

NDB No. 22692

**ARMOUR Corned Beef Hash, canned entree**

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
<b>Proximates:</b>									
Water.....g	66.80		1	A	1		283.90	157.65	
Energy.....kcal	211		0	NC	4		897	498	
Energy.....kj	883				4		3752	2083	
Protein.....g	10.10		1	A	1		42.93	23.84	
Total lipid (fat).....g	16.70		1	A	1		70.98	39.41	
Ash.....g	1.30		1	A	1		5.53	3.07	
Carbohydrate, by difference.....g	5.10		0	NC	4		21.68	12.04	
Fiber, total dietary.....g	0.8		1	A	1		3.4	1.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.93		1	A	1		3.95	2.19	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	362		1	A	1		1539	854	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.630		1	A	1		28.178	15.647	
Fatty acids, total monounsaturated.....g	7.390		1	A	1		31.408	17.440	
Fatty acids, total polyunsaturated.....g	0.350		1	A	1		1.488	0.826	
Fatty acids, total trans.....g									
Cholesterol.....mg	41		1	A	1		174	97	
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 = 425g: 1 package yields

Measure 2 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

**NDB No. 22525**  
**BANQUET Chicken Pot Pie, frozen entree**

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
<b>Proximates:</b>									
Water.....g	64.26		0	MA	12		127.23	127.23	
Energy.....kcal	193		0	NC	4		382	382	
Energy.....kj	808				4		1599	1599	
Protein.....g	5.00		0	MA	12		9.90	9.90	
Total lipid (fat).....g	11.12		0	MA	12		22.02	22.02	
Ash.....g	1.46		0	MA	12		2.89	2.89	
Carbohydrate, by difference.....g	18.16		0	NC	4		35.96	35.96	
Fiber, total dietary.....g	0.5		0	MA	12		1.0	1.0	
Sugars, total.....g	3.00		0	MA	12		5.94	5.94	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0	MA	12		28	28	
Iron, Fe.....mg	0.57		0	MA	12		1.13	1.13	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	479		0	MA	12		948	948	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1417		0	NC	4		2805	2805	
Vitamin A, RAE.....mcg_RAE	71		1	NC	4		140	140	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.500		0	MA	12		8.910	8.910	
Fatty acids, total monounsaturated.....g	5.260		0	MA	12		10.415	10.415	
Fatty acids, total polyunsaturated.....g	1.360		0	MA	12		2.693	2.693	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	MA	12		40	40	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	720		1	MA	12		1425.600	1425.600	
Carotene, alpha.....mcg	260		1	MA	12		514.800	514.800	
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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**NDB No. 22525**

**BANQUET Chicken Pot Pie, frozen entree**

**Common Measures:**

Measure 1 = 198g: 1 package yields

Measure 2 = 198g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22675

**BANQUET EXTRA HELPING Meat Loaf Dinner, with Tomato Sauce, Mashed Potatoes and Carrots in Seasoned Sauce, frozen meal**

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
<b>Proximates:</b>									
Water.....g	75.81		0	MA	12		343.42	343.42	
Energy.....kcal	135		0	NC	4		612	612	
Energy.....kj	565				4		2559	2559	
Protein.....g	6.42		0	MA	12		29.08	29.08	
Total lipid (fat).....g	8.84		0	MA	12		40.05	40.05	
Ash.....g	1.53		0	MA	12		6.93	6.93	
Carbohydrate, by difference.....g	7.41		0	NC	4		33.57	33.57	
Fiber, total dietary.....g	1.4		0	MA	12		6.3	6.3	
Sugars, total.....g	2.70		0	MA	12		12.23	12.23	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0	MA	12		77	77	
Iron, Fe.....mg	0.87		0	MA	12		3.94	3.94	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	429		0	MA	12		1943	1943	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		0	MA	12		7.7	7.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	461		0	MA	12		2088	2088	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.420		0	MA	12		15.493	15.493	
Fatty acids, total monounsaturated.....g	3.820		0	MA	12		17.305	17.305	
Fatty acids, total polyunsaturated.....g	1.600		0	MA	12		7.248	7.248	
Fatty acids, total trans.....g									
Cholesterol.....mg	25		0	MA	12		113	113	
Phytosterols.....mg									

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**Common Measures:**

Measure 1 = 453g: 1 package yields

Measure 2 = 453g: 1 serving

NDB No. 22675

**BANQUET EXTRA HELPING Meat Loaf Dinner, with Tomato Sauce, Mashed Potatoes and Carrots in Seasoned Sauce, frozen meal**

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22689

**BANQUET EXTRA HELPING Salisbury Steak Dinner, with Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen meal**

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
<b>Proximates:</b>									
Water.....g	71.00		0	MA	12		332.28	332.28	
Energy.....kcal	167		0	NC	4		782	782	
Energy.....kj	699				4		3270	3270	
Protein.....g	5.78		0	MA	12		27.05	27.05	
Total lipid (fat).....g	11.57		0	MA	12		54.15	54.15	
Ash.....g	1.59		0	MA	12		7.44	7.44	
Carbohydrate, by difference.....g	10.06		0	NC	4		47.08	47.08	
Fiber, total dietary.....g	1.5		0	MA	12		7.0	7.0	
Sugars, total.....g	1.50		0	MA	12		7.02	7.02	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0	MA	12		112	112	
Iron, Fe.....mg	0.40		0	MA	12		1.87	1.87	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	469		0	MA	12		2195	2195	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.560		0	MA	12		21.341	21.341	
Fatty acids, total monounsaturated.....g	5.450		0	MA	12		25.506	25.506	
Fatty acids, total polyunsaturated.....g	1.560		0	MA	12		7.301	7.301	
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MA	12		131	131	
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 = 468g: 1 package yields

