 | 10 | | 1 | | 14.77 | | |
| Ash | g | 1.59 | 0.160 | 9 | | 1 | | 3.15 | | |
| Carbohydrate, by difference | g | 11.91 | | 0 | NC | 4 | | 23.58 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 97 | 7.379 | 9 | | 1 | | 192 | | |
| Iron, Fe | mg | 1.15 | 0.085 | 9 | | 1 | | 2.28 | | |
| Magnesium, Mg | mg | 26 | 2.146 | 9 | | 1 | | 51 | | |
| Phosphorus, P | mg | 72 | 6.117 | 9 | | 1 | | 143 | | |
| Potassium, K | mg | 210 | 26.120 | 9 | | 1 | | 416 | | |
| Sodium, Na | mg | 385 | 44.992 | 10 | | 1 | | 762 | | |
| Zinc, Zn | mg | 1.36 | 0.213 | 9 | | 1 | | 2.69 | | |
| Copper, Cu | mg | 0.113 | 0.023 | 8 | | 1 | | 0.224 | | |
| Manganese, Mn | mg | 0.167 | 0.015 | 9 | | 1 | | 0.331 | | |
| Selenium, Se | mcg | 2.2 | | 0 | RK | 4 | | 4.4 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.8 | 0.612 | 9 | | 1 | | 3.6 | | |
| Thiamin | mg | 0.050 | 0.009 | 9 | | 1 | | 0.099 | | |
| Riboflavin | mg | 0.180 | 0.023 | 9 | | 1 | | 0.356 | | |
| Niacin | mg | 1.240 | 0.196 | 9 | | 1 | | 2.455 | | |
| Pantothenic acid | mg | 0.680 | 0.095 | 9 | | 1 | | 1.346 | | |
| Vitamin B-6 | mg | 0.110 | 0.009 | 9 | | 1 | | 0.218 | | |
| Folate, total | mcg | 42 | | 0 | RK | 4 | | 83 | | |
| Folic acid | mcg | 22 | | 0 | NC | 4 | | 44 | | |
| Folate, food | mcg | 20 | | 1 | | 1 | | 40 | | |
| Folate, DFE | mcg_DFE | 57 | | 0 | NC | 4 | | 114 | | |
| Vitamin B-12 | mcg | 0.32 | 0.043 | 9 | | 1 | | 0.63 | | |
| Vitamin A, IU | IU | 297 | 66.874 | 4 | | 1 | | 588 | | |
| Vitamin A, RAE | mcg_RAE | 36 | | 0 | NC | 4 | | 70 | | |
| Retinol | mcg | 25 | | 0 | NC | 4 | | 50 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.446 | | 0 | | 1 | | 6.823 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.089 | | 3 | | 1 | | 0.176 | | |
| 12:0 | g | 0.146 | | 3 | | 1 | | 0.289 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.493 | | 3 | | 1 | | 0.976 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.898 | | 3 | | 1 | | 3.758 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.820 | | 3 | | 1 | | 1.624 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21083**
**Fast foods, taco salad**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 2.606 | | 0 | | 1 | | 5.160 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.606 | | 3 | | 1 | | 5.160 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.883 | | 0 | | 1 | | 1.748 | | |
| 18:2 undifferentiated....g | 0.838 | | 3 | | 1 | | 1.659 | | |
| 18:3 undifferentiated....g | 0.045 | | 3 | | 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 | 22 | 5.770 | 4 | | 1 | | 44 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.075 | | 0 | | 1 | | 0.149 | | |
| Threonine....g | 0.254 | | 0 | | 1 | | 0.503 | | |
| Isoleucine....g | 0.311 | | 0 | | 1 | | 0.616 | | |
| Leucine....g | 0.549 | | 0 | | 1 | | 1.087 | | |
| Lysine....g | 0.486 | | 0 | | 1 | | 0.962 | | |
| Methionine....g | 0.145 | | 0 | | 1 | | 0.287 | | |
| Cystine....g | 0.060 | | 0 | | 1 | | 0.119 | | |
| Phenylalanine....g | 0.277 | | 0 | | 1 | | 0.548 | | |
| Tyrosine....g | 0.232 | | 0 | | 1 | | 0.459 | | |
| Valine....g | 0.343 | | 0 | | 1 | | 0.679 | | |
| Arginine....g | 0.357 | | 0 | | 1 | | 0.707 | | |
| Histidine....g | 0.201 | | 0 | | 1 | | 0.398 | | |
| Alanine....g | 0.339 | | 0 | | 1 | | 0.671 | | |
| Aspartic acid....g | 0.554 | | 0 | | 1 | | 1.097 | | |
| Glutamic acid....g | 1.291 | | 0 | | 1 | | 2.556 | | |
| Glycine....g | 0.326 | | 0 | | 1 | | 0.645 | | |
| Proline....g | 0.452 | | 0 | | 1 | | 0.895 | | |
| Serine....g | 0.287 | | 0 | | 1 | | 0.568 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 198g: 1.5 cup

**Calories Factors:** **Protein** 4.05 **Fat** 8.73 **Carbohydrate** 4.07

**Food Group:** 21 Fast Foods

**NDB No. 21084**
**Fast foods, taco salad with chili con carne**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 76.79 | 1.609 | 4 | | 1 | | 200.42 | | |
| Energy | kcal | 111 | | 0 | | 1 | | 290 | | |
| Energy | kj | 464 | | | | 1 | | 1212 | | |
| Protein (N x 6.28) | g | 6.67 | 0.608 | 4 | | 1 | | 17.41 | | |
| Total lipid (fat) | g | 5.03 | 0.729 | 4 | | 1 | | 13.13 | | |
| Ash | g | 1.33 | 0.087 | 4 | | 1 | | 3.47 | | |
| Carbohydrate, by difference | g | 10.18 | | 0 | NC | 4 | | 26.57 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 94 | 12.856 | 4 | | 1 | | 245 | | |
| Iron, Fe | mg | 1.02 | 0.170 | 4 | | 1 | | 2.66 | | |
| Magnesium, Mg | mg | 20 | 1.572 | 4 | | 1 | | 52 | | |
| Phosphorus, P | mg | 59 | 7.754 | 4 | | 1 | | 154 | | |
| Potassium, K | mg | 150 | 37.329 | 4 | | 1 | | 392 | | |
| Sodium, Na | mg | 339 | 33.577 | 4 | | 1 | | 885 | | |
| Zinc, Zn | mg | 1.26 | 0.147 | 4 | | 1 | | 3.29 | | |
| Copper, Cu | mg | 0.115 | 0.021 | 4 | | 1 | | 0.300 | | |
| Manganese, Mn | mg | 0.129 | 0.010 | 4 | | 1 | | 0.337 | | |
| Selenium, Se | mcg | 2.9 | | 0 | RK | 4 | | 7.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.3 | 0.725 | 4 | | 1 | | 3.4 | | |
| Thiamin | mg | 0.060 | 0.027 | 4 | | 1 | | 0.157 | | |
| Riboflavin | mg | 0.190 | 0.026 | 4 | | 1 | | 0.496 | | |
| Niacin | mg | 0.970 | 0.074 | 4 | | 1 | | 2.532 | | |
| Pantothenic acid | mg | 0.550 | 0.055 | 4 | | 1 | | 1.436 | | |
| Vitamin B-6 | mg | 0.200 | 0.127 | 4 | | 1 | | 0.522 | | |
| Folate, total | mcg | 35 | | 0 | RK | 4 | | 91 | | |
| Folic acid | mcg | 11 | | 0 | NC | 4 | | 29 | | |
| Folate, food | mcg | 24 | | 0 | | 4 | | 63 | | |
| Folate, DFE | mcg_DFE | 43 | | 0 | NC | 4 | | 111 | | |
| Vitamin B-12 | mcg | 0.28 | 0.008 | 4 | | 1 | | 0.73 | | |
| Vitamin A, IU | IU | 603 | | 2 | | 1 | | 1574 | | |
| Vitamin A, RAE | mcg_RAE | 99 | | 0 | NC | 4 | | 257 | | |
| Retinol | mcg | 82 | | 0 | NC | 4 | | 214 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 2.299 | | 0 | | 1 | | 6.000 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.060 | | 3 | | 1 | | 0.157 | | |
| 12:0 | g | 0.097 | | 3 | | 1 | | 0.253 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.329 | | 3 | | 1 | | 0.859 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.266 | | 3 | | 1 | | 3.304 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.547 | | 3 | | 1 | | 1.428 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21084**
**Fast foods, taco salad with chili con carne**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 1.739 | | 0 | | 1 | | 4.539 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 1.739 | | 3 | | 1 | | 4.539 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.589 | | 0 | | 1 | | 1.537 | | |
| 18:2 undifferentiated....g | 0.559 | | 3 | | 1 | | 1.459 | | |
| 18:3 undifferentiated....g | 0.030 | | 3 | | 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 | 2 | | 1 | | 1 | | 5 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.074 | | 0 | | 1 | | 0.193 | | |
| Threonine....g | 0.248 | | 0 | | 1 | | 0.647 | | |
| Isoleucine....g | 0.313 | | 0 | | 1 | | 0.817 | | |
| Leucine....g | 0.555 | | 0 | | 1 | | 1.449 | | |
| Lysine....g | 0.466 | | 0 | | 1 | | 1.216 | | |
| Methionine....g | 0.139 | | 0 | | 1 | | 0.363 | | |
| Cystine....g | 0.061 | | 0 | | 1 | | 0.159 | | |
| Phenylalanine....g | 0.295 | | 0 | | 1 | | 0.770 | | |
| Tyrosine....g | 0.235 | | 0 | | 1 | | 0.613 | | |
| Valine....g | 0.349 | | 0 | | 1 | | 0.911 | | |
| Arginine....g | 0.338 | | 0 | | 1 | | 0.882 | | |
| Histidine....g | 0.199 | | 0 | | 1 | | 0.519 | | |
| Alanine....g | 0.307 | | 0 | | 1 | | 0.801 | | |
| Aspartic acid....g | 0.570 | | 0 | | 1 | | 1.488 | | |
| Glutamic acid....g | 1.313 | | 0 | | 1 | | 3.427 | | |
| Glycine....g | 0.275 | | 0 | | 1 | | 0.718 | | |
| Proline....g | 0.463 | | 0 | | 1 | | 1.208 | | |
| Serine....g | 0.306 | | 0 | | 1 | | 0.799 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 261g: 1.5 cup

**Calories Factors:** **Protein** 3.83 **Fat** 8.76 **Carbohydrate** 4.02

**Food Group:** 21 Fast Foods

**NDB No. 21085**
**Fast foods, tostada, with beans and cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 66.24 | 0.927 | 13 | | 1 | | 95.39 | | |
| Energy | kcal | 155 | | 0 | | 1 | | 223 | | |
| Energy | kj | 649 | | | | 1 | | 934 | | |
| Protein (N x 6.29) | g | 6.67 | 0.410 | 13 | | 1 | | 9.60 | | |
| Total lipid (fat) | g | 6.85 | 0.287 | 13 | | 1 | | 9.86 | | |
| Ash | g | 1.83 | 0.083 | 13 | | 1 | | 2.64 | | |
| Carbohydrate, by difference | g | 18.42 | | 0 | NC | 4 | | 26.52 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 146 | 8.321 | 13 | | 1 | | 210 | | |
| Iron, Fe | mg | 1.31 | 0.098 | 13 | | 1 | | 1.89 | | |
| Magnesium, Mg | mg | 41 | 1.260 | 13 | | 1 | | 59 | | |
| Phosphorus, P | mg | 81 | 4.585 | 13 | | 1 | | 117 | | |
| Potassium, K | mg | 280 | 27.096 | 13 | | 1 | | 403 | | |
| Sodium, Na | mg | 377 | 30.931 | 13 | | 1 | | 543 | | |
| Zinc, Zn | mg | 1.32 | 0.202 | 13 | | 1 | | 1.90 | | |
| Copper, Cu | mg | 0.143 | 0.012 | 12 | | 1 | | 0.206 | | |
| Manganese, Mn | mg | 0.255 | 0.010 | 13 | | 1 | | 0.367 | | |
| Selenium, Se | mcg | 2.4 | | 0 | RK | 4 | | 3.5 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.9 | 0.226 | 13 | | 1 | | 1.3 | | |
| Thiamin | mg | 0.070 | 0.011 | 13 | | 1 | | 0.101 | | |
| Riboflavin | mg | 0.230 | 0.024 | 13 | | 1 | | 0.331 | | |
| Niacin | mg | 0.920 | 0.074 | 13 | | 1 | | 1.325 | | |
| Pantothenic acid | mg | 0.790 | 0.059 | 13 | | 1 | | 1.138 | | |
| Vitamin B-6 | mg | 0.110 | 0.008 | 13 | | 1 | | 0.158 | | |
| Folate, total | mcg | 30 | | 0 | RK | 4 | | 43 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 30 | | 0 | RK | 4 | | 43 | | |
| Folate, DFE | mcg_DFE | 30 | | 0 | NC | 4 | | 43 | | |
| Vitamin B-12 | mcg | 0.48 | 0.034 | 13 | | 1 | | 0.69 | | |
| Vitamin A, IU | IU | 432 | 142.833 | 5 | | 1 | | 622 | | |
| Vitamin A, RAE | mcg_RAE | 31 | | 0 | NC | 4 | | 45 | | |
| Retinol | mcg | 11 | | 0 | NC | 4 | | 16 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.727 | | 0 | | 1 | | 5.367 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.169 | | 3 | | 1 | | 0.243 | | |
| 12:0 | g | 0.474 | | 3 | | 1 | | 0.683 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.533 | | 3 | | 1 | | 0.768 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.722 | | 3 | | 1 | | 2.480 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.829 | | 3 | | 1 | | 1.194 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21085**
**Fast foods, tostada, with beans and cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 2.121 | | 0 | | 1 | | 3.054 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.121 | | 3 | | 1 | | 3.054 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.520 | | 0 | | 1 | | 0.749 | | |
| 18:2 undifferentiated....g | 0.479 | | 3 | | 1 | | 0.690 | | |
| 18:3 undifferentiated....g | 0.041 | | 3 | | 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 | 21 | 2.869 | 3 | | 1 | | 30 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.070 | | 0 | | 1 | | 0.101 | | |
| Threonine....g | 0.245 | | 0 | | 1 | | 0.353 | | |
| Isoleucine....g | 0.301 | | 0 | | 1 | | 0.433 | | |
| Leucine....g | 0.574 | | 0 | | 1 | | 0.827 | | |
| Lysine....g | 0.403 | | 0 | | 1 | | 0.580 | | |
| Methionine....g | 0.122 | | 0 | | 1 | | 0.176 | | |
| Cystine....g | 0.067 | | 0 | | 1 | | 0.096 | | |
| Phenylalanine....g | 0.323 | | 0 | | 1 | | 0.465 | | |
| Tyrosine....g | 0.231 | | 0 | | 1 | | 0.333 | | |
| Valine....g | 0.349 | | 0 | | 1 | | 0.503 | | |
| Arginine....g | 0.323 | | 0 | | 1 | | 0.465 | | |
| Histidine....g | 0.191 | | 0 | | 1 | | 0.275 | | |
| Alanine....g | 0.280 | | 0 | | 1 | | 0.403 | | |
| Aspartic acid....g | 0.606 | | 0 | | 1 | | 0.873 | | |
| Glutamic acid....g | 1.336 | | 0 | | 1 | | 1.924 | | |
| Glycine....g | 0.203 | | 0 | | 1 | | 0.292 | | |
| Proline....g | 0.460 | | 0 | | 1 | | 0.662 | | |
| Serine....g | 0.334 | | 0 | | 1 | | 0.481 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 144g: 1 piece

**Calories Factors:** **Protein** 3.58 **Fat** 8.51 **Carbohydrate** 3.96

**Food Group:** 21 Fast Foods

**NDB No. 21086**
**Fast foods, tostada, with beans, beef, and cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 70.44 | 0.633 | 4 | | 1 | | 158.49 | | |
| Energy | kcal | 148 | | 0 | | 1 | | 333 | | |
| Energy | kj | 619 | | | | 1 | | 1393 | | |
| Protein (N x 6.28) | g | 7.15 | 0.179 | 3 | | 1 | | 16.09 | | |
| Total lipid (fat) | g | 7.53 | 0.216 | 4 | | 1 | | 16.94 | | |
| Ash | g | 1.70 | 0.037 | 4 | | 1 | | 3.83 | | |
| Carbohydrate, by difference | g | 13.18 | | 0 | NC | 4 | | 29.66 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 84 | 3.388 | 4 | | 1 | | 189 | | |
| Iron, Fe | mg | 1.09 | 0.028 | 4 | | 1 | | 2.45 | | |
| Magnesium, Mg | mg | 30 | 1.058 | 4 | | 1 | | 68 | | |
| Phosphorus, P | mg | 77 | 2.837 | 4 | | 1 | | 173 | | |
| Potassium, K | mg | 218 | 50.260 | 4 | | 1 | | 491 | | |
| Sodium, Na | mg | 387 | 47.749 | 4 | | 1 | | 871 | | |
| Zinc, Zn | mg | 1.41 | 0.065 | 4 | | 1 | | 3.17 | | |
| Copper, Cu | mg | 0.140 | 0.019 | 4 | | 1 | | 0.315 | | |
| Manganese, Mn | mg | 0.160 | 0.003 | 4 | | 1 | | 0.360 | | |
| Selenium, Se | mcg | 9.3 | | 0 | RK | 4 | | 20.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.8 | 0.550 | 4 | | 1 | | 4.1 | | |
| Thiamin | mg | 0.040 | 0.002 | 4 | | 1 | | 0.090 | | |
| Riboflavin | mg | 0.220 | 0.007 | 4 | | 1 | | 0.495 | | |
| Niacin | mg | 1.270 | 0.036 | 4 | | 1 | | 2.858 | | |
| Pantothenic acid | mg | 0.830 | 0.062 | 4 | | 1 | | 1.868 | | |
| Vitamin B-6 | mg | 0.110 | 0.007 | 4 | | 1 | | 0.248 | | |
| Folate, total | mcg | 38 | | 0 | RK | 4 | | 86 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 38 | | 0 | RK | 4 | | 86 | | |
| Folate, DFE | mcg_DFE | 38 | | 0 | NC | 4 | | 86 | | |
| Vitamin B-12 | mcg | 0.50 | 0.085 | 4 | | 1 | | 1.13 | | |
| Vitamin A, IU | IU | 567 | | 2 | | 1 | | 1276 | | |
| Vitamin A, RAE | mcg_RAE | 45 | | 0 | NC | 4 | | 100 | | |
| Retinol | mcg | 19 | | 0 | NC | 4 | | 43 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.100 | | 0 | | 1 | | 11.475 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.556 | | 1 | | 1 | | 1.251 | | |
| 12:0 | g | 1.231 | | 1 | | 1 | | 2.770 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 1.024 | | 1 | | 1 | | 2.304 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 1.645 | | 1 | | 1 | | 3.701 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.643 | | 1 | | 1 | | 1.447 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21086**
**Fast foods, tostada, with beans, beef, and cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 1.561 | | 0 | | 1 | | 3.512 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.561 | | 1 | | 1 | | 3.512 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 0.265 | | 0 | | 1 | | 0.596 | | |
| 18:2 undifferentiated g | 0.239 | | 1 | | 1 | | 0.538 | | |
| 18:3 undifferentiated g | 0.026 | | 1 | | 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 | 33 | | 1 | | 1 | | 74 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.077 | | 0 | | 1 | | 0.173 | | |
| Threonine g | 0.266 | | 0 | | 1 | | 0.599 | | |
| Isoleucine g | 0.320 | | 0 | | 1 | | 0.720 | | |
| Leucine g | 0.609 | | 0 | | 1 | | 1.370 | | |
| Lysine g | 0.466 | | 0 | | 1 | | 1.049 | | |
| Methionine g | 0.143 | | 0 | | 1 | | 0.322 | | |
| Cystine g | 0.071 | | 0 | | 1 | | 0.160 | | |
| Phenylalanine g | 0.321 | | 0 | | 1 | | 0.722 | | |
| Tyrosine g | 0.247 | | 0 | | 1 | | 0.556 | | |
| Valine g | 0.367 | | 0 | | 1 | | 0.826 | | |
| Arginine g | 0.369 | | 0 | | 1 | | 0.830 | | |
| Histidine g | 0.211 | | 0 | | 1 | | 0.475 | | |
| Alanine g | 0.343 | | 0 | | 1 | | 0.772 | | |
| Aspartic acid g | 0.623 | | 0 | | 1 | | 1.402 | | |
| Glutamic acid g | 1.408 | | 0 | | 1 | | 3.168 | | |
| Glycine g | 0.290 | | 0 | | 1 | | 0.653 | | |
| Proline g | 0.484 | | 0 | | 1 | | 1.089 | | |
| Serine g | 0.333 | | 0 | | 1 | | 0.749 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 225g: 1 piece

**Calories Factors:** **Protein** 4.05 **Fat** 8.73 **Carbohydrate** 4.08

**Food Group:** 21 Fast Foods

**NDB No. 21087**
**Fast foods, tostada, with beef and cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 62.05 | 2.050 | 9 | | 1 | | 101.14 | | |
| Energy | kcal | 193 | | 0 | | 1 | | 315 | | |
| Energy | kj | 808 | | | | 1 | | 1316 | | |
| Protein (N x 6.27) | g | 11.65 | 0.905 | 9 | | 1 | | 18.99 | | |
| Total lipid (fat) | g | 10.03 | 0.590 | 9 | | 1 | | 16.35 | | |
| Ash | g | 2.30 | 0.116 | 9 | | 1 | | 3.75 | | |
| Carbohydrate, by difference | g | 13.97 | | 0 | NC | 4 | | 22.77 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 133 | 7.938 | 9 | | 1 | | 217 | | |
| Iron, Fe | mg | 1.76 | 0.160 | 9 | | 1 | | 2.87 | | |
| Magnesium, Mg | mg | 39 | 4.747 | 9 | | 1 | | 64 | | |
| Phosphorus, P | mg | 110 | 7.040 | 9 | | 1 | | 179 | | |
| Potassium, K | mg | 351 | 22.575 | 9 | | 1 | | 572 | | |
| Sodium, Na | mg | 550 | 38.000 | 9 | | 1 | | 897 | | |
| Zinc, Zn | mg | 2.26 | 0.264 | 8 | | 1 | | 3.68 | | |
| Copper, Cu | mg | 0.162 | 0.017 | 8 | | 1 | | 0.264 | | |
| Manganese, Mn | mg | 0.309 | 0.011 | 9 | | 1 | | 0.504 | | |
| Selenium, Se | mcg | 11.7 | | 0 | RK | 4 | | 19.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.6 | 0.551 | 9 | | 1 | | 2.6 | | |
| Thiamin | mg | 0.060 | 0.013 | 9 | | 1 | | 0.098 | | |
| Riboflavin | mg | 0.340 | 0.046 | 9 | | 1 | | 0.554 | | |
| Niacin | mg | 1.930 | 0.130 | 9 | | 1 | | 3.146 | | |
| Pantothenic acid | mg | 1.160 | 0.085 | 9 | | 1 | | 1.891 | | |
| Vitamin B-6 | mg | 0.140 | 0.012 | 9 | | 1 | | 0.228 | | |
| Folate, total | mcg | 46 | | 0 | RK | 4 | | 75 | | |
| Folic acid | mcg | 37 | | 0 | NC | 4 | | 60 | | |
| Folate, food | mcg | 9 | | 0 | | 4 | | 15 | | |
| Folate, DFE | mcg_DFE | 72 | | 0 | NC | 4 | | 117 | | |
| Vitamin B-12 | mcg | 0.72 | 0.065 | 9 | | 1 | | 1.17 | | |
| Vitamin A, IU | IU | 437 | 156.392 | 4 | | 1 | | 712 | | |
| Vitamin A, RAE | mcg_RAE | 31 | | 0 | NC | 4 | | 51 | | |
| Retinol | mcg | 11 | | 0 | NC | 4 | | 18 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.377 | | 0 | | 1 | | 10.395 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.387 | | 3 | | 1 | | 0.631 | | |
| 12:0 | g | 0.583 | | 3 | | 1 | | 0.950 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.890 | | 3 | | 1 | | 1.451 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.743 | | 3 | | 1 | | 4.471 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.774 | | 3 | | 1 | | 2.892 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21087**
**Fast foods, tostada, with beef and cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 2.052 | | 0 | | 1 | | 3.345 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | | | | | | | | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 2.052 | | 3 | | 1 | | 3.345 | | |
| 20:1....g | | | | | | | | | |
| 22:1 undifferentiated....g | | | | | | | | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 0.598 | | 0 | | 1 | | 0.975 | | |
| 18:2 undifferentiated....g | 0.541 | | 3 | | 1 | | 0.882 | | |
| 18:3 undifferentiated....g | 0.057 | | 3 | | 1 | | 0.093 | | |
| 18:4....g | | | | | | | | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | | | | | | | | | |
| 20:5 n-3....g | | | | | | | | | |
| 22:5 n-3....g | | | | | | | | | |
| 22:6 n-3....g | | | | | | | | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 25 | | 1 | | 1 | | 41 | | |
| Phytosterols....mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan....g | 0.134 | | 0 | | 1 | | 0.218 | | |
| Threonine....g | 0.453 | | 0 | | 1 | | 0.738 | | |
| Isoleucine....g | 0.511 | | 0 | | 1 | | 0.833 | | |
| Leucine....g | 0.970 | | 0 | | 1 | | 1.581 | | |
| Lysine....g | 0.860 | | 0 | | 1 | | 1.402 | | |
| Methionine....g | 0.260 | | 0 | | 1 | | 0.424 | | |
| Cystine....g | 0.112 | | 0 | | 1 | | 0.183 | | |
| Phenylalanine....g | 0.468 | | 0 | | 1 | | 0.763 | | |
| Tyrosine....g | 0.392 | | 0 | | 1 | | 0.639 | | |
| Valine....g | 0.580 | | 0 | | 1 | | 0.945 | | |
| Arginine....g | 0.678 | | 0 | | 1 | | 1.105 | | |
| Histidine....g | 0.361 | | 0 | | 1 | | 0.588 | | |
| Alanine....g | 0.667 | | 0 | | 1 | | 1.087 | | |
| Aspartic acid....g | 0.991 | | 0 | | 1 | | 1.615 | | |
| Glutamic acid....g | 2.132 | | 0 | | 1 | | 3.475 | | |
| Glycine....g | 0.669 | | 0 | | 1 | | 1.090 | | |
| Proline....g | 0.727 | | 0 | | 1 | | 1.185 | | |
| Serine....g | 0.485 | | 0 | | 1 | | 0.791 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.12 **Fat** 8.8 **Carbohydrate** 4.08

**Food Group:** 21 Fast Foods

**NDB No. 22536**
**HOT POCKETS Pepperoni Pizza Stuffed Sandwich, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 42.80 | | 1 | A | 1 | | 109.57 | 54.78 | |
| Energy kcal | 287 | | 0 | NC | 4 | | 735 | 367 | |
| Energy kj | 1201 | | | | 4 | | 3074 | 1537 | |
| Protein g | 10.60 | | 1 | A | 1 | | 27.14 | 13.57 | |
| Total lipid (fat) g | 13.80 | | 1 | A | 1 | | 35.33 | 17.66 | |
| Ash g | 2.60 | | 1 | A | 1 | | 6.66 | 3.33 | |
| Carbohydrate, by difference g | 30.20 | | 0 | NC | 4 | | 77.31 | 38.66 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 219 | | 1 | A | 1 | | 561 | 280 | |
| Iron, Fe mg | 2.47 | | 1 | A | 1 | | 6.32 | 3.16 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 528 | | 1 | A | 1 | | 1352 | 676 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 5.180 | | 1 | A | 1 | | 13.261 | 6.630 | |
| Fatty acids, total monounsaturated g | 4.960 | | 1 | A | 1 | | 12.698 | 6.349 | |
| Fatty acids, total polyunsaturated g | 1.560 | | 1 | A | 1 | | 3.994 | 1.997 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 32 | | 1 | A | 1 | | 82 | 41 | |
| 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 = 256g: 1 package yields

Measure 2 = 128g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22543**
**JACK'S GREAT COMBINATIONS Sausage & Pepperoni Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 50.20 | | 1 | A | 1 | | 274.59 | 68.77 | |
| Energy kcal | 254 | | 0 | NC | 4 | | 1389 | 348 | |
| Energy kj | 1063 | | | | 4 | | 5813 | 1456 | |
| Protein g | 12.70 | | 1 | A | 1 | | 69.47 | 17.40 | |
| Total lipid (fat) g | 12.80 | | 1 | A | 1 | | 70.02 | 17.54 | |
| Ash g | 2.30 | | 1 | A | 1 | | 12.58 | 3.15 | |
| Carbohydrate, by difference g | 22.00 | | 0 | NC | 4 | | 120.34 | 30.14 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 164 | | 1 | A | 1 | | 897 | 225 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 517 | | 1 | A | 1 | | 2828 | 708 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.820 | | 1 | A | 1 | | 26.365 | 6.603 | |
| Fatty acids, total monounsaturated g | 4.470 | | 1 | A | 1 | | 24.451 | 6.124 | |
| Fatty acids, total polyunsaturated g | 1.660 | | 1 | A | 1 | | 9.080 | 2.274 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 32 | | 1 | A | 1 | | 175 | 44 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 90 | | 1 | A | 1 | | 492.300 | 123.300 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 547g: 1 package yields

Measure 2 = 137g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22544**
**JACK'S ORIGINAL Pepperoni Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 47.90 | | 1 | A | 1 | | 232.79 | 58.44 | |
| Energy kcal | 265 | | 0 | NC | 4 | | 1288 | 323 | |
| Energy kj | 1109 | | | | 4 | | 5389 | 1353 | |
| Protein g | 12.30 | | 1 | A | 1 | | 59.78 | 15.01 | |
| Total lipid (fat) g | 13.20 | | 1 | A | 1 | | 64.15 | 16.10 | |
| Ash g | 2.40 | | 1 | A | 1 | | 11.66 | 2.93 | |
| Carbohydrate, by difference g | 24.20 | | 0 | NC | 4 | | 117.61 | 29.52 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 181 | | 1 | A | 1 | | 880 | 221 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 502 | | 1 | A | 1 | | 2440 | 612 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 5.100 | | 1 | A | 1 | | 24.786 | 6.222 | |
| Fatty acids, total monounsaturated g | 4.290 | | 1 | A | 1 | | 20.849 | 5.234 | |
| Fatty acids, total polyunsaturated g | 1.700 | | 1 | A | 1 | | 8.262 | 2.074 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 33 | | 1 | A | 1 | | 160 | 40 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 80 | | 1 | A | 1 | | 388.800 | 97.600 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 486g: 1 package yields