Measure 2 = 468g: 1 serving

NDB No. 22689

**BANQUET EXTRA HELPING Salisbury Steak Dinner, with Gravy, Mashed Potatoes and Corn in Seasoned Sauce, frozen meal**

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22711

**BANQUET Salisbury Steak Meal, Gravy and Salisbury Steak with Mashed Potatoes & Corn in Seasoned Sauce, frozen meal**

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
<b>Proximates:</b>									
Water.....g	73.10		1	A	1		196.64	196.64	
Energy.....kcal	148		0	NC	4		398	398	
Energy.....kj	619				4		1666	1666	
Protein.....g	5.70		1	A	1		15.33	15.33	
Total lipid (fat).....g	9.30		1	A	1		25.02	25.02	
Ash.....g	1.60		1	A	1		4.30	4.30	
Carbohydrate, by difference.....g	10.30		0	NC	4		27.71	27.71	
Fiber, total dietary.....g	1.3		1	A	1		3.5	3.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.77		1	A	1		2.07	2.07	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.170		1	A	1		8.527	8.527	
Fatty acids, total monounsaturated.....g	4.370		1	A	1		11.755	11.755	
Fatty acids, total polyunsaturated.....g	0.490		1	A	1		1.318	1.318	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		51	51	
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 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22691

**BANQUET Sliced Beef Meal, with Gravy, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal**

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
<b>Proximates:</b>									
Water.....g	77.28		0	MA	12		197.06	197.06	
Energy.....kcal	106		0	NC	4		270	270	
Energy.....kj	444				4		1131	1131	
Protein.....g	10.35		0	MA	12		26.39	26.39	
Total lipid (fat).....g	3.94		0	MA	12		10.05	10.05	
Ash.....g	1.06		0	MA	12		2.70	2.70	
Carbohydrate, by difference.....g	7.37		0	NC	4		18.79	18.79	
Fiber, total dietary.....g	1.6		0	MA	12		4.1	4.1	
Sugars, total.....g	4.60		0	MA	12		11.73	11.73	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0	MA	12		46	46	
Iron, Fe.....mg	1.47		0	MA	12		3.75	3.75	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	291		0	MA	12		742	742	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0		0	MA	12		7.7	7.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	40		0	MA	12		102	102	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.700		0	MA	12		4.335	4.335	
Fatty acids, total monounsaturated.....g	1.940		0	MA	12		4.947	4.947	
Fatty acids, total polyunsaturated.....g	0.300		0	MA	12		0.765	0.765	
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MA	12		71	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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**NDB No. 22691**

**BANQUET Sliced Beef Meal, with Gravy, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22607

**BANQUET Turkey & Gravy with Dressing Meal, with Mashed Potatoes and Corn in Seasoned Sauce, frozen meal**

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
<b>Proximates:</b>									
Water.....g	76.47		0	MA	12		200.35	200.35	
Energy.....kcal	107		0	NC	4		280	280	
Energy.....kj	448				4		1173	1173	
Protein.....g	5.34		0	MA	12		13.99	13.99	
Total lipid (fat).....g	3.76		0	MA	12		9.85	9.85	
Ash.....g	1.46		0	MA	12		3.83	3.83	
Carbohydrate, by difference.....g	12.97		0	NC	4		33.98	33.98	
Fiber, total dietary.....g	1.1		0	MA	12		2.9	2.9	
Sugars, total.....g	2.50		0	MA	12		6.55	6.55	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0	MA	12		47	47	
Iron, Fe.....mg	0.53		0	MA	12		1.39	1.39	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	405		0	MA	12		1061	1061	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.970		0	MA	12		2.541	2.541	
Fatty acids, total monounsaturated.....g	1.400		0	MA	12		3.668	3.668	
Fatty acids, total polyunsaturated.....g	1.400		0	MA	12		3.668	3.668	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	MA	12		52	52	
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 = 262g: 1 package yields

Measure 2 = 262g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22605

**BANQUET Veal Parmigiana Meal with Tomato Sauce, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal**

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
<b>Proximates:</b>									
Water.....g	72.51		0	MA	12		184.90	184.90	
Energy.....kcal	142		0	NC	4		362	362	
Energy.....kj	594				4		1515	1515	
Protein.....g	4.95		0	MA	12		12.62	12.62	
Total lipid (fat).....g	7.47		0	MA	12		19.05	19.05	
Ash.....g	1.42		0	MA	12		3.62	3.62	
Carbohydrate, by difference.....g	13.66		0	NC	4		34.83	34.83	
Fiber, total dietary.....g	2.6		0	MA	12		6.6	6.6	
Sugars, total.....g	5.90		0	MA	12		15.05	15.05	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0	MA	12		66	66	
Iron, Fe.....mg	0.90		0	MA	12		2.30	2.30	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	378		0	MA	12		964	964	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.9		0	MA	12		27.8	27.8	
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	99		0	MA	12		252	252	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.430		0	MA	12		6.197	6.197	
Fatty acids, total monounsaturated.....g	3.670		0	MA	12		9.359	9.359	
Fatty acids, total polyunsaturated.....g	1.360		0	MA	12		3.468	3.468	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	MA	12		26	26	
Phytosterols.....mg									

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**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**NDB No. 22605**

**BANQUET Veal Parmigiana Meal with Tomato Sauce, Mashed Potatoes and Peas in Seasoned Sauce, frozen meal**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22571