Measure 2 = 122g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22545**
**JENO'S CRISP 'N TASTY Combination Pizza, Sausage & Pepperoni, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 51.00 | | 1 | A | 1 | | 100.98 | 100.98 | |
| Energy kcal | 248 | | 0 | NC | 4 | | 491 | 491 | |
| Energy kj | 1038 | | | | 4 | | 2055 | 2055 | |
| Protein g | 8.50 | | 1 | A | 1 | | 16.83 | 16.83 | |
| Total lipid (fat) g | 12.20 | | 1 | A | 1 | | 24.16 | 24.16 | |
| Ash g | 2.20 | | 1 | A | 1 | | 4.36 | 4.36 | |
| Carbohydrate, by difference g | 26.10 | | 0 | NC | 4 | | 51.68 | 51.68 | |
| Fiber, total dietary g | 1.4 | | 1 | A | 1 | | 2.8 | 2.8 | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 84 | | 1 | A | 1 | | 166 | 166 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 626 | | 1 | A | 1 | | 1239 | 1239 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.880 | | 1 | A | 1 | | 5.702 | 5.702 | |
| Fatty acids, total monounsaturated g | 6.020 | | 1 | A | 1 | | 11.920 | 11.920 | |
| Fatty acids, total polyunsaturated g | 1.550 | | 1 | A | 1 | | 3.069 | 3.069 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 13 | | 1 | A | 1 | | 26 | 26 | |
| 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 = 198g: 1 package yields

Measure 2 = 198g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22546**
**JENO'S CRISP 'N TASTY Pepperoni Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion | | | | | | Amount in edible portion of common measures of food | | |
|---|---|---|---|---|---|---|---|---|---|
| | Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Measure 1 | Measure 2 | Measure 3 |
| **Proximates:** | | | | | | | | | |
| Water g | 48.90 | | 1 | A | 1 | | 93.89 | 93.89 | |
| Energy kcal | 269 | | 0 | NC | 4 | | 516 | 516 | |
| Energy kj | 1125 | | | | 4 | | 2161 | 2161 | |
| Protein g | 9.70 | | 1 | A | 1 | | 18.62 | 18.62 | |
| Total lipid (fat) g | 15.00 | | 1 | A | 1 | | 28.80 | 28.80 | |
| Ash g | 2.50 | | 1 | A | 1 | | 4.80 | 4.80 | |
| Carbohydrate, by difference g | 23.90 | | 0 | NC | 4 | | 45.89 | 45.89 | |
| Fiber, total dietary g | 1.6 | | 1 | A | 1 | | 3.1 | 3.1 | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 106 | | 1 | A | 1 | | 204 | 204 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 636 | | 1 | A | 1 | | 1221 | 1221 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.370 | | 1 | A | 1 | | 6.470 | 6.470 | |
| Fatty acids, total monounsaturated g | 7.570 | | 1 | A | 1 | | 14.534 | 14.534 | |
| Fatty acids, total polyunsaturated g | 2.030 | | 1 | A | 1 | | 3.898 | 3.898 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 12 | | 1 | A | 1 | | 23 | 23 | |
| 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 = 192g: 1 package yields

Measure 2 = 192g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22548**
**PAPPALO'S FOR ONE, Deep Dish Pepperoni Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 44.30 | | 1 | A | 1 | | 88.16 | 88.16 | |
| Energy kcal | 264 | | 0 | NC | 4 | | 525 | 525 | |
| Energy kj | 1105 | | | | 4 | | 2198 | 2198 | |
| Protein g | 11.40 | | 1 | A | 1 | | 22.69 | 22.69 | |
| Total lipid (fat) g | 9.80 | | 1 | A | 1 | | 19.50 | 19.50 | |
| Ash g | 2.00 | | 1 | A | 1 | | 3.98 | 3.98 | |
| Carbohydrate, by difference g | 32.50 | | 0 | NC | 4 | | 64.68 | 64.68 | |
| Fiber, total dietary g | 1.6 | | 1 | A | 1 | | 3.2 | 3.2 | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 125 | | 1 | A | 1 | | 249 | 249 | |
| Iron, Fe mg | 1.81 | | 1 | A | 1 | | 3.60 | 3.60 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 494 | | 1 | A | 1 | | 983 | 983 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.690 | | 1 | A | 1 | | 7.343 | 7.343 | |
| Fatty acids, total monounsaturated g | 3.650 | | 1 | A | 1 | | 7.264 | 7.264 | |
| Fatty acids, total polyunsaturated g | 0.950 | | 1 | A | 1 | | 1.891 | 1.891 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 19 | | 1 | A | 1 | | 38 | 38 | |
| 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 = 199g: 1 package yields

Measure 2 = 199g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22903**
**Pepperoni pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 47.14 | 0.880 | 7 | A | 1 | | 68.82 | | |
| Energy | kcal | 274 | | 0 | MC | 9 | | 400 | | |
| Energy | kj | 1146 | | | | 9 | | 1674 | | |
| Protein | g | 11.09 | 0.460 | 6 | A | 1 | | 16.19 | | |
| Total lipid (fat) | g | 14.46 | 0.620 | 7 | A | 1 | | 21.11 | | |
| Ash | g | 2.51 | 0.040 | 7 | A | 1 | | 3.66 | | |
| Carbohydrate, by difference | g | 24.80 | | 0 | MC | 9 | | 36.21 | | |
| Fiber, total dietary | g | 1.6 | | 2 | A | 1 | | 2.3 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 0 | 0.010 | 7 | A | 1 | | 0 | | |
| Iron, Fe | mg | 1.79 | | 0 | FLC | 4 | | 2.61 | | |
| Magnesium, Mg | mg | 17 | | 0 | FLC | 4 | | 25 | | |
| Phosphorus, P | mg | 152 | | 0 | FLC | 4 | | 222 | | |
| Potassium, K | mg | 152 | | 0 | FLC | 4 | | 222 | | |
| Sodium, Na | mg | 602 | 23.520 | 7 | A | 1 | | 879 | | |
| Zinc, Zn | mg | 1.22 | | 0 | FLC | 4 | | 1.78 | | |
| Copper, Cu | mg | 0.076 | | 0 | FLC | 4 | | 0.111 | | |
| Manganese, Mn | mg | 0.244 | | 0 | FLC | 4 | | 0.356 | | |
| Selenium, Se | mcg | 13.0 | | 0 | FLC | 4 | | 19.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.2 | | 0 | FLC | 4 | | 1.8 | | |
| Thiamin | mg | 0.254 | | 0 | FLC | 4 | | 0.371 | | |
| Riboflavin | mg | 0.241 | | 0 | FLC | 4 | | 0.352 | | |
| Niacin | mg | 2.477 | | 0 | FLC | 4 | | 3.616 | | |
| Pantothenic acid | mg | 0.503 | | 0 | FLC | 4 | | 0.734 | | |
| Vitamin B-6 | mg | 0.072 | | 0 | FLC | 4 | | 0.105 | | |
| Folate, total | mcg | 37 | | 0 | FLC | 4 | | 54 | | |
| Folic acid | mcg | 24 | | 0 | FLC | 4 | | 35 | | |
| Folate, food | mcg | 13 | | 0 | NC | 4 | | 19 | | |
| Folate, DFE | mcg_DFE | 54 | | 0 | NC | 4 | | 79 | | |
| Vitamin B-12 | mcg | 0.04 | | 0 | FLC | 4 | | 0.06 | | |
| Vitamin A, IU | IU | 209 | 36.810 | 4 | A | 1 | | 305 | | |
| Vitamin A, RAE | mcg_RAE | 31 | | 0 | NC | 4 | | 45 | | |
| Retinol | mcg | 24 | | 0 | NC | 4 | | 35 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.840 | 0.460 | 7 | A | 1 | | 7.066 | | |
| 4:0 | g | 0.102 | | 0 | FLC | 4 | | 0.149 | | |
| 6:0 | g | 0.025 | | 0 | FLC | 4 | | 0.037 | | |
| 8:0 | g | 0.025 | | 0 | FLC | 4 | | 0.037 | | |
| 10:0 | g | 0.054 | | 0 | FLC | 4 | | 0.079 | | |
| 12:0 | g | 0.038 | | 0 | FLC | 4 | | 0.055 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.455 | | 0 | FLC | 4 | | 0.664 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.848 | | 0 | FLC | 4 | | 4.158 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.145 | | 0 | FLC | 4 | | 1.672 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 22903**
**Pepperoni pizza, frozen**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.780 | 0.480 | 7 | A | 1 | | 8.439 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.409 | | 0 | FLC | 4 | | 0.597 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 5.253 | | 0 | FLC | 4 | | 7.669 | | |
| 20:1 g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:1 undifferentiated g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.670 | 0.050 | 7 | A | 1 | | 2.438 | | |
| 18:2 undifferentiated g | 1.518 | | 0 | FLC | 4 | | 2.216 | | |
| 18:3 undifferentiated g | 0.129 | | 0 | FLC | 4 | | 0.188 | | |
| 18:4 g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.014 | | 0 | FLC | 4 | | 0.020 | | |
| 20:5 n-3 g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3 g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3 g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 23 | 3.120 | 7 | A | 1 | | 34 | | |
| 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 = 146g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22549**
**RED BARON Pepperoni Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 46.00 | | 1 | A | 1 | | 286.58 | 70.84 | |
| Energy kcal | 287 | | 0 | NC | 4 | | 1788 | 442 | |
| Energy kj | 1201 | | | | 4 | | 7481 | 1849 | |
| Protein g | 11.70 | | 1 | A | 1 | | 72.89 | 18.02 | |
| Total lipid (fat) g | 16.30 | | 1 | A | 1 | | 101.55 | 25.10 | |
| Ash g | 2.60 | | 1 | A | 1 | | 16.20 | 4.00 | |
| Carbohydrate, by difference g | 23.40 | | 0 | NC | 4 | | 145.78 | 36.04 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 142 | | 1 | A | 1 | | 885 | 219 | |
| Iron, Fe mg | 1.97 | | 1 | A | 1 | | 12.27 | 3.03 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 664 | | 1 | A | 1 | | 4137 | 1023 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 5.870 | | 1 | A | 1 | | 36.570 | 9.040 | |
| Fatty acids, total monounsaturated g | 6.600 | | 1 | A | 1 | | 41.118 | 10.164 | |
| Fatty acids, total polyunsaturated g | 1.660 | | 1 | A | 1 | | 10.342 | 2.556 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 24 | | 1 | A | 1 | | 150 | 37 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 90 | | 1 | A | 1 | | 560.700 | 138.600 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 623g: 1 package yields

Measure 2 = 154g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22551**
**RED BARON Premium Deep Dish Singles, Pepperoni Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 45.00 | | 1 | A | 1 | | 151.20 | 75.60 | |
| Energy kcal | 286 | | 0 | NC | 4 | | 961 | 480 | |
| Energy kj | 1197 | | | | 4 | | 4021 | 2010 | |
| Protein g | 9.50 | | 1 | A | 1 | | 31.92 | 15.96 | |
| Total lipid (fat) g | 14.90 | | 1 | A | 1 | | 50.06 | 25.03 | |
| Ash g | 2.10 | | 1 | A | 1 | | 7.06 | 3.53 | |
| Carbohydrate, by difference g | 28.50 | | 0 | NC | 4 | | 95.76 | 47.88 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 91 | | 1 | A | 1 | | 306 | 153 | |
| Iron, Fe mg | 2.06 | | 1 | A | 1 | | 6.92 | 3.46 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 529 | | 1 | A | 1 | | 1777 | 889 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.880 | | 1 | A | 1 | | 16.397 | 8.198 | |
| Fatty acids, total monounsaturated g | 6.410 | | 1 | A | 1 | | 21.538 | 10.769 | |
| Fatty acids, total polyunsaturated g | 1.660 | | 1 | A | 1 | | 5.578 | 2.789 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 17 | | 1 | A | 1 | | 57 | 29 | |
| 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 = 336g: 1 package yields

Measure 2 = 168g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22550**
**RED BARON Special Deluxe Pizza, Two Cheeses, Sausage, Pepperoni & Onions, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 49.80 | | 1 | A | 1 | | 333.16 | 64.24 | |
| Energy kcal | 261 | | 0 | NC | 4 | | 1746 | 337 | |
| Energy kj | 1092 | | | | 4 | | 7306 | 1409 | |
| Protein g | 9.30 | | 1 | A | 1 | | 62.22 | 12.00 | |
| Total lipid (fat) g | 13.80 | | 1 | A | 1 | | 92.32 | 17.80 | |
| Ash g | 2.30 | | 1 | A | 1 | | 15.39 | 2.97 | |
| Carbohydrate, by difference g | 24.80 | | 0 | NC | 4 | | 165.91 | 31.99 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 114 | | 1 | A | 1 | | 763 | 147 | |
| Iron, Fe mg | 1.97 | | 1 | A | 1 | | 13.18 | 2.54 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 546 | | 1 | A | 1 | | 3653 | 704 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.860 | | 1 | A | 1 | | 32.513 | 6.269 | |
| Fatty acids, total monounsaturated g | 5.350 | | 1 | A | 1 | | 35.792 | 6.902 | |
| Fatty acids, total polyunsaturated g | 1.760 | | 1 | A | 1 | | 11.774 | 2.270 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 19 | | 1 | A | 1 | | 127 | 25 | |
| 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 = 669g: 1 package yields

Measure 2 = 129g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22598**
**RED BARON Supreme Pizza, Sausage, Mushrooms, Pepperoni, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 50.90 | | 1 | A | 1 | | 349.17 | 69.22 | |
| Energy kcal | 253 | | 0 | NC | 4 | | 1736 | 344 | |
| Energy kj | 1059 | | | | 4 | | 7262 | 1440 | |
| Protein g | 10.00 | | 1 | A | 1 | | 68.60 | 13.60 | |
| Total lipid (fat) g | 13.30 | | 1 | A | 1 | | 91.24 | 18.09 | |
| Ash g | 2.40 | | 1 | A | 1 | | 16.46 | 3.26 | |
| Carbohydrate, by difference g | 23.40 | | 0 | NC | 4 | | 160.52 | 31.82 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 164 | | 1 | A | 1 | | 1125 | 223 | |
| Iron, Fe mg | 1.68 | | 1 | A | 1 | | 11.52 | 2.28 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 543 | | 1 | A | 1 | | 3725 | 738 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.480 | | 1 | A | 1 | | 30.733 | 6.093 | |
| Fatty acids, total monounsaturated g | 5.270 | | 1 | A | 1 | | 36.152 | 7.167 | |
| Fatty acids, total polyunsaturated g | 1.820 | | 1 | A | 1 | | 12.485 | 2.475 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 17 | | 1 | A | 1 | | 117 | 23 | |
| 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 = 686g: 1 package yields

Measure 2 = 136g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22554**
**STOUFFER'S Deluxe French Bread Pizza with Sausage, Pepperoni & Mushroom, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 51.70 | | 1 | A | 1 | | 180.95 | 90.48 | |
| Energy kcal | 245 | | 0 | NC | 4 | | 858 | 429 | |
| Energy kj | 1025 | | | | 4 | | 3588 | 1794 | |
| Protein g | 9.20 | | 1 | A | 1 | | 32.20 | 16.10 | |
| Total lipid (fat) g | 11.80 | | 1 | A | 1 | | 41.30 | 20.65 | |
| Ash g | 1.90 | | 1 | A | 1 | | 6.65 | 3.33 | |
| Carbohydrate, by difference g | 25.40 | | 0 | NC | 4 | | 88.90 | 44.45 | |
| Fiber, total dietary g | 2.0 | | 1 | A | 1 | | 7.0 | 3.5 | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 132 | | 1 | A | 1 | | 462 | 231 | |
| Iron, Fe mg | 1.55 | | 1 | A | 1 | | 5.43 | 2.71 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 480 | | 1 | A | 1 | | 1680 | 840 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 17.1 | | 1 | A | 1 | | 59.9 | 29.9 | |
| Thiamin mg | | | | | | | | | |
| Riboflavin mg | | | | | | | | | |
| Niacin mg | | | | | | | | | |
| Pantothenic acid mg | | | | | | | | | |
| Vitamin B-6 mg | | | | | | | | | |
| Folate, total mcg | | | | | | | | | |
| Folate, DFE mcg_DFE | | | | | | | | | |
| Vitamin B-12 mcg | | | | | | | | | |
| Vitamin A, IU IU | 246 | | 1 | A | 1 | | 861 | 431 | |
| Vitamin A, RAE mcg_RAE | | | | | | | | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.640 | | 1 | A | 1 | | 12.740 | 6.370 | |
| Fatty acids, total monounsaturated g | 4.980 | | 1 | A | 1 | | 17.430 | 8.715 | |
| Fatty acids, total polyunsaturated g | 1.440 | | 1 | A | 1 | | 5.040 | 2.520 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 19 | | 1 | A | 1 | | 67 | 33 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 50 | | 1 | A | 1 | | 175.000 | 87.500 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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