**BANQUET, OUR ORIGINAL Fried Chicken Meal, with Mashed Potatoes and Corn in Seasoned Sauce, frozen meal**

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
<b>Proximates:</b>									
Water.....g	61.76		0	MA	12		140.81	140.81	
Energy.....kcal	206		0	NC	4		470	470	
Energy.....kj	862				4		1965	1965	
Protein.....g	9.41		0	MA	12		21.45	21.45	
Total lipid (fat).....g	11.86		0	MA	12		27.04	27.04	
Ash.....g	1.57		0	MA	12		3.58	3.58	
Carbohydrate, by difference.....g	15.39		0	NC	4		35.09	35.09	
Fiber, total dietary.....g	0.9		0	MA	12		2.1	2.1	
Sugars, total.....g	1.30		0	MA	12		2.96	2.96	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0	MA	12		39	39	
Iron, Fe.....mg	0.60		0	MA	12		1.37	1.37	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	658		0	MA	12		1500	1500	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0	MA	12		1.4	1.4	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MA	12		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.060		0	MA	12		9.257	9.257	
Fatty acids, total monounsaturated.....g	6.740		0	MA	12		15.367	15.367	
Fatty acids, total polyunsaturated.....g	1.070		0	MA	12		2.440	2.440	
Fatty acids, total trans.....g									
Cholesterol.....mg	39		0	MA	12		89	89	
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 = 228g: 1 package yields

Measure 2 = 228g: 1 serving

NDB No. 22571

**BANQUET, OUR ORIGINAL Fried Chicken Meal, with Mashed Potatoes and Corn in Seasoned Sauce, frozen meal**

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22575

**BARBER FOODS Chicken Cordon Bleu, Filled with Cheese and Ham, frozen entree**

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
<b>Proximates:</b>									
Water.....g	62.10		1	A	1		211.14	104.33	
Energy.....kcal	205		0	NC	4		697	344	
Energy.....kj	858				4		2916	1441	
Protein.....g	15.20		1	A	1		51.68	25.54	
Total lipid (fat).....g	12.20		1	A	1		41.48	20.50	
Ash.....g	1.80		1	A	1		6.12	3.02	
Carbohydrate, by difference.....g	8.70		0	NC	4		29.58	14.62	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86		1	A	1		292	144	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	449		1	A	1		1527	754	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.390		1	A	1		11.526	5.695	
Fatty acids, total monounsaturated.....g	4.910		1	A	1		16.694	8.249	
Fatty acids, total polyunsaturated.....g	1.930		1	A	1		6.562	3.242	
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1	A	1		163	81	
Phytosterols.....mg									
<b>Carotenoids:</b>									
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 = 340g: 1 package yields

Measure 2 = 168g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



NDB No. 22700

BETTY CROCKER, HAMBURGER HELPER, Cheeseburger Macaroni, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.30		1	A	1		16.43	3.29	
Energy.....kcal	395		0	NC	4		888	178	
Energy.....kj	1652				4		3717	743	
Protein.....g	11.00		1	A	1		24.75	4.95	
Total lipid (fat).....g	10.40		1	A	1		23.40	4.68	
Ash.....g	7.00		1	A	1		15.75	3.15	
Carbohydrate, by difference.....g	64.30		0	NC	4		144.68	28.94	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	2030		1	A	1		4568	914	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.820		1	A	1		6.345	1.269	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		20	4	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 225g: 1 package

Measure 2 = 45g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

**NDB No. 22529**  
**Beef Pot Pie, frozen entree**

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
<b>Proximates:</b>									
Water.....g	57.30		1	A	1		113.45	113.45	
Energy.....kcal	227		0	NC	4		449	449	
Energy.....kj	950				4		1881	1881	
Protein.....g	6.70		1	A	1		13.27	13.27	
Total lipid (fat).....g	12.30		1	A	1		24.35	24.35	
Ash.....g	1.40		1	A	1		2.77	2.77	
Carbohydrate, by difference.....g	22.30		0	NC	4		44.15	44.15	
Fiber, total dietary.....g	1.1		1	A	1		2.2	2.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	372		1	A	1		737	737	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.300		1	A	1		8.514	8.514	
Fatty acids, total monounsaturated.....g	4.890		1	A	1		9.682	9.682	
Fatty acids, total polyunsaturated.....g	1.350		1	A	1		2.673	2.673	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		38	38	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	310		1	A	1		613.800	613.800	
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 = 198g: 1 package yields

Measure 2 = 198g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



**NDB No. 22905**  
**Beef stew, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.380	0.040	4	A	1		5.522		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.280		0	FLC	4		0.650		
17:1.....g									
18:1 undifferentiated.....g	2.090		0	FLC	4		4.849		
20:1.....g	0.008		0	FLC	4		0.019		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220	0.010	4	A	1		0.510		
18:2 undifferentiated.....g	0.156		0	FLC	4		0.362		
18:3 undifferentiated.....g	0.062		0	FLC	4		0.144		
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	0.003		0	FLC	4		0.007		
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	16	0.140	4	A	1		37		
Phytosterols.....mg									
<b>Others:</b>									
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 = 232g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