**NDB No. 22554**

**STOUFFER'S Deluxe French Bread Pizza with Sausage, Pepperoni & Mushroom, frozen**

**Common Measures:**

Measure 1 = 350g: 1 package yields

Measure 2 = 175g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22553**
**STOUFFER'S French Bread Pizza with Sausage & Pepperoni, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 50.70 | | 1 | A | 1 | | 179.48 | 89.74 | |
| Energy kcal | 253 | | 0 | NC | 4 | | 896 | 448 | |
| Energy kj | 1059 | | | | 4 | | 3747 | 1874 | |
| Protein g | 10.00 | | 1 | A | 1 | | 35.40 | 17.70 | |
| Total lipid (fat) g | 12.70 | | 1 | A | 1 | | 44.96 | 22.48 | |
| Ash g | 2.00 | | 1 | A | 1 | | 7.08 | 3.54 | |
| Carbohydrate, by difference g | 24.60 | | 0 | NC | 4 | | 87.08 | 43.54 | |
| Fiber, total dietary g | 1.4 | | 1 | A | 1 | | 5.0 | 2.5 | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 87 | | 1 | A | 1 | | 308 | 154 | |
| Iron, Fe mg | 1.69 | | 1 | A | 1 | | 5.98 | 2.99 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 486 | | 1 | A | 1 | | 1720 | 860 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.030 | | 1 | A | 1 | | 14.266 | 7.133 | |
| Fatty acids, total monounsaturated g | 5.240 | | 1 | A | 1 | | 18.550 | 9.275 | |
| Fatty acids, total polyunsaturated g | 1.580 | | 1 | A | 1 | | 5.593 | 2.797 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 21 | | 1 | A | 1 | | 74 | 37 | |
| 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 = 354g: 1 package yields

Measure 2 = 177g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21096**
**Sandwiches and burgers, cheeseburger, large, single meat patty, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 38.65 | | 2 | | 1 | | 71.50 | | |
| Energy | kcal | 329 | | 0 | | 1 | | 609 | | |
| Energy | kj | 1377 | | | | 1 | | 2547 | | |
| Protein (N x 6.2) | g | 16.29 | 0.861 | 3 | | 1 | | 30.14 | | |
| Total lipid (fat) | g | 17.83 | 1.312 | 5 | | 1 | | 32.99 | | |
| Ash | g | 1.60 | | 1 | | 1 | | 2.96 | | |
| Carbohydrate, by difference | g | 25.63 | | 0 | NC | 4 | | 47.42 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 49 | | 2 | | 1 | | 91 | | |
| Iron, Fe | mg | 2.95 | | 2 | | 1 | | 5.46 | | |
| Magnesium, Mg | mg | 21 | | 1 | | 4 | | 39 | | |
| Phosphorus, P | mg | 228 | | 1 | | 4 | | 422 | | |
| Potassium, K | mg | 348 | | 2 | | 1 | | 644 | | |
| Sodium, Na | mg | 859 | 85.453 | 3 | | 1 | | 1589 | | |
| Zinc, Zn | mg | 3.00 | | 1 | | 4 | | 5.55 | | |
| Copper, Cu | mg | 0.085 | | 1 | | 4 | | 0.157 | | |
| Manganese, Mn | mg | 0.167 | | 1 | | 4 | | 0.309 | | |
| Selenium, Se | mcg | 21.0 | | 0 | RK | 4 | | 38.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 1 | | 1 | | 0.0 | | |
| Thiamin | mg | 0.260 | | 2 | | 1 | | 0.481 | | |
| Riboflavin | mg | 0.310 | | 2 | | 1 | | 0.574 | | |
| Niacin | mg | 6.040 | | 2 | | 1 | | 11.174 | | |
| Pantothenic acid | mg | 0.400 | | 1 | | 4 | | 0.740 | | |
| Vitamin B-6 | mg | 0.150 | | 1 | | 4 | | 0.278 | | |
| Folate, total | mcg | 40 | | 0 | RK | 4 | | 74 | | |
| Folic acid | mcg | 19 | | 0 | NC | 4 | | 35 | | |
| Folate, food | mcg | 21 | | 0 | | 4 | | 39 | | |
| Folate, DFE | mcg_DFE | 53 | | 0 | NC | 4 | | 99 | | |
| Vitamin B-12 | mcg | 1.37 | | 1 | | 4 | | 2.53 | | |
| Vitamin A, IU | IU | 333 | | 2 | | 1 | | 616 | | |
| Vitamin A, RAE | mcg_RAE | 100 | | 0 | NC | 4 | | 185 | | |
| Retinol | mcg | 100 | | 0 | NC | 4 | | 185 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 12.000 | | 0 | T | 4 | | 22.200 | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 8.024 | | 1 | | 1 | | 14.844 | | |
| Fatty acids, total monounsaturated | g | 6.887 | | 1 | | 1 | | 12.741 | | |
| Fatty acids, total polyunsaturated | g | 1.318 | | 1 | | 1 | | 2.438 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 52 | 7.741 | 5 | | 1 | | 96 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.205 | | 0 | | 1 | | 0.379 | | |
| Threonine | g | 0.609 | | 0 | | 1 | | 1.127 | | |
| Isoleucine | g | 0.699 | | 0 | | 1 | | 1.293 | | |
| Leucine | g | 1.295 | | 0 | | 1 | | 2.396 | | |
| Lysine | g | 1.240 | | 0 | | 1 | | 2.294 | | |
| Methionine | g | 0.365 | | 0 | | 1 | | 0.675 | | |
| Cystine | g | 0.168 | | 0 | | 1 | | 0.311 | | |

**NDB No. 21096**
**Sandwiches and burgers, cheeseburger, large, single meat patty, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.691 | | 0 | | 1 | | 1.278 | | |
| Tyrosine....g | 0.565 | | 0 | | 1 | | 1.045 | | |
| Valine....g | 0.827 | | 0 | | 1 | | 1.530 | | |
| Arginine....g | 0.927 | | 0 | | 1 | | 1.715 | | |
| Histidine....g | 0.515 | | 0 | | 1 | | 0.953 | | |
| Alanine....g | 0.833 | | 0 | | 1 | | 1.541 | | |
| Aspartic acid....g | 1.263 | | 0 | | 1 | | 2.337 | | |
| Glutamic acid....g | 3.170 | | 0 | | 1 | | 5.865 | | |
| Glycine....g | 0.901 | | 0 | | 1 | | 1.667 | | |
| Proline....g | 1.161 | | 0 | | 1 | | 2.148 | | |
| Serine....g | 0.628 | | 0 | | 1 | | 1.162 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21097**

**Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 43.60 | | 1 | | 1 | | 85.02 | | |
| Energy kcal | 312 | | 0 | | 1 | | 608 | | |
| Energy kj | 1305 | | | | 1 | | 2546 | | |
| Protein (N x 6.2) g | 16.41 | 0.960 | 8 | | 1 | | 32.00 | | |
| Total lipid (fat) g | 18.85 | 0.835 | 7 | | 1 | | 36.76 | | |
| Ash g | 2.10 | | 1 | | 1 | | 4.10 | | |
| Carbohydrate, by difference g | 19.04 | | 0 | NC | 4 | | 37.13 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 83 | 10.187 | 4 | | 1 | | 162 | | |
| Iron, Fe mg | 2.43 | 0.074 | 4 | | 1 | | 4.74 | | |
| Magnesium, Mg mg | 23 | | 1 | | 1 | | 45 | | |
| Phosphorus, P mg | 205 | | 2 | | 1 | | 400 | | |
| Potassium, K mg | 170 | 52.243 | 4 | | 1 | | 332 | | |
| Sodium, Na mg | 535 | 80.113 | 5 | | 1 | | 1043 | | |
| Zinc, Zn mg | 3.50 | | 1 | | 1 | | 6.83 | | |
| Copper, Cu mg | 0.081 | | 1 | | 1 | | 0.158 | | |
| Manganese, Mn mg | 0.170 | | 1 | | 1 | | 0.332 | | |
| Selenium, Se mcg | 16.9 | | 0 | RK | 4 | | 33.0 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.1 | | 2 | | 1 | | 2.1 | | |
| Thiamin mg | 0.160 | 0.052 | 4 | | 1 | | 0.312 | | |
| Riboflavin mg | 0.210 | 0.023 | 4 | | 1 | | 0.410 | | |
| Niacin mg | 3.400 | 0.295 | 4 | | 1 | | 6.630 | | |
| Pantothenic acid mg | 0.180 | | 1 | | 1 | | 0.351 | | |
| Vitamin B-6 mg | 0.160 | | 1 | | 1 | | 0.312 | | |
| Folate, total mcg | 44 | | 0 | RK | 4 | | 86 | | |
| Folic acid mcg | 27 | | 0 | NC | 4 | | 53 | | |
| Folate, food mcg | 17 | | 1 | | 1 | | 33 | | |
| Folate, DFE mcg_DFE | 63 | | 0 | NC | 4 | | 123 | | |
| Vitamin B-12 mcg | 1.20 | | 1 | | 1 | | 2.34 | | |
| Vitamin A, IU IU | 208 | 53.497 | 4 | | 1 | | 406 | | |
| Vitamin A, RAE mcg_RAE | 42 | | 0 | NC | 4 | | 82 | | |
| Retinol mcg | 38 | | 0 | NC | 4 | | 74 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 8.330 | | 0 | | 1 | | 16.244 | | |
| Fatty acids, total monounsaturated g | 7.430 | | 0 | | 1 | | 14.489 | | |
| Fatty acids, total polyunsaturated g | 1.390 | | 0 | | 1 | | 2.711 | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 57 | 11.530 | 7 | | 1 | | 111 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.199 | | 0 | | 1 | | 0.388 | | |
| Threonine g | 0.617 | | 0 | | 1 | | 1.203 | | |
| Isoleucine g | 0.696 | | 0 | | 1 | | 1.357 | | |
| Leucine g | 1.271 | | 0 | | 1 | | 2.478 | | |
| Lysine g | 1.239 | | 0 | | 1 | | 2.416 | | |
| Methionine g | 0.365 | | 0 | | 1 | | 0.712 | | |
| Cystine g | 0.169 | | 0 | | 1 | | 0.330 | | |

**NDB No. 21097**

**Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.683 | | 0 | | 1 | | 1.332 | | |
| Tyrosine....g | 0.551 | | 0 | | 1 | | 1.074 | | |
| Valine....g | 0.826 | | 0 | | 1 | | 1.611 | | |
| Arginine....g | 0.948 | | 0 | | 1 | | 1.849 | | |
| Histidine....g | 0.508 | | 0 | | 1 | | 0.991 | | |
| Alanine....g | 0.852 | | 0 | | 1 | | 1.661 | | |
| Aspartic acid....g | 1.292 | | 0 | | 1 | | 2.519 | | |
| Glutamic acid....g | 3.034 | | 0 | | 1 | | 5.916 | | |
| Glycine....g | 0.956 | | 0 | | 1 | | 1.864 | | |
| Proline....g | 1.112 | | 0 | | 1 | | 2.168 | | |
| Serine....g | 0.630 | | 0 | | 1 | | 1.229 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 195g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.92 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21089**
**Sandwiches and burgers, cheeseburger, regular, single meat patty, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 37.30 | 0.603 | 3 | | 1 | | 38.05 | | |
| Energy | kcal | 313 | | 0 | | 1 | | 319 | | |
| Energy | kj | 1310 | | | | 1 | | 1336 | | |
| Protein (N x 6.11) | g | 14.48 | | 1 | | 1 | | 14.77 | | |
| Total lipid (fat) | g | 14.85 | 0.904 | 4 | | 1 | | 15.15 | | |
| Ash | g | 2.24 | | 0 | | 1 | | 2.28 | | |
| Carbohydrate, by difference | g | 31.13 | | 0 | NC | 4 | | 31.75 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 138 | | 0 | | 4 | | 141 | | |
| Iron, Fe | mg | 2.39 | | 0 | | 4 | | 2.44 | | |
| Magnesium, Mg | mg | 21 | | 0 | | 4 | | 21 | | |
| Phosphorus, P | mg | 192 | | 0 | | 4 | | 196 | | |
| Potassium, K | mg | 161 | | 0 | | 4 | | 164 | | |
| Sodium, Na | mg | 490 | | 1 | | 1 | | 500 | | |
| Zinc, Zn | mg | 2.32 | | 0 | | 4 | | 2.37 | | |
| Copper, Cu | mg | 0.092 | | 0 | | 4 | | 0.094 | | |
| Manganese, Mn | mg | 0.221 | | 0 | | 4 | | 0.225 | | |
| Selenium, Se | mcg | 22.2 | | 0 | RK | 4 | | 22.6 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.390 | | 1 | | 1 | | 0.398 | | |
| Riboflavin | mg | 0.390 | | 1 | | 1 | | 0.398 | | |
| Niacin | mg | 3.630 | | 0 | | 4 | | 3.703 | | |
| Pantothenic acid | mg | 0.420 | | 0 | | 4 | | 0.428 | | |
| Vitamin B-6 | mg | 0.090 | | 1 | | 1 | | 0.092 | | |
| Folate, total | mcg | 53 | | 0 | RK | 4 | | 54 | | |
| Folic acid | mcg | 27 | | 0 | NC | 4 | | 28 | | |
| Folate, food | mcg | 26 | | 0 | | 4 | | 27 | | |
| Folate, DFE | mcg_DFE | 72 | | 0 | NC | 4 | | 73 | | |
| Vitamin B-12 | mcg | 0.95 | | 0 | | 4 | | 0.97 | | |
| Vitamin A, IU | IU | 150 | | 0 | | 4 | | 153 | | |
| Vitamin A, RAE | mcg_RAE | 45 | | 0 | NC | 4 | | 46 | | |
| Retinol | mcg | 45 | | 0 | NC | 4 | | 46 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 12.000 | | 0 | T | 4 | | 12.240 | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.340 | | 0 | | 4 | | 6.467 | | |
| Fatty acids, total monounsaturated | g | 5.660 | | 0 | | 4 | | 5.773 | | |
| Fatty acids, total polyunsaturated | g | 1.510 | | 0 | | 4 | | 1.540 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 49 | 5.188 | 4 | | 1 | | 50 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.182 | | 0 | | 1 | | 0.186 | | |
| Threonine | g | 0.524 | | 0 | | 1 | | 0.534 | | |
| Isoleucine | g | 0.618 | | 0 | | 1 | | 0.630 | | |
| Leucine | g | 1.135 | | 0 | | 1 | | 1.158 | | |
| Lysine | g | 0.998 | | 0 | | 1 | | 1.018 | | |
| Methionine | g | 0.310 | | 0 | | 1 | | 0.316 | | |
| Cystine | g | 0.164 | | 0 | | 1 | | 0.167 | | |

**NDB No. 21089**
**Sandwiches and burgers, cheeseburger, regular, single meat patty, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.635 | | 0 | | 1 | | 0.648 | | |
| Tyrosine....g | 0.483 | | 0 | | 1 | | 0.493 | | |
| Valine....g | 0.739 | | 0 | | 1 | | 0.754 | | |
| Arginine....g | 0.787 | | 0 | | 1 | | 0.803 | | |
| Histidine....g | 0.438 | | 0 | | 1 | | 0.447 | | |
| Alanine....g | 0.701 | | 0 | | 1 | | 0.715 | | |
| Aspartic acid....g | 1.064 | | 0 | | 1 | | 1.085 | | |
| Glutamic acid....g | 3.102 | | 0 | | 1 | | 3.164 | | |
| Glycine....g | 0.756 | | 0 | | 1 | | 0.771 | | |
| Proline....g | 1.128 | | 0 | | 1 | | 1.151 | | |
| Serine....g | 0.592 | | 0 | | 1 | | 0.604 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.12 **Fat** 8.8 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21112**
**Sandwiches and burgers, hamburger, large, single meat patty, plain**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 42.10 | 1.069 | 3 | | 1 | | 57.68 | | |
| Energy | kcal | 311 | | 0 | | 1 | | 426 | | |
| Energy | kj | 1301 | | | | 1 | | 1783 | | |
| Protein (N x 6.2) | g | 16.51 | | 1 | | 1 | | 22.62 | | |
| Total lipid (fat) | g | 16.73 | 1.026 | 4 | | 1 | | 22.92 | | |
| Ash | g | 1.50 | | 1 | | 1 | | 2.06 | | |
| Carbohydrate, by difference | g | 23.16 | | 0 | NC | 4 | | 31.73 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 54 | | 0 | | 4 | | 74 | | |
| Iron, Fe | mg | 2.61 | | 0 | | 4 | | 3.58 | | |
| Magnesium, Mg | mg | 20 | | 0 | | 4 | | 27 | | |
| Phosphorus, P | mg | 128 | | 0 | | 4 | | 175 | | |
| Potassium, K | mg | 195 | | 0 | | 4 | | 267 | | |
| Sodium, Na | mg | 346 | | 1 | | 1 | | 474 | | |
| Zinc, Zn | mg | 3.00 | | 0 | | 4 | | 4.11 | | |
| Copper, Cu | mg | 0.095 | | 0 | | 4 | | 0.130 | | |
| Manganese, Mn | mg | 0.178 | | 0 | | 4 | | 0.244 | | |
| Selenium, Se | mcg | 19.8 | 1.150 | 18 | A | 1 | | 27.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.210 | | 0 | | 4 | | 0.288 | | |
| Riboflavin | mg | 0.210 | | 0 | | 4 | | 0.288 | | |
| Niacin | mg | 4.560 | | 0 | | 4 | | 6.247 | | |
| Pantothenic acid | mg | 0.390 | | 0 | | 4 | | 0.534 | | |
| Vitamin B-6 | mg | 0.170 | | 0 | | 4 | | 0.233 | | |
| Folate, total | mcg | 44 | | 0 | RK | 4 | | 60 | | |
| Folic acid | mcg | 21 | | 0 | NC | 4 | | 29 | | |
| Folate, food | mcg | 23 | | 0 | | 4 | | 32 | | |
| Folate, DFE | mcg_DFE | 59 | | 0 | NC | 4 | | 80 | | |
| Vitamin B-12 | mcg | 1.50 | | 0 | | 4 | | 2.06 | | |
| Vitamin A, IU | IU | 0 | | 0 | | 4 | | 0 | | |
| Vitamin A, RAE | mcg_RAE | 0 | | 0 | NC | 4 | | 0 | | |
| Retinol | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | 16.000 | | 0 | T | 4 | | 21.920 | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 6.120 | | 0 | | 1 | | 8.384 | | |
| Fatty acids, total monounsaturated | g | 7.210 | | 0 | | 1 | | 9.878 | | |
| Fatty acids, total polyunsaturated | g | 1.560 | | 0 | | 1 | | 2.137 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 52 | 2.694 | 5 | | 1 | | 71 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.200 | | 0 | | 1 | | 0.274 | | |
| Threonine | g | 0.639 | | 0 | | 1 | | 0.875 | | |
| Isoleucine | g | 0.692 | | 0 | | 1 | | 0.948 | | |
| Leucine | g | 1.270 | | 0 | | 1 | | 1.740 | | |
| Lysine | g | 1.153 | | 0 | | 1 | | 1.580 | | |
| Methionine | g | 0.354 | | 0 | | 1 | | 0.485 | | |
| Cystine | g | 0.186 | | 0 | | 1 | | 0.255 | | |

**NDB No. 21112**
**Sandwiches and burgers, hamburger, large, single meat patty, plain**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.663 | | 0 | | 1 | | 0.908 | | |
| Tyrosine....g | 0.482 | | 0 | | 1 | | 0.660 | | |
| Valine....g | 0.799 | | 0 | | 1 | | 1.095 | | |
| Arginine....g | 1.004 | | 0 | | 1 | | 1.375 | | |
| Histidine....g | 0.482 | | 0 | | 1 | | 0.660 | | |
| Alanine....g | 0.956 | | 0 | | 1 | | 1.310 | | |
| Aspartic acid....g | 1.347 | | 0 | | 1 | | 1.845 | | |
| Glutamic acid....g | 3.150 | | 0 | | 1 | | 4.316 | | |
| Glycine....g | 1.081 | | 0 | | 1 | | 1.481 | | |
| Proline....g | 1.041 | | 0 | | 1 | | 1.426 | | |
| Serine....g | 0.679 | | 0 | | 1 | | 0.930 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.2 **Fat** 8.95 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21113**

**Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 55.70 | 0.771 | 33 | | 1 | | 121.43 | | |
| Energy kcal | 235 | | 0 | | 1 | | 512 | | |
| Energy kj | 983 | | | | 1 | | 2143 | | |
| Protein (N x 6.2) g | 11.85 | 0.601 | 26 | | 1 | | 25.83 | | |
| Total lipid (fat) g | 12.55 | 0.390 | 26 | | 1 | | 27.36 | | |
| Ash g | 1.56 | 0.039 | 22 | | 1 | | 3.40 | | |
| Carbohydrate, by difference g | 18.35 | | 0 | NC | 4 | | 40.00 | | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 44 | 2.355 | 28 | | 1 | | 96 | | |
| Iron, Fe mg | 2.26 | 0.105 | 29 | | 1 | | 4.93 | | |
| Magnesium, Mg mg | 20 | 0.753 | 27 | | 1 | | 44 | | |
| Phosphorus, P mg | 107 | 3.401 | 27 | | 1 | | 233 | | |
| Potassium, K mg | 220 | 4.541 | 27 | | 1 | | 480 | | |
| Sodium, Na mg | 378 | 13.038 | 30 | | 1 | | 824 | | |
| Zinc, Zn mg | 2.24 | 0.136 | 28 | | 1 | | 4.88 | | |
| Copper, Cu mg | 0.091 | 0.003 | 21 | | 1 | | 0.198 | | |
| Manganese, Mn mg | 0.160 | 0.008 | 16 | | 1 | | 0.349 | | |
| Selenium, Se mcg | 15.4 | 0.692 | 28 | A | 1 | | 33.6 | | |
| **Vitamins:** | | | | | | | | | |
| Vitamin C, total ascorbic acid mg | 1.2 | 0.366 | 10 | | 1 | | 2.6 | | |
| Thiamin mg | 0.190 | 0.012 | 19 | | 1 | | 0.414 | | |
| Riboflavin mg | 0.170 | 0.009 | 18 | | 1 | | 0.371 | | |
| Niacin mg | 3.340 | 0.228 | 19 | | 1 | | 7.281 | | |
| Pantothenic acid mg | 0.330 | 0.040 | 6 | | 1 | | 0.719 | | |
| Vitamin B-6 mg | 0.150 | 0.008 | 12 | | 1 | | 0.327 | | |
| Folate, total mcg | 38 | | 0 | RK | 4 | | 83 | | |
| Folic acid mcg | 21 | | 0 | NC | 4 | | 46 | | |
| Folate, food mcg | 17 | 1.013 | 19 | | 1 | | 37 | | |
| Folate, DFE mcg_DFE | 53 | | 0 | NC | 4 | | 115 | | |
| Vitamin B-12 mcg | 1.09 | 0.076 | 12 | | 1 | | 2.38 | | |
| Vitamin A, IU IU | 143 | 17.771 | 12 | | 1 | | 312 | | |
| Vitamin A, RAE mcg_RAE | 11 | | 0 | NC | 4 | | 23 | | |
| Retinol mcg | 4 | | 0 | NC | 4 | | 9 | | |
| Vitamin E (alpha-tocopherol) mg | | | | | | | | | |
| Tocopherol, beta mg | | | | | | | | | |
| Tocopherol, gamma mg | | | | | | | | | |
| Tocopherol, delta mg | | | | | | | | | |
| Vitamin D IU | | | | | | | | | |
| Vitamin K (phylloquinone) mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.780 | | 0 | | 1 | | 10.420 | | |
| 4:0 g | | | | | | | | | |
| 6:0 g | | | | | | | | | |
| 8:0 g | | | | | | | | | |
| 10:0 g | 0.020 | | 5 | | 1 | | 0.044 | | |
| 12:0 g | 0.010 | | 5 | | 1 | | 0.022 | | |
| 13:0 g | | | | | | | | | |
| 14:0 g | 0.300 | | 5 | | 1 | | 0.654 | | |
| 15:0 g | | | | | | | | | |
| 16:0 g | 2.760 | | 5 | | 1 | | 6.017 | | |
| 17:0 g | | | | | | | | | |
| 18:0 g | 1.440 | | 5 | | 1 | | 3.139 | | |
| 20:0 g | | | | | | | | | |
| 22:0 g | | | | | | | | | |
| 24:0 g | | | | | | | | | |

**NDB No. 21113**

**Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 5.240 | | 0 | | 1 | | 11.423 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.430 | | 5 | | 1 | | 0.937 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 4.650 | | 5 | | 1 | | 10.137 | | |
| 20:1 g | 0.040 | | 5 | | 1 | | 0.087 | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.010 | | 0 | | 1 | | 2.202 | | |
| 18:2 undifferentiated g | 0.880 | | 5 | | 1 | | 1.918 | | |
| 18:3 undifferentiated g | 0.110 | | 5 | | 1 | | 0.240 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | 0.020 | | 5 | | 1 | | 0.044 | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 40 | 2.788 | 8 | | 1 | | 87 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.141 | | 0 | | 1 | | 0.307 | | |
| Threonine g | 0.455 | | 0 | | 1 | | 0.992 | | |
| Isoleucine g | 0.491 | | 0 | | 1 | | 1.070 | | |
| Leucine g | 0.896 | | 0 | | 1 | | 1.953 | | |
| Lysine g | 0.814 | | 0 | | 1 | | 1.775 | | |
| Methionine g | 0.248 | | 0 | | 1 | | 0.541 | | |
| Cystine g | 0.134 | | 0 | | 1 | | 0.292 | | |
| Phenylalanine g | 0.472 | | 0 | | 1 | | 1.029 | | |
| Tyrosine g | 0.340 | | 0 | | 1 | | 0.741 | | |
| Valine g | 0.566 | | 0 | | 1 | | 1.234 | | |
| Arginine g | 0.709 | | 0 | | 1 | | 1.546 | | |
| Histidine g | 0.340 | | 0 | | 1 | | 0.741 | | |
| Alanine g | 0.676 | | 0 | | 1 | | 1.474 | | |
| Aspartic acid g | 0.982 | | 0 | | 1 | | 2.141 | | |
| Glutamic acid g | 2.317 | | 0 | | 1 | | 5.051 | | |
| Glycine g | 0.760 | | 0 | | 1 | | 1.657 | | |
| Proline g | 0.732 | | 0 | | 1 | | 1.596 | | |
| Serine g | 0.481 | | 0 | | 1 | | 1.049 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 218g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.95 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

**NDB No. 21122**
**Sandwiches and burgers, roast beef sandwich with cheese**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 43.50 | | 0 | | 1 | | 76.56 | | |
| Energy | kcal | 269 | | 0 | | 1 | | 473 | | |
| Energy | kj | 1125 | | | | 1 | | 1981 | | |
| Protein (N x 6.21) | g | 18.31 | | 2 | | 1 | | 32.23 | | |
| Total lipid (fat) | g | 10.23 | | 2 | | 1 | | 18.00 | | |
| Ash | g | 2.18 | | 0 | | 1 | | 3.84 | | |
| Carbohydrate, by difference | g | 25.78 | | 0 | NC | 4 | | 45.37 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 104 | | 0 | | 4 | | 183 | | |
| Iron, Fe | mg | 2.87 | | 0 | | 4 | | 5.05 | | |
| Magnesium, Mg | mg | 23 | | 0 | | 4 | | 40 | | |
| Phosphorus, P | mg | 228 | | 0 | | 4 | | 401 | | |
| Potassium, K | mg | 196 | | 0 | | 4 | | 345 | | |
| Sodium, Na | mg | 928 | | 2 | | 1 | | 1633 | | |
| Zinc, Zn | mg | 3.05 | | 0 | | 4 | | 5.37 | | |
| Copper, Cu | mg | 0.113 | | 0 | | 4 | | 0.199 | | |
| Manganese, Mn | mg | 0.177 | | 0 | | 4 | | 0.312 | | |
| Selenium, Se | mcg | 19.5 | | 0 | RK | 4 | | 34.3 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | | 0 | | 4 | | 0.0 | | |
| Thiamin | mg | 0.220 | | 0 | | 4 | | 0.387 | | |
| Riboflavin | mg | 0.260 | | 0 | | 4 | | 0.458 | | |
| Niacin | mg | 3.350 | | 0 | | 4 | | 5.896 | | |
| Pantothenic acid | mg | 0.390 | | 0 | | 4 | | 0.686 | | |
| Vitamin B-6 | mg | 0.190 | | 0 | | 4 | | 0.334 | | |
| Folate, total | mcg | 36 | | 0 | RK | 4 | | 63 | | |
| Folic acid | mcg | 13 | | 0 | NC | 4 | | 23 | | |
| Folate, food | mcg | 23 | | 0 | | 4 | | 40 | | |
| Folate, DFE | mcg_DFE | 45 | | 0 | NC | 4 | | 79 | | |
| Vitamin B-12 | mcg | 1.17 | | 0 | | 4 | | 2.06 | | |
| Vitamin A, IU | IU | 110 | | 0 | | 4 | | 194 | | |
| Vitamin A, RAE | mcg_RAE | 33 | | 0 | NC | 4 | | 58 | | |
| Retinol | mcg | 33 | | 0 | NC | 4 | | 58 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 5.130 | | 0 | | 1 | | 9.029 | | |
| Fatty acids, total monounsaturated | g | 2.080 | | 0 | | 1 | | 3.661 | | |
| Fatty acids, total polyunsaturated | g | 1.990 | | 0 | | 1 | | 3.502 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 44 | | 2 | | 1 | | 77 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.212 | | 0 | | 1 | | 0.373 | | |
| Threonine | g | 0.728 | | 0 | | 1 | | 1.281 | | |
| Isoleucine | g | 0.805 | | 0 | | 1 | | 1.417 | | |
| Leucine | g | 1.424 | | 0 | | 1 | | 2.506 | | |
| Lysine | g | 1.359 | | 0 | | 1 | | 2.392 | | |
| Methionine | g | 0.433 | | 0 | | 1 | | 0.762 | | |
| Cystine | g | 0.215 | | 0 | | 1 | | 0.378 | | |