NDB No. 22908

Beef, corned beef hash, canned, with potato

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.260		1						
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.460		1						
17:1.....g									
18:1 undifferentiated.....g	4.810		1						
20:1.....g	0.015		0	FLC					4
22:1 undifferentiated.....g	0.000		0	FLC					4
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		1						
18:2 undifferentiated.....g	0.250		1						
18:3 undifferentiated.....g	0.050		1						
18:4.....g	0.000		0	FLC					4
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC					4
20:5 n-3.....g	0.000		0	FLC					4
22:5 n-3.....g	0.000		0	FLC					4
22:6 n-3.....g	0.000		0	FLC					4
Fatty acids, total trans.....g									
Cholesterol.....mg	32		1						
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.047		0	FLC					4
Threonine.....g	0.223		0	FLC					4
Isoleucine.....g	0.253		0	FLC					4
Leucine.....g	0.430		0	FLC					4
Lysine.....g	0.454		0	FLC					4
Methionine.....g	0.137		0	FLC					4
Cystine.....g	0.073		0	FLC					4
Phenylalanine.....g	0.229		0	FLC					4
Tyrosine.....g	0.186		0	FLC					4
Valine.....g	0.288		0	FLC					4
Arginine.....g	0.347		0	FLC					4
Histidine.....g	0.170		0	FLC					4
Alanine.....g	0.312		0	FLC					4
Aspartic acid.....g	0.682		0	FLC					4
Glutamic acid.....g	0.871		0	FLC					4
Glycine.....g	0.312		0	FLC					4
Proline.....g	0.258		0	FLC					4
Serine.....g	0.228		0	FLC					4
Hydroxyproline.....g	0.048		0	FLC					4
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC					4
Caffeine.....mg	0		0	FLC					4
Theobromine.....mg	0		0	FLC					4
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		0	FLC					4
Carotene, alpha.....mcg	0		0	FLC					4
Cryptoxanthin, beta.....mcg	0		0	FLC					4
Lycopene.....mcg	0		0	FLC					4
Lutein + zeaxanthin.....mcg	5		0	FLC					4

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 22908**

**Beef, corned beef hash, canned, with potato**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22679

Breakfast Burrito, Ham & Cheese Flavor, frozen entree

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
<b>Proximates:</b>									
Water.....g	53.80		1	A	1		53.26	53.26	
Energy.....kcal	214		0	NC	4		212	212	
Energy.....kj	895				4		886	886	
Protein.....g	9.70		1	A	1		9.60	9.60	
Total lipid (fat).....g	7.00		1	A	1		6.93	6.93	
Ash.....g	1.40		1	A	1		1.39	1.39	
Carbohydrate, by difference.....g	28.10		0	NC	4		27.82	27.82	
Fiber, total dietary.....g	1.4		1	A	1		1.4	1.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	3.20		1	A	1		3.17	3.17	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	409		1	A	1		405	405	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.010		1	A	1		1.990	1.990	
Fatty acids, total monounsaturated.....g	2.100		1	A	1		2.079	2.079	
Fatty acids, total polyunsaturated.....g	1.820		1	A	1		1.802	1.802	
Fatty acids, total trans.....g									
Cholesterol.....mg	194		1	A	1		192	192	
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 = 99g: 1 package yields

Measure 2 = 99g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22693

CASTLEBERRY PREMIUM Beef Stew, canned entree

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
<b>Proximates:</b>									
Water.....g	75.80		1	A	1		515.44	185.71	
Energy.....kcal	135		0	NC	4		918	331	
Energy.....kj	565				4		3841	1384	
Protein.....g	6.20		1	A	1		42.16	15.19	
Total lipid (fat).....g	8.60		1	A	1		58.48	21.07	
Ash.....g	1.10		1	A	1		7.48	2.70	
Carbohydrate, by difference.....g	8.30		0	NC	4		56.44	20.34	
Fiber, total dietary.....g	0.9		1	A	1		6.1	2.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	409		1	A	1		2781	1002	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.240		1	A	1		22.032	7.938	
Fatty acids, total monounsaturated.....g	3.920		1	A	1		26.656	9.604	
Fatty acids, total polyunsaturated.....g	0.230		1	A	1		1.564	0.564	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		1	A	1		156	56	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	230		1	A	1		1564.000	563.500	
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 = 680g: 1 package yields

Measure 2 = 245g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22516

CHEF BOYARDEE BEEFARONI, Macaroni with Beef in Tomato Sauce, canned entree

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
<b>Proximates:</b>									
Water.....g	78.78		1	MA	12		167.01	167.01	
Energy.....kcal	87		0	MC	9		184	184	
Energy.....kj	364				9		772	772	
Protein.....g	3.89		1	MA	12		8.25	8.25	
Total lipid (fat).....g	1.39		1	MA	12		2.95	2.95	
Ash.....g	1.25		0	BFZN	4		2.65	2.65	
Carbohydrate, by difference.....g	14.69		0	MC	9		31.14	31.14	
Fiber, total dietary.....g	1.4		1	MA	12		3.0	3.0	
Sugars, total.....g	2.28		0	BFZN	4		4.83	4.83	
Sucrose.....g	0.02		1	MA	12		0.04	0.04	
Glucose (dextrose).....g	1.06		1	MA	12		2.25	2.25	
Fructose.....g	1.17		1	MA	12		2.48	2.48	
Lactose.....g	0.00		1	MA	12		0.00	0.00	
Maltose.....g	0.03		1	MA	12		0.06	0.06	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	MA	12		17	17	
Iron, Fe.....mg	0.71		1	MA	12		1.51	1.51	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	377		1	MA	12		799	799	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		1	MA	12		0.4	0.4	
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	122		1	MA	12		259	259	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.560		1	MA	12		1.187	1.187	
Fatty acids, total monounsaturated.....g	0.600		1	MA	12		1.272	1.272	
Fatty acids, total polyunsaturated.....g	0.120		1	MA	12		0.254	0.254	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	MA	12		17	17	
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.