**NDB No. 21122**
**Sandwiches and burgers, roast beef sandwich with cheese**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.764 | | 0 | | 1 | | 1.345 | | |
| Tyrosine....g | 0.616 | | 0 | | 1 | | 1.084 | | |
| Valine....g | 0.908 | | 0 | | 1 | | 1.598 | | |
| Arginine....g | 1.038 | | 0 | | 1 | | 1.827 | | |
| Histidine....g | 0.593 | | 0 | | 1 | | 1.044 | | |
| Alanine....g | 0.952 | | 0 | | 1 | | 1.676 | | |
| Aspartic acid....g | 1.480 | | 0 | | 1 | | 2.605 | | |
| Glutamic acid....g | 3.358 | | 0 | | 1 | | 5.910 | | |
| Glycine....g | 0.873 | | 0 | | 1 | | 1.536 | | |
| Proline....g | 1.111 | | 0 | | 1 | | 1.955 | | |
| Serine....g | 0.755 | | 0 | | 1 | | 1.329 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Calories Factors:** **Protein** 4.22 **Fat** 8.83 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 21123**
**Sandwiches and burgers, steak sandwich**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 51.07 | 3.029 | 6 | | 1 | | 104.18 | | |
| Energy | kcal | 225 | | 0 | | 1 | | 459 | | |
| Energy | kj | 941 | | | | 1 | | 1920 | | |
| Protein (N x 6.17) | g | 14.87 | 0.700 | 6 | | 1 | | 30.33 | | |
| Total lipid (fat) | g | 6.90 | 0.939 | 5 | | 1 | | 14.08 | | |
| Ash | g | 1.70 | 0.077 | 5 | | 1 | | 3.47 | | |
| Carbohydrate, by difference | g | 25.47 | | 0 | NC | 4 | | 51.96 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 45 | 9.920 | 6 | | 1 | | 92 | | |
| Iron, Fe | mg | 2.53 | 0.328 | 6 | | 1 | | 5.16 | | |
| Magnesium, Mg | mg | 24 | 1.127 | 5 | | 1 | | 49 | | |
| Phosphorus, P | mg | 146 | 8.896 | 6 | | 1 | | 298 | | |
| Potassium, K | mg | 257 | 14.420 | 5 | | 1 | | 524 | | |
| Sodium, Na | mg | 391 | 17.471 | 5 | | 1 | | 798 | | |
| Zinc, Zn | mg | 2.22 | 0.150 | 5 | | 1 | | 4.53 | | |
| Copper, Cu | mg | 0.108 | 0.004 | 5 | | 1 | | 0.220 | | |
| Manganese, Mn | mg | 0.180 | | 1 | | 1 | | 0.367 | | |
| Selenium, Se | mcg | 20.6 | | 0 | RK | 4 | | 42.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.7 | | 1 | | 1 | | 5.5 | | |
| Thiamin | mg | 0.200 | 0.016 | 5 | | 1 | | 0.408 | | |
| Riboflavin | mg | 0.180 | 0.008 | 5 | | 1 | | 0.367 | | |
| Niacin | mg | 3.580 | 0.240 | 5 | | 1 | | 7.303 | | |
| Pantothenic acid | mg | 0.450 | | 2 | | 1 | | 0.918 | | |
| Vitamin B-6 | mg | 0.180 | | 2 | | 1 | | 0.367 | | |
| Folate, total | mcg | 44 | | 0 | RK | 4 | | 90 | | |
| Folic acid | mcg | 27 | | 0 | RA | 4 | | 55 | | |
| Folate, food | mcg | 17 | | 0 | NC | 4 | | 35 | | |
| Folate, DFE | mcg_DFE | 63 | | 0 | NC | 4 | | 128 | | |
| Vitamin B-12 | mcg | 0.77 | | 2 | | 1 | | 1.57 | | |
| Vitamin A, IU | IU | 180 | | 1 | | 1 | | 367 | | |
| Vitamin A, RAE | mcg_RAE | 10 | | 0 | NC | 4 | | 20 | | |
| Retinol | mcg | 1 | | 0 | NC | 4 | | 2 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.870 | | 0 | | 1 | | 3.815 | | |
| Fatty acids, total monounsaturated | g | 2.620 | | 0 | | 1 | | 5.345 | | |
| Fatty acids, total polyunsaturated | g | 1.640 | | 0 | | 1 | | 3.346 | | |
| Fatty acids, total trans | g | | | | | | | | | |
| Cholesterol | mg | 36 | | 1 | | 1 | | 73 | | |
| Phytosterols | mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | | |
| Tryptophan | g | 0.181 | | 0 | | 1 | | 0.369 | | |
| Threonine | g | 0.590 | | 0 | | 1 | | 1.204 | | |
| Isoleucine | g | 0.631 | | 0 | | 1 | | 1.287 | | |
| Leucine | g | 1.157 | | 0 | | 1 | | 2.360 | | |
| Lysine | g | 1.087 | | 0 | | 1 | | 2.217 | | |
| Methionine | g | 0.325 | | 0 | | 1 | | 0.663 | | |
| Cystine | g | 0.164 | | 0 | | 1 | | 0.335 | | |

**NDB No. 21123**
**Sandwiches and burgers, steak sandwich**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Phenylalanine....g | 0.593 | | 0 | | 1 | | 1.210 | | |
| Tyrosine....g | 0.443 | | 0 | | 1 | | 0.904 | | |
| Valine....g | 0.723 | | 0 | | 1 | | 1.475 | | |
| Arginine....g | 0.928 | | 0 | | 1 | | 1.893 | | |
| Histidine....g | 0.443 | | 0 | | 1 | | 0.904 | | |
| Alanine....g | 0.887 | | 0 | | 1 | | 1.809 | | |
| Aspartic acid....g | 1.263 | | 0 | | 1 | | 2.577 | | |
| Glutamic acid....g | 2.760 | | 0 | | 1 | | 5.630 | | |
| Glycine....g | 1.003 | | 0 | | 1 | | 2.046 | | |
| Proline....g | 0.894 | | 0 | | 1 | | 1.824 | | |
| Serine....g | 0.607 | | 0 | | 1 | | 1.238 | | |
| Hydroxyproline....g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 204g: 1 sandwich

**Calories Factors:** **Protein** 4.2 **Fat** 8.95 **Carbohydrate** 3.95

**Food Group:** 21 Fast Foods

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

**NDB No. 22902**
**Sausage and pepperoni pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 48.62 | 1.110 | 6 | A | 1 | | 70.99 | | |
| Energy | kcal | 264 | | 0 | MC | 9 | | 385 | | |
| Energy | kj | 1105 | | | | 9 | | 1613 | | |
| Protein | g | 10.80 | 0.540 | 6 | A | 1 | | 15.77 | | |
| Total lipid (fat) | g | 13.49 | 0.480 | 6 | A | 1 | | 19.70 | | |
| Ash | g | 2.31 | 0.080 | 6 | A | 1 | | 3.37 | | |
| Carbohydrate, by difference | g | 24.78 | | 0 | MC | 9 | | 36.18 | | |
| Fiber, total dietary | g | 1.6 | | 2 | A | 1 | | 2.3 | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 131 | | 0 | FLC | 4 | | 191 | | |
| Iron, Fe | mg | 1.90 | 0.140 | 3 | A | 1 | | 2.77 | | |
| Magnesium, Mg | mg | 18 | | 0 | FLC | 4 | | 26 | | |
| Phosphorus, P | mg | 142 | | 0 | FLC | 4 | | 207 | | |
| Potassium, K | mg | 175 | | 0 | FLC | 4 | | 256 | | |
| Sodium, Na | mg | 585 | 33.800 | 6 | A | 1 | | 854 | | |
| Zinc, Zn | mg | 1.10 | | 0 | FLC | 4 | | 1.61 | | |
| Copper, Cu | mg | 0.087 | | 0 | FLC | 4 | | 0.127 | | |
| Manganese, Mn | mg | 0.272 | | 0 | FLC | 4 | | 0.397 | | |
| Selenium, Se | mcg | 12.4 | | 0 | FLC | 4 | | 18.1 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 2.2 | | 0 | FLC | 4 | | 3.2 | | |
| Thiamin | mg | 0.255 | | 0 | FLC | 4 | | 0.372 | | |
| Riboflavin | mg | 0.225 | | 0 | FLC | 4 | | 0.329 | | |
| Niacin | mg | 2.487 | | 0 | FLC | 4 | | 3.631 | | |
| Pantothenic acid | mg | 0.389 | | 0 | FLC | 4 | | 0.568 | | |
| Vitamin B-6 | mg | 0.067 | | 0 | FLC | 4 | | 0.098 | | |
| Folate, total | mcg | 35 | | 0 | FLC | 4 | | 51 | | |
| Folic acid | mcg | 24 | | 0 | FLC | 4 | | 35 | | |
| Folate, food | mcg | 11 | | 0 | NC | 4 | | 16 | | |
| Folate, DFE | mcg_DFE | 52 | | 0 | NC | 4 | | 76 | | |
| Vitamin B-12 | mcg | 0.24 | | 0 | FLC | 4 | | 0.35 | | |
| Vitamin A, IU | IU | 291 | | 2 | A | 1 | | 425 | | |
| Vitamin A, RAE | mcg_RAE | 44 | | 0 | NC | 4 | | 64 | | |
| Retinol | mcg | 35 | | 0 | NC | 4 | | 51 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 4.340 | 0.350 | 6 | A | 1 | | 6.336 | | |
| 4:0 | g | 0.084 | | 0 | FLC | 4 | | 0.123 | | |
| 6:0 | g | 0.019 | | 0 | FLC | 4 | | 0.028 | | |
| 8:0 | g | 0.020 | | 0 | FLC | 4 | | 0.029 | | |
| 10:0 | g | 0.043 | | 0 | FLC | 4 | | 0.063 | | |
| 12:0 | g | 0.031 | | 0 | FLC | 4 | | 0.045 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.381 | | 0 | FLC | 4 | | 0.556 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.579 | | 0 | FLC | 4 | | 3.765 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 1.059 | | 0 | FLC | 4 | | 1.546 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 22902**
**Sausage and pepperoni pizza, frozen**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated....g | 5.340 | 0.430 | 6 | A | 1 | | 7.796 | | |
| 14:1....g | | | | | | | | | |
| 15:1....g | | | | | | | | | |
| 16:1 undifferentiated....g | 0.371 | | 0 | FLC | 4 | | 0.542 | | |
| 17:1....g | | | | | | | | | |
| 18:1 undifferentiated....g | 4.905 | | 0 | FLC | 4 | | 7.161 | | |
| 20:1....g | 0.001 | | 0 | FLC | 4 | | 0.001 | | |
| 22:1 undifferentiated....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 24:1 c....g | | | | | | | | | |
| Fatty acids, total polyunsaturated....g | 1.780 | 0.070 | 6 | A | 1 | | 2.599 | | |
| 18:2 undifferentiated....g | 1.623 | | 0 | FLC | 4 | | 2.370 | | |
| 18:3 undifferentiated....g | 0.136 | | 0 | FLC | 4 | | 0.199 | | |
| 18:4....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 20:2 n-6 c,c....g | | | | | | | | | |
| 20:3 undifferentiated....g | | | | | | | | | |
| 20:4 undifferentiated....g | 0.018 | | 0 | FLC | 4 | | 0.026 | | |
| 20:5 n-3....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:5 n-3....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| 22:6 n-3....g | 0.000 | | 0 | FLC | 4 | | 0.000 | | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 21 | 3.370 | 6 | A | 1 | | 31 | | |
| Phytosterols....mg | 0 | | 0 | Z | 7 | | 0 | | |
| **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 = 146g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21140**
**Side dishes, potato salad**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 78.73 | 3.740 | 3 | | 1 | | 74.79 | | |
| Energy | kcal | 114 | | 0 | | 1 | | 108 | | |
| Energy | kj | 477 | | | | 1 | | 453 | | |
| Protein (N x 6.25) | g | 1.53 | 0.328 | 3 | | 1 | | 1.45 | | |
| Total lipid (fat) | g | 6.03 | 2.140 | 3 | | 1 | | 5.73 | | |
| Ash | g | 0.18 | | 2 | | 1 | | 0.17 | | |
| Carbohydrate, by difference | g | 13.53 | | 0 | NC | 4 | | 12.85 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 14 | 2.869 | 4 | | 1 | | 13 | | |
| Iron, Fe | mg | 0.73 | 0.258 | 4 | | 1 | | 0.69 | | |
| Magnesium, Mg | mg | 8 | 2.866 | 3 | | 1 | | 8 | | |
| Phosphorus, P | mg | 56 | | 2 | | 1 | | 53 | | |
| Potassium, K | mg | 270 | | 1 | | 1 | | 257 | | |
| Sodium, Na | mg | 328 | 96.903 | 4 | | 1 | | 312 | | |
| Zinc, Zn | mg | 0.20 | 0.037 | 3 | | 1 | | 0.19 | | |
| Copper, Cu | mg | 0.079 | 0.016 | 3 | | 1 | | 0.075 | | |
| Manganese, Mn | mg | 0.074 | 0.034 | 3 | | 1 | | 0.070 | | |
| Selenium, Se | mcg | 0.9 | | 0 | BFZN | 4 | | 0.9 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.1 | 0.940 | 3 | | 1 | | 1.0 | | |
| Thiamin | mg | 0.070 | 0.007 | 3 | | 1 | | 0.067 | | |
| Riboflavin | mg | 0.110 | 0.088 | 3 | | 1 | | 0.105 | | |
| Niacin | mg | 0.270 | 0.200 | 3 | | 1 | | 0.257 | | |
| Pantothenic acid | mg | 0.370 | | 2 | | 1 | | 0.352 | | |
| Vitamin B-6 | mg | 0.150 | | 2 | | 1 | | 0.143 | | |
| Folate, total | mcg | 25 | | 2 | | 1 | | 24 | | |
| Folic acid | mcg | 0 | | 0 | Z | 7 | | 0 | | |
| Folate, food | mcg | 25 | | 2 | | 1 | | 24 | | |
| Folate, DFE | mcg_DFE | 25 | | 0 | NC | 4 | | 24 | | |
| Vitamin B-12 | mcg | 0.12 | | 2 | | 1 | | 0.11 | | |
| Vitamin A, IU | IU | 100 | | 1 | | 1 | | 95 | | |
| Vitamin A, RAE | mcg_RAE | 30 | | 0 | NC | 4 | | 29 | | |
| Retinol | mcg | 30 | | 0 | NC | 4 | | 29 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 1.030 | | 0 | | 1 | | 0.979 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.030 | | 2 | | 1 | | 0.029 | | |
| 12:0 | g | 0.010 | | 2 | | 1 | | 0.010 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.020 | | 2 | | 1 | | 0.019 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 0.660 | | 2 | | 1 | | 0.627 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.280 | | 2 | | 1 | | 0.266 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21140**
**Side dishes, potato salad**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 1.690 | | 0 | | 1 | | 1.606 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | 0.120 | | 2 | | 1 | | 0.114 | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 1.550 | | 2 | | 1 | | 1.473 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | 0.020 | | 2 | | 1 | | 0.019 | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 3.020 | | 0 | | 1 | | 2.869 | | |
| 18:2 undifferentiated g | 2.720 | | 2 | | 1 | | 2.584 | | |
| 18:3 undifferentiated g | 0.300 | | 2 | | 1 | | 0.285 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 60 | | 2 | | 1 | | 57 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.017 | | 0 | | 1 | | 0.016 | | |
| Threonine g | 0.073 | | 0 | | 1 | | 0.069 | | |
| Isoleucine g | 0.082 | | 0 | | 1 | | 0.078 | | |
| Leucine g | 0.137 | | 0 | | 1 | | 0.130 | | |
| Lysine g | 0.101 | | 0 | | 1 | | 0.096 | | |
| Methionine g | 0.036 | | 0 | | 1 | | 0.034 | | |
| Cystine g | 0.023 | | 0 | | 1 | | 0.022 | | |
| Phenylalanine g | 0.104 | | 0 | | 1 | | 0.099 | | |
| Tyrosine g | 0.069 | | 0 | | 1 | | 0.066 | | |
| Valine g | 0.090 | | 0 | | 1 | | 0.086 | | |
| Arginine g | 0.086 | | 0 | | 1 | | 0.082 | | |
| Histidine g | 0.037 | | 0 | | 1 | | 0.035 | | |
| Alanine g | 0.072 | | 0 | | 1 | | 0.068 | | |
| Aspartic acid g | 0.233 | | 0 | | 1 | | 0.221 | | |
| Glutamic acid g | 0.209 | | 0 | | 1 | | 0.199 | | |
| Glycine g | 0.059 | | 0 | | 1 | | 0.056 | | |
| Proline g | 0.065 | | 0 | | 1 | | 0.062 | | |
| Serine g | 0.080 | | 0 | | 1 | | 0.076 | | |
| Hydroxyproline g | | | | | | | | | |