**NDB No. 22516**

**CHEF BOYARDEE BEEFARONI, Macaroni with Beef in Tomato Sauce, canned entree**

**Common Measures:**

Measure 1 = 212g: 1 package yields

Measure 2 = 212g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22515

CHEF BOYARDEE Beef Ravioli in Tomato & Meat Sauce, canned entree

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
<b>Proximates:</b>									
Water.....g	77.14		1	MA	12		327.85	188.22	
Energy.....kcal	94		0	MC	9		400	229	
Energy.....kj	393				9		1672	960	
Protein.....g	3.43		1	MA	12		14.58	8.37	
Total lipid (fat).....g	2.21		1	MA	12		9.39	5.39	
Ash.....g	2.10		0	BFZN	4		8.93	5.12	
Carbohydrate, by difference.....g	15.12		0	MC	9		64.26	36.89	
Fiber, total dietary.....g	1.5		1	MA	12		6.4	3.7	
Sugars, total.....g	2.15		0	BFZN	4		9.14	5.25	
Sucrose.....g	0.07		1	MA	12		0.30	0.17	
Glucose (dextrose).....g	1.04		1	MA	12		4.42	2.54	
Fructose.....g	0.94		1	MA	12		4.00	2.29	
Lactose.....g	0.00		1	MA	12		0.00	0.00	
Maltose.....g	0.10		1	MA	12		0.43	0.24	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	MA	12		34	20	
Iron, Fe.....mg	0.99		1	MA	12		4.21	2.42	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	145		1	MA	12		616	354	
Sodium, Na.....mg	481		1	MA	12		2044	1174	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1	MA	12		0.4	0.2	
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	263		1	MA	12		1118	642	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.020		1	MA	12		4.335	2.489	
Fatty acids, total monounsaturated.....g	0.820		1	MA	12		3.485	2.001	
Fatty acids, total polyunsaturated.....g	0.090		1	MA	12		0.383	0.220	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MA	12		26	15	
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.

**NDB No. 22515**

**CHEF BOYARDEE Beef Ravioli in Tomato & Meat Sauce, canned entree**

**Common Measures:**

Measure 1 = 425g: 1 package yields

Measure 2 = 244g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22517

**CHEF BOYARDEE MINI RAVIOLI, Beef Ravioli in Tomato & Meat Sauce, canned entree**

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Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 425g: 1 package yields  
Measure 2 = 252g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22518

CHEF BOYARDEE Spaghetti & Meatballs in Tomato Sauce, canned entree

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
<b>Proximates:</b>									
Water.....g	77.09		1	MA	12		327.63	185.02	
Energy.....kcal	104		0	MA	12		442	250	
Energy.....kj	435						1849	1044	
Protein.....g	3.78		1	MA	12		16.07	9.07	
Total lipid (fat).....g	3.60		1	MA	12		15.30	8.64	
Ash.....g	1.34		0	BFZN	4		5.70	3.22	
Carbohydrate, by difference.....g	14.19		0	MC	9		60.31	34.06	
Fiber, total dietary.....g	0.9		1	MA	12		3.8	2.2	
Sugars, total.....g	2.75		0	BFZN	4		11.69	6.60	
Sucrose.....g	0.02		1	MA	12		0.09	0.05	
Glucose (dextrose).....g	1.34		1	MA	12		5.70	3.22	
Fructose.....g	1.39		1	MA	12		5.91	3.34	
Lactose.....g	0.00		1	MA	12		0.00	0.00	
Maltose.....g	0.00		1	MA	12		0.00	0.00	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		1	MA	12		30	17	
Iron, Fe.....mg	0.74		1	MA	12		3.15	1.78	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	392		1	MA	12		1666	941	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MA	12		1.7	1.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	143		1	MA	12		608	343	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.610		1	MA	12		6.843	3.864	
Fatty acids, total monounsaturated.....g	1.530		1	MA	12		6.503	3.672	
Fatty acids, total polyunsaturated.....g	0.160		1	MA	12		0.680	0.384	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	MA	12		38	22	
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.



**NDB No. 22518**

**CHEF BOYARDEE Spaghetti & Meatballs in Tomato Sauce, canned entree**

**Common Measures:**

Measure 1 = 425g: 1 package yields

Measure 2 = 240g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22520

**CHEF BOYARDEE TEENAGE MUTANT NINJA TURTLES Pasta Shapes with Mini Meatballs in Tomato Sauce, canned entree**

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
<b>Proximates:</b>									
Water.....g	75.88		1	MA	12		160.87	160.87	
Energy.....kcal	107		0	MC	9		227	227	
Energy.....kj	448				9		949	949	
Protein.....g	3.85		1	MA	12		8.16	8.16	
Total lipid (fat).....g	3.19		1	MA	12		6.76	6.76	
Ash.....g	1.25		0	BFZN	4		2.65	2.65	
Carbohydrate, by difference.....g	15.83		0	MC	9		33.56	33.56	
Fiber, total dietary.....g	1.3		1	MA	12		2.8	2.8	
Sugars, total.....g	3.38		0	BFZN	4		7.17	7.17	
Sucrose.....g	0.00		1	MA	12		0.00	0.00	
Glucose (dextrose).....g	1.72		1	MA	12		3.65	3.65	
Fructose.....g	1.66		1	MA	12		3.52	3.52	
Lactose.....g	0.00		1	MA	12		0.00	0.00	
Maltose.....g	0.00		1	MA	12		0.00	0.00	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		1	MA	12		21	21	
Iron, Fe.....mg	0.44		1	MA	12		0.93	0.93	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	396		1	MA	12		840	840	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		1	MA	12		0.4	0.4	
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	131		1	MA	12		278	278	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.410		1	MA	12		2.989	2.989	
Fatty acids, total monounsaturated.....g	1.300		1	MA	12		2.756	2.756	
Fatty acids, total polyunsaturated.....g	0.120		1	MA	12		0.254	0.254	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	MA	12		21	21	
Phytosterols.....mg									

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

**NDB No. 22520**

**CHEF BOYARDEE TEENAGE MUTANT NINJA TURTLES Pasta Shapes with Mini Meatballs in Tomato Sauce, canned entree**

**Common Measures:**

Measure 1 = 212g: 1 package yields

Measure 2 = 212g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22674

CHUN KING Sweet & Sour Vegetables Fruit & Sauce with Chicken, canned entree

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
<b>Proximates:</b>									
Water.....g	84.50		1	A	1		1042.73	214.63	
Energy.....kcal	65		0	NC	4		802	165	
Energy.....kj	272				4		3356	691	
Protein.....g	2.30		1	A	1		28.38	5.84	
Total lipid (fat).....g	0.70		1	A	1		8.64	1.78	
Ash.....g									
Carbohydrate, by difference.....g	12.50		0	NC	4		154.25	31.75	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	222		1	A	1		2739	564	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.9		1	A	1		146.8	30.2	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		111	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 = 1234g: 1 package yields

Measure 2 = 254g: 1 serving

NDB No. 22674

CHUN KING Sweet & Sour Vegetables Fruit & Sauce with Chicken, canned entree

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



**NDB No. 22906**  
**Chicken pot pie, frozen entree**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.750	0.094	6	MA	12		12.478		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.267		0	FLC	4		0.579		
17:1.....g									
18:1 undifferentiated.....g	5.459		0	FLC	4		11.846		
20:1.....g	0.012		0	FLC	4		0.026		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.068	0.063	6	MA	12		4.488		
18:2 undifferentiated.....g	1.890		0	FLC	4		4.101		
18:3 undifferentiated.....g	0.114		0	FLC	4		0.247		
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	0.030		0	FLC	4		0.065		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.003		0	FLC	4		0.007		
22:6 n-3.....g	0.009		0	FLC	4		0.020		
Fatty acids, total trans.....g									
Cholesterol.....mg	19	0.698	6	MA	12		41		
Phytosterols.....mg									
<b>Others:</b>									
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 = 217g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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





NDB No. 22904

Chili con carne with beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.970	0.050	4	A	1		2.153		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2	A	1		0.222		
17:1.....g									
18:1 undifferentiated.....g	0.810		2	A	1		1.798		
20:1.....g	0.003		0	FLC	4		0.007		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.650	0.020	4	A	1		1.443		
18:2 undifferentiated.....g	0.220		2	A	1		0.488		
18:3 undifferentiated.....g	0.150		2	A	1		0.333		
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	0.022		0	FLC	4		0.049		
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	11	0.230	4	A	1		24		
Phytosterols.....mg									
<b>Others:</b>									
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 = 222g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22592

Cinnamon Swirl French Toast with Sausage, frozen breakfast

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
<b>Proximates:</b>									
Water.....g	50.80		1	A	1		79.25	79.25	
Energy.....kcal	266		0	NC	4		415	415	
Energy.....kj	1113				4		1736	1736	
Protein.....g	8.40		1	A	1		13.10	13.10	
Total lipid (fat).....g	14.90		1	A	1		23.24	23.24	
Ash.....g	1.40		1	A	1		2.18	2.18	
Carbohydrate, by difference.....g	24.50		0	NC	4		38.22	38.22	
Fiber, total dietary.....g	1.5		1	A	1		2.3	2.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.63		1	A	1		2.54	2.54	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	322		1	A	1		502	502	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.680		1	A	1		7.301	7.301	
Fatty acids, total monounsaturated.....g	6.040		1	A	1		9.422	9.422	
Fatty acids, total polyunsaturated.....g	2.200		1	A	1		3.432	3.432	
Fatty acids, total trans.....g									
Cholesterol.....mg	63		1	A	1		98	98	
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 = 156g: 1 package yields

Measure 2 = 156g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

**NDB No. 22704**  
**EL RIO Chili Con Carne, No Beans, canned entree**

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
<b>Proximates:</b>									
Water.....g	78.90		1	A	1		335.33	205.93	
Energy.....kcal	117		0	NC	4		497	305	
Energy.....kj	490				4		2080	1278	
Protein.....g	5.80		1	A	1		24.65	15.14	
Total lipid (fat).....g	7.70		1	A	1		32.73	20.10	
Ash.....g	1.40		1	A	1		5.95	3.65	
Carbohydrate, by difference.....g	6.20		0	NC	4		26.35	16.18	
Fiber, total dietary.....g	1.4		1	A	1		6.0	3.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.69		1	A	1		7.18	4.41	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	311		1	A	1		1322	812	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.860		1	A	1		12.155	7.465	
Fatty acids, total monounsaturated.....g	3.370		1	A	1		14.323	8.796	
Fatty acids, total polyunsaturated.....g	0.300		1	A	1		1.275	0.783	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		81	50	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	110		1	A	1		467.500	287.100	
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 = 425g: 1 package yields

Measure 2 = 261g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

NDB No. 22682

FIESTA CAFE Beef & Bean Chimichanga, 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
<b>Proximates:</b>									
Water.....g	58.30		1	A	1		132.34	132.34	
Energy.....kcal	186		0	NC	4		422	422	
Energy.....kj	778				4		1767	1767	
Protein.....g	10.60		1	A	1		24.06	24.06	
Total lipid (fat).....g	5.10		1	A	1		11.58	11.58	
Ash.....g	1.50		1	A	1		3.41	3.41	
Carbohydrate, by difference.....g	24.50		0	NC	4		55.62	55.62	
Fiber, total dietary.....g	2.7		1	A	1		6.1	6.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	3.00		1	A	1		6.81	6.81	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	354		1	A	1		804	804	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	2.6		1	A	1		5.9	5.9	
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	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.950		1	A	1		2.157	2.157	
Fatty acids, total monounsaturated.....g	1.710		1	A	1		3.882	3.882	
Fatty acids, total polyunsaturated.....g	1.530		1	A	1		3.473	3.473	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1		36	36	
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 = 227g: 1 package yields