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**Common Measures:**

Measure 1 = 95g: .333 cup

**Calories Factors:** **Protein** 3.6 **Fat** 8.9 **Carbohydrate** 4.06

**Food Group:** 21 Fast Foods

**NDB No. 22560**
**TOMBSTONE Original Pepperoni & Sausage Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 48.60 | | 1 | A | 1 | | 172.04 | 57.35 | |
| Energy kcal | 269 | | 0 | NC | 4 | | 952 | 317 | |
| Energy kj | 1125 | | | | 4 | | 3984 | 1328 | |
| Protein g | 11.30 | | 1 | A | 1 | | 40.00 | 13.33 | |
| Total lipid (fat) g | 14.60 | | 1 | A | 1 | | 51.68 | 17.23 | |
| Ash g | 2.40 | | 1 | A | 1 | | 8.50 | 2.83 | |
| Carbohydrate, by difference g | 23.10 | | 0 | NC | 4 | | 81.77 | 27.26 | |
| Fiber, total dietary g | 1.4 | | 1 | A | 1 | | 5.0 | 1.7 | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 156 | | 1 | A | 1 | | 552 | 184 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 617 | | 1 | A | 1 | | 2184 | 728 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 5.340 | | 1 | A | 1 | | 18.904 | 6.301 | |
| Fatty acids, total monounsaturated g | 4.930 | | 1 | A | 1 | | 17.452 | 5.817 | |
| Fatty acids, total polyunsaturated g | 2.040 | | 1 | A | 1 | | 7.222 | 2.407 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 27 | | 1 | A | 1 | | 96 | 32 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 120 | | 1 | A | 1 | | 424.800 | 141.600 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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**Common Measures:**

Measure 1 = 354g: 1 package yields

Measure 2 = 118g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22556**
**TOMBSTONE Original Pepperoni Pizza, frozen, 12 inch**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 46.10 | | 1 | A | 1 | | 156.74 | 52.09 | |
| Energy kcal | 276 | | 0 | NC | 4 | | 938 | 312 | |
| Energy kj | 1155 | | | | 4 | | 3926 | 1305 | |
| Protein g | 12.80 | | 1 | A | 1 | | 43.52 | 14.46 | |
| Total lipid (fat) g | 13.90 | | 1 | A | 1 | | 47.26 | 15.71 | |
| Ash g | 2.20 | | 1 | A | 1 | | 7.48 | 2.49 | |
| Carbohydrate, by difference g | 25.00 | | 0 | NC | 4 | | 85.00 | 28.25 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 179 | | 1 | A | 1 | | 609 | 202 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 488 | | 1 | A | 1 | | 1659 | 551 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 5.310 | | 1 | A | 1 | | 18.054 | 6.000 | |
| Fatty acids, total monounsaturated g | 4.700 | | 1 | A | 1 | | 15.980 | 5.311 | |
| Fatty acids, total polyunsaturated g | 1.810 | | 1 | A | 1 | | 6.154 | 2.045 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 28 | | 1 | A | 1 | | 95 | 32 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 100 | | 1 | A | 1 | | 340.000 | 113.000 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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**Common Measures:**

Measure 1 = 340g: 1 package yields

Measure 2 = 113g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22555**
**TOMBSTONE Original Pepperoni Pizza, frozen, 9 inch**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 46.70 | | 1 | A | 1 | | 284.87 | 70.98 | |
| Energy kcal | 272 | | 0 | NC | 4 | | 1659 | 413 | |
| Energy kj | 1138 | | | | 4 | | 6942 | 1730 | |
| Protein g | 11.70 | | 1 | A | 1 | | 71.37 | 17.78 | |
| Total lipid (fat) g | 13.70 | | 1 | A | 1 | | 83.57 | 20.82 | |
| Ash g | 2.50 | | 1 | A | 1 | | 15.25 | 3.80 | |
| Carbohydrate, by difference g | 25.40 | | 0 | NC | 4 | | 154.94 | 38.61 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 179 | | 1 | A | 1 | | 1092 | 272 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 572 | | 1 | A | 1 | | 3489 | 869 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 5.160 | | 1 | A | 1 | | 31.476 | 7.843 | |
| Fatty acids, total monounsaturated g | 4.690 | | 1 | A | 1 | | 28.609 | 7.129 | |
| Fatty acids, total polyunsaturated g | 1.560 | | 1 | A | 1 | | 9.516 | 2.371 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 27 | | 1 | A | 1 | | 165 | 41 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 0 | | 1 | A | 1 | | 0.000 | 0.000 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 610g: 1 package yields

Measure 2 = 152g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22557**
**TOMBSTONE Original Sausage & Mushroom Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 52.80 | | 1 | A | 1 | | 340.56 | 69.70 | |
| Energy kcal | 232 | | 0 | NC | 4 | | 1496 | 306 | |
| Energy kj | 971 | | | | 4 | | 6261 | 1281 | |
| Protein g | 10.90 | | 1 | A | 1 | | 70.31 | 14.39 | |
| Total lipid (fat) g | 10.40 | | 1 | A | 1 | | 67.08 | 13.73 | |
| Ash g | 2.30 | | 1 | A | 1 | | 14.84 | 3.04 | |
| Carbohydrate, by difference g | 23.60 | | 0 | NC | 4 | | 152.22 | 31.15 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 152 | | 1 | A | 1 | | 980 | 201 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 544 | | 1 | A | 1 | | 3509 | 718 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 3.840 | | 1 | A | 1 | | 24.768 | 5.069 | |
| Fatty acids, total monounsaturated g | 3.360 | | 1 | A | 1 | | 21.672 | 4.435 | |
| Fatty acids, total polyunsaturated g | 1.580 | | 1 | A | 1 | | 10.191 | 2.086 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 20 | | 1 | A | 1 | | 129 | 26 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 110 | | 1 | A | 1 | | 709.500 | 145.200 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 645g: 1 package yields

Measure 2 = 132g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22559**
**TOMBSTONE Original Sausage & Pepperoni Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 48.60 | | 1 | A | 1 | | 303.26 | 60.75 | |
| Energy kcal | 262 | | 0 | NC | 4 | | 1635 | 328 | |
| Energy kj | 1096 | | | | 4 | | 6840 | 1370 | |
| Protein g | 11.50 | | 1 | A | 1 | | 71.76 | 14.38 | |
| Total lipid (fat) g | 13.10 | | 1 | A | 1 | | 81.74 | 16.38 | |
| Ash g | 2.30 | | 1 | A | 1 | | 14.35 | 2.88 | |
| Carbohydrate, by difference g | 24.50 | | 0 | NC | 4 | | 152.88 | 30.63 | |
| Fiber, total dietary g | 1.7 | | 1 | A | 1 | | 10.6 | 2.1 | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 143 | | 1 | A | 1 | | 892 | 179 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 632 | | 1 | A | 1 | | 3944 | 790 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.870 | | 1 | A | 1 | | 30.389 | 6.088 | |
| Fatty acids, total monounsaturated g | 4.500 | | 1 | A | 1 | | 28.080 | 5.625 | |
| Fatty acids, total polyunsaturated g | 1.840 | | 1 | A | 1 | | 11.482 | 2.300 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 25 | | 1 | A | 1 | | 156 | 31 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 90 | | 1 | A | 1 | | 561.600 | 112.500 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 624g: 1 package yields

Measure 2 = 125g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22565**
**TONY'S D'PRIMO Deep Dish Sausage Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 46.00 | | 1 | A | 1 | | 261.74 | 64.86 | |
| Energy kcal | 277 | | 0 | NC | 4 | | 1576 | 391 | |
| Energy kj | 1159 | | | | 4 | | 6595 | 1634 | |
| Protein g | 8.80 | | 1 | A | 1 | | 50.07 | 12.41 | |
| Total lipid (fat) g | 14.10 | | 1 | A | 1 | | 80.23 | 19.88 | |
| Ash g | 2.30 | | 1 | A | 1 | | 13.09 | 3.24 | |
| Carbohydrate, by difference g | 28.80 | | 0 | NC | 4 | | 163.87 | 40.61 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 101 | | 1 | A | 1 | | 575 | 142 | |
| Iron, Fe mg | 2.06 | | 1 | A | 1 | | 11.72 | 2.90 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 589 | | 1 | A | 1 | | 3351 | 830 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.070 | | 1 | A | 1 | | 23.158 | 5.739 | |
| Fatty acids, total monounsaturated g | 5.150 | | 1 | A | 1 | | 29.304 | 7.262 | |
| Fatty acids, total polyunsaturated g | 2.990 | | 1 | A | 1 | | 17.013 | 4.216 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 11 | | 1 | A | 1 | | 63 | 16 | |
| Phytosterols mg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 569g: 1 package yields

Measure 2 = 141g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22562**
**TONY'S Pepperoni Pizza with Italian Style Pastry Crust, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 44.10 | | 1 | A | 1 | | 184.78 | 60.86 | |
| Energy kcal | 294 | | 0 | NC | 4 | | 1232 | 406 | |
| Energy kj | 1230 | | | | 4 | | 5154 | 1698 | |
| Protein g | 10.80 | | 1 | A | 1 | | 45.25 | 14.90 | |
| Total lipid (fat) g | 16.20 | | 1 | A | 1 | | 67.88 | 22.36 | |
| Ash g | 2.60 | | 1 | A | 1 | | 10.89 | 3.59 | |
| Carbohydrate, by difference g | 26.30 | | 0 | NC | 4 | | 110.20 | 36.29 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 156 | | 1 | A | 1 | | 654 | 215 | |
| Iron, Fe mg | 2.02 | | 1 | A | 1 | | 8.46 | 2.79 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 604 | | 1 | A | 1 | | 2531 | 834 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 5.530 | | 1 | A | 1 | | 23.171 | 7.631 | |
| Fatty acids, total monounsaturated g | 6.580 | | 1 | A | 1 | | 27.570 | 9.080 | |
| Fatty acids, total polyunsaturated g | 1.870 | | 1 | A | 1 | | 7.835 | 2.581 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 23 | | 1 | A | 1 | | 96 | 32 | |
| 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 = 419g: 1 package yields

Measure 2 = 138g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22563**
**TONY'S Sausage & Pepperoni Pizza with Italian Style Pastry Crust, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 43.70 | | 1 | A | 1 | | 195.34 | 64.24 | |
| Energy kcal | 295 | | 0 | NC | 4 | | 1319 | 434 | |
| Energy kj | 1234 | | | | 4 | | 5517 | 1814 | |
| Protein g | 10.20 | | 1 | A | 1 | | 45.59 | 14.99 | |
| Total lipid (fat) g | 15.70 | | 1 | A | 1 | | 70.18 | 23.08 | |
| Ash g | 2.20 | | 1 | A | 1 | | 9.83 | 3.23 | |
| Carbohydrate, by difference g | 28.20 | | 0 | NC | 4 | | 126.05 | 41.45 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 115 | | 1 | A | 1 | | 514 | 169 | |
| Iron, Fe mg | 2.14 | | 1 | A | 1 | | 9.57 | 3.15 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 489 | | 1 | A | 1 | | 2186 | 719 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.670 | | 1 | A | 1 | | 20.875 | 6.865 | |
| Fatty acids, total monounsaturated g | 6.360 | | 1 | A | 1 | | 28.429 | 9.349 | |
| Fatty acids, total polyunsaturated g | 2.040 | | 1 | A | 1 | | 9.119 | 2.999 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 16 | | 1 | A | 1 | | 72 | 24 | |
| 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 = 447g: 1 package yields

Measure 2 = 147g: 1 serving

**Calories Factors: Protein Fat Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22561**

**TONY'S Supreme Pizza, Italian Style Pastry Crust, Sausage, Pepperoni, Mushrooms, Green Peppers, Red Peppers, Onions, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 49.40 | | 1 | A | 1 | | 232.18 | 76.57 | |
| Energy kcal | 258 | | 0 | NC | 4 | | 1213 | 400 | |
| Energy kj | 1079 | | | | 4 | | 5074 | 1673 | |
| Protein g | 10.20 | | 1 | A | 1 | | 47.94 | 15.81 | |
| Total lipid (fat) g | 12.90 | | 1 | A | 1 | | 60.63 | 20.00 | |
| Ash g | 2.30 | | 1 | A | 1 | | 10.81 | 3.57 | |
| Carbohydrate, by difference g | 25.20 | | 0 | NC | 4 | | 118.44 | 39.06 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 137 | | 1 | A | 1 | | 644 | 212 | |
| Iron, Fe mg | 1.90 | | 1 | A | 1 | | 8.93 | 2.95 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 498 | | 1 | A | 1 | | 2341 | 772 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 4.440 | | 1 | A | 1 | | 20.868 | 6.882 | |
| Fatty acids, total monounsaturated g | 5.090 | | 1 | A | 1 | | 23.923 | 7.890 | |
| Fatty acids, total polyunsaturated g | 1.800 | | 1 | A | 1 | | 8.460 | 2.790 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 18 | | 1 | A | 1 | | 85 | 28 | |
| 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 = 470g: 1 package yields

Measure 2 = 155g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22564**
**TONY'S Taco Style Pizza, Mexican Style Sausage & Tangy Taco Sauce on a Corn Style Crust, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 45.70 | | 1 | A | 1 | | 213.42 | 70.38 | |
| Energy kcal | 284 | | 0 | NC | 4 | | 1326 | 437 | |
| Energy kj | 1188 | | | | 4 | | 5549 | 1830 | |
| Protein g | 9.30 | | 1 | A | 1 | | 43.43 | 14.32 | |
| Total lipid (fat) g | 15.10 | | 1 | A | 1 | | 70.52 | 23.25 | |
| Ash g | 2.10 | | 1 | A | 1 | | 9.81 | 3.23 | |
| Carbohydrate, by difference g | 27.80 | | 0 | NC | 4 | | 129.83 | 42.81 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 122 | | 1 | A | 1 | | 570 | 188 | |
| Iron, Fe mg | 1.65 | | 1 | A | 1 | | 7.71 | 2.54 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 491 | | 1 | A | 1 | | 2293 | 756 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 5.030 | | 1 | A | 1 | | 23.490 | 7.746 | |
| Fatty acids, total monounsaturated g | 5.780 | | 1 | A | 1 | | 26.993 | 8.901 | |
| Fatty acids, total polyunsaturated g | 2.260 | | 1 | A | 1 | | 10.554 | 3.480 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 18 | | 1 | A | 1 | | 84 | 28 | |
| Phytosterols mg | | | | | | | | | |
| **Carotenoids:** | | | | | | | | | |
| Carotene, beta mcg | 110 | | 1 | A | 1 | | 513.700 | 169.400 | |
| Carotene, alpha mcg | | | | | | | | | |
| Cryptoxanthin, beta mcg | | | | | | | | | |
| Lycopene mcg | | | | | | | | | |
| Lutein + zeaxanthin mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 467g: 1 package yields