Measure 2 = 227g: 1 serving

NDB No. 22682

FIESTA CAFE Beef & Bean Chimichanga, frozen

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22710

**FREEZER QUEEN Gravy & Sliced Beef Meal, Mashed Potatoes and Carrots, frozen meal**

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
<b>Proximates:</b>									
Water.....g	81.20		1	A	1		207.06	207.06	
Energy.....kcal	81		0	NC	4		207	207	
Energy.....kj	339				4		864	864	
Protein.....g	6.00		1	A	1		15.30	15.30	
Total lipid (fat).....g	1.90		1	A	1		4.85	4.85	
Ash.....g	0.90		1	A	1		2.30	2.30	
Carbohydrate, by difference.....g	10.00		0	NC	4		25.50	25.50	
Fiber, total dietary.....g	1.4		1	A	1		3.6	3.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	254		1	A	1		648	648	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.510		1	A	1		1.301	1.301	
Fatty acids, total monounsaturated.....g	0.490		1	A	1		1.250	1.250	
Fatty acids, total polyunsaturated.....g	0.670		1	A	1		1.709	1.709	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	A	1		31	31	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1930		1	A	1		4921.500	4921.500	
Carotene, alpha.....mcg	1120		1	A	1		2856.000	2856.000	
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



NDB No. 22600

GREEN GIANT, Broccoli in Cheese Flavored Sauce, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.009		1	A	1		0.015	0.025	0.010
17:1.....g	0.004		1	A	1		0.007	0.011	0.004
18:1 undifferentiated.....g	0.986		1	A	1		1.656	2.761	1.104
20:1.....g	0.005		1	A	1		0.008	0.014	0.006
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.253		1	A	1		0.425	0.708	0.283
18:2 undifferentiated.....g	0.189		1	A	1		0.318	0.529	0.212
18:3 undifferentiated.....g	0.062		1	A	1		0.104	0.174	0.069
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g	0.001		1	A	1		0.002	0.004	0.002
20:4 undifferentiated.....g	0.001		1	A	1		0.002	0.003	0.001
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	810		1	A	1		1360.800	2268.000	907.200
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 = 168g: 1 cup
- Measure 2 = 280g: 1 package
- Measure 3 = 112g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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



NDB No. 22601

HANOVER, STIR FRY 2, White Rice and Vegetables with Oriental Soy Sauce, 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
<b>Proximates:</b>									
Water.....g	75.00		1	A	1		102.75	369.75	102.75
Energy.....kcal	95		0	NC	4		130	467	130
Energy.....kj	396				4		543	1953	543
Protein.....g	3.30		1	A	1		4.52	16.27	4.52
Total lipid (fat).....g	0.30		1	A	1		0.41	1.48	0.41
Ash.....g	1.70		1	A	1		2.33	8.38	2.33
Carbohydrate, by difference.....g	19.70		0	NC	4		26.99	97.12	26.99
Fiber, total dietary.....g	1.8		1	A	1		2.5	8.9	2.5
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	464		1	A	1		636	2288	636
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.9		1	A	1		16.3	58.7	16.3
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

**Common Measures:**

- Measure 1 = 137g: 1 cup
- Measure 2 = 493g: 1 package
- Measure 3 = 137g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



**NDB No. 22402**  
**HEALTHY CHOICE Beef Macaroni, frozen entree**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.500		3	MA	12		1.200		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0	FLM	4		0.077		
17:1.....g									
18:1 undifferentiated.....g	0.449		0	FLM	4		1.078		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.140		3	MA	12		0.336		
18:2 undifferentiated.....g	0.125		0	FLM	4		0.300		
18:3 undifferentiated.....g	0.013		0	FLM	4		0.031		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.001		0	FLM	4		0.002		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		3	MA	12		14		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	98		0	FLA	4		235.669		
Carotene, alpha.....mcg	1		0	FLA	4		2.799		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.881		
Lycopene.....mcg	5535		0	FLA	4		13284.359		
Lutein + zeaxanthin.....mcg	39		0	FLA	4		93.030		

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

**Common Measures:**

Measure 1 = 240g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

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
<b>Proximates:</b>									
Water.....g	81.58		0	MA	12		288.79	288.79	
Energy.....kcal	75		0	NC	4		266	266	
Energy.....kj	314				4		1111	1111	
Protein.....g	6.21		0	MA	12		21.98	21.98	
Total lipid (fat).....g	1.12		0	MA	12		3.96	3.96	
Ash.....g	0.95		0	MA	12		3.36	3.36	
Carbohydrate, by difference.....g	10.13		0	NC	4		35.86	35.86	
Fiber, total dietary.....g	1.4		0	MA	12		5.0	5.0	
Sugars, total.....g	2.80		0	MA	12		9.91	9.91	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0	MA	12		53	53	
Iron, Fe.....mg	0.63		0	MA	12		2.23	2.23	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	72		0	MA	12		255	255	
Potassium, K.....mg	212		0	MA	12		750	750	
Sodium, Na.....mg	156		0	MA	12		552	552	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.280		0	MA	12		0.991	0.991	
Fatty acids, total monounsaturated.....g	0.670		0	MA	12		2.372	2.372	
Fatty acids, total polyunsaturated.....g	0.180		0	MA	12		0.637	0.637	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MA	12		32	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 = 354g: 1 package yields