Measure 2 = 154g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22566**
**TOTINO'S PARTY PIZZA Crisp Crust Combination Sausage and Pepperoni Pizza, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 50.90 | | 1 | A | 1 | | 154.74 | 77.37 | |
| Energy kcal | 253 | | 0 | NC | 4 | | 769 | 385 | |
| Energy kj | 1059 | | | | 4 | | 3218 | 1609 | |
| Protein g | 9.30 | | 1 | A | 1 | | 28.27 | 14.14 | |
| Total lipid (fat) g | 13.40 | | 1 | A | 1 | | 40.74 | 20.37 | |
| Ash g | 2.70 | | 1 | A | 1 | | 8.21 | 4.10 | |
| Carbohydrate, by difference g | 23.70 | | 0 | NC | 4 | | 72.05 | 36.02 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 138 | | 1 | A | 1 | | 420 | 210 | |
| Iron, Fe mg | 1.75 | | 1 | A | 1 | | 5.32 | 2.66 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 685 | | 1 | A | 1 | | 2082 | 1041 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.910 | | 1 | A | 1 | | 8.846 | 4.423 | |
| Fatty acids, total monounsaturated g | 6.780 | | 1 | A | 1 | | 20.611 | 10.306 | |
| Fatty acids, total polyunsaturated g | 1.630 | | 1 | A | 1 | | 4.955 | 2.478 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 8 | | 1 | A | 1 | | 24 | 12 | |
| 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 = 304g: 1 package yields

Measure 2 = 152g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22568**
**TOTINO'S PARTY PIZZA Crisp Crust Pepperoni, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 51.50 | | 1 | A | 1 | | 149.35 | 74.68 | |
| Energy kcal | 251 | | 0 | NC | 4 | | 728 | 364 | |
| Energy kj | 1050 | | | | 4 | | 3046 | 1523 | |
| Protein g | 8.80 | | 1 | A | 1 | | 25.52 | 12.76 | |
| Total lipid (fat) g | 13.40 | | 1 | A | 1 | | 38.86 | 19.43 | |
| Ash g | 2.50 | | 1 | A | 1 | | 7.25 | 3.63 | |
| Carbohydrate, by difference g | 23.80 | | 0 | NC | 4 | | 69.02 | 34.51 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 162 | | 1 | A | 1 | | 470 | 235 | |
| Iron, Fe mg | 1.50 | | 1 | A | 1 | | 4.35 | 2.18 | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 671 | | 1 | A | 1 | | 1946 | 973 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.620 | | 1 | A | 1 | | 7.598 | 3.799 | |
| Fatty acids, total monounsaturated g | 7.150 | | 1 | A | 1 | | 20.735 | 10.368 | |
| Fatty acids, total polyunsaturated g | 1.600 | | 1 | A | 1 | | 4.640 | 2.320 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 8 | | 1 | A | 1 | | 23 | 12 | |
| 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 = 290g: 1 package yields

Measure 2 = 145g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22531**
**TOTINO'S PIZZA ROLLS Pizza Snacks, Hamburger, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 44.40 | | 1 | A | 1 | | 94.13 | 37.74 | |
| Energy kcal | 272 | | 0 | NC | 4 | | 577 | 231 | |
| Energy kj | 1138 | | | | 4 | | 2413 | 967 | |
| Protein g | 11.00 | | 1 | A | 1 | | 23.32 | 9.35 | |
| Total lipid (fat) g | 11.50 | | 1 | A | 1 | | 24.38 | 9.78 | |
| Ash g | 2.00 | | 1 | A | 1 | | 4.24 | 1.70 | |
| Carbohydrate, by difference g | 31.10 | | 0 | NC | 4 | | 65.93 | 26.44 | |
| Fiber, total dietary g | | | | | | | | | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | | | | | | | | | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 491 | | 1 | A | 1 | | 1041 | 417 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 212g: 1 package yields

Measure 2 = 85g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22533**
**TOTINO'S PIZZA ROLLS Pizza Snacks, Pepperoni. frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water....g | 46.30 | | 1 | A | 1 | | 98.16 | 65.28 | |
| Energy....kcal | 273 | | 0 | NC | 4 | | 579 | 385 | |
| Energy....kj | 1142 | | | | 4 | | 2422 | 1611 | |
| Protein....g | 10.20 | | 1 | A | 1 | | 21.62 | 14.38 | |
| Total lipid (fat)....g | 13.40 | | 1 | A | 1 | | 28.41 | 18.89 | |
| Ash....g | 2.10 | | 1 | A | 1 | | 4.45 | 2.96 | |
| Carbohydrate, by difference....g | 28.00 | | 0 | NC | 4 | | 59.36 | 39.48 | |
| Fiber, total dietary....g | 1.6 | | 1 | A | 1 | | 3.4 | 2.3 | |
| Sugars, total....g | | | | | | | | | |
| Starch....g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca....mg | 73 | | 1 | A | 1 | | 155 | 103 | |
| Iron, Fe....mg | | | | | | | | | |
| Magnesium, Mg....mg | | | | | | | | | |
| Phosphorus, P....mg | | | | | | | | | |
| Potassium, K....mg | | | | | | | | | |
| Sodium, Na....mg | 614 | | 1 | A | 1 | | 1302 | 866 | |
| Zinc, Zn....mg | | | | | | | | | |
| Copper, Cu....mg | | | | | | | | | |
| Manganese, Mn....mg | | | | | | | | | |
| Selenium, Se....mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated....g | 3.540 | | 1 | A | 1 | | 7.505 | 4.991 | |
| Fatty acids, total monounsaturated....g | 6.550 | | 1 | A | 1 | | 13.886 | 9.236 | |
| Fatty acids, total polyunsaturated....g | 1.570 | | 1 | A | 1 | | 3.328 | 2.214 | |
| Fatty acids, total trans....g | | | | | | | | | |
| Cholesterol....mg | 22 | | 1 | A | 1 | | 47 | 31 | |
| 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 = 212g: 1 package yields

Measure 2 = 141g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 22532**
**TOTINO'S PIZZA ROLLS Pizza Snacks, Sausage, frozen**

**Refuse:** 0%

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | |
| Water g | 49.10 | | 1 | A | 1 | | 104.09 | 69.23 | |
| Energy kcal | 249 | | 0 | NC | 4 | | 528 | 351 | |
| Energy kj | 1042 | | | | 4 | | 2209 | 1469 | |
| Protein g | 10.00 | | 1 | A | 1 | | 21.20 | 14.10 | |
| Total lipid (fat) g | 10.60 | | 1 | A | 1 | | 22.47 | 14.95 | |
| Ash g | 1.80 | | 1 | A | 1 | | 3.82 | 2.54 | |
| Carbohydrate, by difference g | 28.50 | | 0 | NC | 4 | | 60.42 | 40.19 | |
| Fiber, total dietary g | 2.0 | | 1 | A | 1 | | 4.2 | 2.8 | |
| Sugars, total g | | | | | | | | | |
| Starch g | | | | | | | | | |
| **Minerals:** | | | | | | | | | |
| Calcium, Ca mg | 72 | | 1 | A | 1 | | 153 | 102 | |
| Iron, Fe mg | | | | | | | | | |
| Magnesium, Mg mg | | | | | | | | | |
| Phosphorus, P mg | | | | | | | | | |
| Potassium, K mg | | | | | | | | | |
| Sodium, Na mg | 448 | | 1 | A | 1 | | 950 | 632 | |
| Zinc, Zn mg | | | | | | | | | |
| Copper, Cu mg | | | | | | | | | |
| Manganese, Mn mg | | | | | | | | | |
| Selenium, Se mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | |
| Fatty acids, total saturated g | 2.450 | | 1 | A | 1 | | 5.194 | 3.455 | |
| Fatty acids, total monounsaturated g | 5.090 | | 1 | A | 1 | | 10.791 | 7.177 | |
| Fatty acids, total polyunsaturated g | 1.540 | | 1 | A | 1 | | 3.265 | 2.171 | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 17 | | 1 | A | 1 | | 36 | 24 | |
| 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 = 212g: 1 package yields

Measure 2 = 141g: 1 serving

**Calories Factors: Protein** **Fat** **Carbohydrate**

**Food Group:** 21 Fast Foods

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

**NDB No. 21088**
**Tostada with guacamole**

**Refuse:** 0%

| Nutrients and Units | | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|---|
| **Proximates:** | | | | | | | | | | |
| Water | g | 72.51 | 0.899 | 9 | | 1 | | 189.25 | | |
| Energy | kcal | 138 | | 0 | | 1 | | 360 | | |
| Energy | kj | 577 | | | | 1 | | 1507 | | |
| Protein (N x 6.3) | g | 4.78 | 0.458 | 9 | | 1 | | 12.48 | | |
| Total lipid (fat) | g | 8.91 | 0.437 | 9 | | 1 | | 23.26 | | |
| Ash | g | 1.53 | 0.091 | 9 | | 1 | | 3.99 | | |
| Carbohydrate, by difference | g | 12.27 | | 0 | NC | 4 | | 32.02 | | |
| Fiber, total dietary | g | | | | | | | | | |
| Sugars, total | g | | | | | | | | | |
| Starch | g | | | | | | | | | |
| **Minerals:** | | | | | | | | | | |
| Calcium, Ca | mg | 162 | 13.210 | 9 | | 1 | | 423 | | |
| Iron, Fe | mg | 0.62 | 0.037 | 9 | | 1 | | 1.62 | | |
| Magnesium, Mg | mg | 28 | 1.281 | 9 | | 1 | | 73 | | |
| Phosphorus, P | mg | 89 | 7.332 | 9 | | 1 | | 232 | | |
| Potassium, K | mg | 249 | 11.143 | 9 | | 1 | | 650 | | |
| Sodium, Na | mg | 306 | 31.841 | 9 | | 1 | | 799 | | |
| Zinc, Zn | mg | 1.56 | 0.414 | 9 | | 1 | | 4.07 | | |
| Copper, Cu | mg | 0.097 | 0.010 | 7 | | 1 | | 0.253 | | |
| Manganese, Mn | mg | 0.135 | 0.006 | 9 | | 1 | | 0.352 | | |
| Selenium, Se | mcg | 2.7 | | 0 | RK | 4 | | 7.0 | | |
| **Vitamins:** | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 1.4 | 0.509 | 9 | | 1 | | 3.7 | | |
| Thiamin | mg | 0.050 | 0.005 | 9 | | 1 | | 0.131 | | |
| Riboflavin | mg | 0.220 | 0.030 | 9 | | 1 | | 0.574 | | |
| Niacin | mg | 0.760 | 0.034 | 9 | | 1 | | 1.984 | | |
| Pantothenic acid | mg | 0.770 | 0.043 | 9 | | 1 | | 2.010 | | |
| Vitamin B-6 | mg | 0.100 | 0.005 | 9 | | 1 | | 0.261 | | |
| Folate, total | mcg | 44 | | 0 | RK | 4 | | 115 | | |
| Folic acid | mcg | 2 | | 0 | NC | 4 | | 5 | | |
| Folate, food | mcg | 42 | | 0 | | 4 | | 110 | | |
| Folate, DFE | mcg_DFE | 45 | | 0 | NC | 4 | | 118 | | |
| Vitamin B-12 | mcg | 0.38 | 0.042 | 9 | | 1 | | 0.99 | | |
| Vitamin A, IU | IU | 671 | 203.619 | 5 | | 1 | | 1751 | | |
| Vitamin A, RAE | mcg_RAE | 80 | | 0 | NC | 4 | | 209 | | |
| Retinol | mcg | 56 | | 0 | NC | 4 | | 146 | | |
| Vitamin E (alpha-tocopherol) | mg | | | | | | | | | |
| Tocopherol, beta | mg | | | | | | | | | |
| Tocopherol, gamma | mg | | | | | | | | | |
| Tocopherol, delta | mg | | | | | | | | | |
| Vitamin D | IU | | | | | | | | | |
| Vitamin K (phylloquinone) | mcg | | | | | | | | | |
| **Lipids:** | | | | | | | | | | |
| Fatty acids, total saturated | g | 3.780 | | 0 | | 1 | | 9.866 | | |
| 4:0 | g | | | | | | | | | |
| 6:0 | g | | | | | | | | | |
| 8:0 | g | | | | | | | | | |
| 10:0 | g | 0.120 | | 2 | | 1 | | 0.313 | | |
| 12:0 | g | 0.160 | | 2 | | 1 | | 0.418 | | |
| 13:0 | g | | | | | | | | | |
| 14:0 | g | 0.510 | | 2 | | 1 | | 1.331 | | |
| 15:0 | g | | | | | | | | | |
| 16:0 | g | 2.070 | | 2 | | 1 | | 5.403 | | |
| 17:0 | g | | | | | | | | | |
| 18:0 | g | 0.920 | | 2 | | 1 | | 2.401 | | |
| 20:0 | g | | | | | | | | | |
| 22:0 | g | | | | | | | | | |
| 24:0 | g | | | | | | | | | |

**NDB No. 21088**
**Tostada with guacamole**

| Nutrients and Units | Amount in 100 grams of edible portion: Mean | Std. Error | Number of Data Points | Deriv Code | Source Code | Confidence Code | Amount in edible portion of common measures of food: Measure 1 | Measure 2 | Measure 3 |
|---|---|---|---|---|---|---|---|---|---|
| Fatty acids, total monounsaturated g | 3.250 | | 0 | | 1 | | 8.483 | | |
| 14:1 g | | | | | | | | | |
| 15:1 g | | | | | | | | | |
| 16:1 undifferentiated g | | | | | | | | | |
| 17:1 g | | | | | | | | | |
| 18:1 undifferentiated g | 3.250 | | 2 | | 1 | | 8.483 | | |
| 20:1 g | | | | | | | | | |
| 22:1 undifferentiated g | | | | | | | | | |
| 24:1 c g | | | | | | | | | |
| Fatty acids, total polyunsaturated g | 1.170 | | 0 | | 1 | | 3.054 | | |
| 18:2 undifferentiated g | 1.110 | | 2 | | 1 | | 2.897 | | |
| 18:3 undifferentiated g | 0.060 | | 2 | | 1 | | 0.157 | | |
| 18:4 g | | | | | | | | | |
| 20:2 n-6 c,c g | | | | | | | | | |
| 20:3 undifferentiated g | | | | | | | | | |
| 20:4 undifferentiated g | | | | | | | | | |
| 20:5 n-3 g | | | | | | | | | |
| 22:5 n-3 g | | | | | | | | | |
| 22:6 n-3 g | | | | | | | | | |
| Fatty acids, total trans g | | | | | | | | | |
| Cholesterol mg | 15 | | 2 | | 1 | | 39 | | |
| Phytosterols mg | | | | | | | | | |
| **Amino Acids:** | | | | | | | | | |
| Tryptophan g | 0.047 | | 0 | | 1 | | 0.123 | | |
| Threonine g | 0.159 | | 0 | | 1 | | 0.415 | | |
| Isoleucine g | 0.213 | | 0 | | 1 | | 0.556 | | |
| Leucine g | 0.411 | | 0 | | 1 | | 1.073 | | |
| Lysine g | 0.259 | | 0 | | 1 | | 0.676 | | |
| Methionine g | 0.096 | | 0 | | 1 | | 0.251 | | |
| Cystine g | 0.046 | | 0 | | 1 | | 0.120 | | |
| Phenylalanine g | 0.207 | | 0 | | 1 | | 0.540 | | |
| Tyrosine g | 0.175 | | 0 | | 1 | | 0.457 | | |
| Valine g | 0.247 | | 0 | | 1 | | 0.645 | | |
| Arginine g | 0.185 | | 0 | | 1 | | 0.483 | | |
| Histidine g | 0.129 | | 0 | | 1 | | 0.337 | | |
| Alanine g | 0.213 | | 0 | | 1 | | 0.556 | | |
| Aspartic acid g | 0.392 | | 0 | | 1 | | 1.023 | | |
| Glutamic acid g | 1.027 | | 0 | | 1 | | 2.680 | | |
| Glycine g | 0.131 | | 0 | | 1 | | 0.342 | | |
| Proline g | 0.378 | | 0 | | 1 | | 0.987 | | |
| Serine g | 0.221 | | 0 | | 1 | | 0.577 | | |
| Hydroxyproline g | | | | | | | | | |

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

**Common Measures:**

Measure 1 = 261g: 2 pieces

**Calories Factors:** **Protein** 3.54 **Fat** 8.44 **Carbohydrate** 3.73

**Food Group:** 21 Fast Foods