Measure 2 = 354g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22588

**HEALTHY CHOICE Chicken Enchilada Suprema in Green Chili Sauce, Mexican Style Rice, Corn Medley, and Apple Raspberry Compote, frozen meal**

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
<b>Proximates:</b>									
Water.....g	78.60		0	MA	12		251.52	251.52	
Energy.....kcal	93		0	NC	4		298	298	
Energy.....kj	389				4		1245	1245	
Protein.....g	4.06		0	MA	12		12.99	12.99	
Total lipid (fat).....g	2.10		0	MA	12		6.72	6.72	
Ash.....g	0.87		0	MA	12		2.78	2.78	
Carbohydrate, by difference.....g	14.37		0	NC	4		45.98	45.98	
Fiber, total dietary.....g	1.3		0	MA	12		4.2	4.2	
Sugars, total.....g	2.50		0	MA	12		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0	MA	12		134	134	
Iron, Fe.....mg	0.24		0	MA	12		0.77	0.77	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	74		0	MA	12		237	237	
Potassium, K.....mg	120		0	MA	12		384	384	
Sodium, Na.....mg	176		0	MA	12		563	563	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.7		0	MA	12		18.2	18.2	
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	240		0	MA	12		768	768	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.970		0	MA	12		3.104	3.104	
Fatty acids, total monounsaturated.....g	0.810		0	MA	12		2.592	2.592	
Fatty acids, total polyunsaturated.....g	0.320		0	MA	12		1.024	1.024	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	MA	12		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 = 320g: 1 package yields

Measure 2 = 320g: 1 serving

NDB No. 22588

**HEALTHY CHOICE** Chicken Enchilada Suprema in Green Chili Sauce, Mexican Style Rice, Corn Medley, and Apple Raspberry Compote, frozen meal

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22587

HEALTHY CHOICE Chicken Teriyaki with Rice Medley, Mixed Vegetables in Butter Sauce and Apple Cherry Compote, frozen meal

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
<b>Proximates:</b>									
Water.....g	80.00		0	MA	12		249.60	249.60	
Energy.....kcal	86		0	NC	4		268	268	
Energy.....kj	360				4		1123	1123	
Protein.....g	5.47		0	MA	12		17.07	17.07	
Total lipid (fat).....g	1.80		0	MA	12		5.62	5.62	
Ash.....g	0.84		0	MA	12		2.62	2.62	
Carbohydrate, by difference.....g	11.89		0	NC	4		37.10	37.10	
Fiber, total dietary.....g	0.9		0	MA	12		2.8	2.8	
Sugars, total.....g	3.50		0	MA	12		10.92	10.92	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0	MA	12		37	37	
Iron, Fe.....mg	0.35		0	MA	12		1.09	1.09	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	72		0	MA	12		225	225	
Potassium, K.....mg	136		0	MA	12		424	424	
Sodium, Na.....mg	193		0	MA	12		602	602	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.9		0	MA	12		12.2	12.2	
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	379		0	MA	12		1182	1182	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.960		0	MA	12		2.995	2.995	
Fatty acids, total monounsaturated.....g	0.690		0	MA	12		2.153	2.153	
Fatty acids, total polyunsaturated.....g	0.150		0	MA	12		0.468	0.468	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	MA	12		44	44	
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 = 312g: 1 package yields

Measure 2 = 312g: 1 serving

NDB No. 22587

HEALTHY CHOICE Chicken Teriyaki with Rice Medley, Mixed Vegetables in Butter Sauce and Apple Cherry Compote, frozen meal

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22619

HEALTHY CHOICE Country Roast Turkey with Mushrooms in Brown Gravy with Rice Pilaf, frozen entree

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
<b>Proximates:</b>									
Water.....g	78.02		0	MA	12		187.25	187.25	
Energy.....kcal	93		0	NC	4		223	223	
Energy.....kj	389				4		934	934	
Protein.....g	7.91		0	MA	12		18.98	18.98	
Total lipid (fat).....g	1.64		0	MA	12		3.94	3.94	
Ash.....g	0.83		0	MA	12		1.99	1.99	
Carbohydrate, by difference.....g	11.60		0	NC	4		27.84	27.84	
Fiber, total dietary.....g	1.3		0	MA	12		3.1	3.1	
Sugars, total.....g	0.00		0	MA	12		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		0	MA	12		22	22	
Iron, Fe.....mg	0.43		0	MA	12		1.03	1.03	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	182		0	MA	12		437	437	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.520		0	MA	12		1.248	1.248	
Fatty acids, total monounsaturated.....g	0.750		0	MA	12		1.800	1.800	
Fatty acids, total polyunsaturated.....g	0.370		0	MA	12		0.888	0.888	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	MA	12		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 = 240g: 1 package yields

Measure 2 = 240g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22707

HEALTHY CHOICE Mesquite Beef with Barbecue Sauce, Mashed Potatoes, and Sweetened Corn, frozen meal

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
<b>Proximates:</b>									
Water.....g	76.78		0	MA	12		238.79	238.79	
Energy.....kcal	103		0	NC	4		320	320	
Energy.....kj	431				4		1340	1340	
Protein.....g	6.88		0	MA	12		21.40	21.40	
Total lipid (fat).....g	2.89		0	MA	12		8.99	8.99	
Ash.....g	1.14		0	MA	12		3.55	3.55	
Carbohydrate, by difference.....g	12.31		0	NC	4		38.28	38.28	
Fiber, total dietary.....g	1.6		0	MA	12		5.0	5.0	
Sugars, total.....g	5.30		0	MA	12		16.48	16.48	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0	MA	12		37	37	
Iron, Fe.....mg	0.35		0	MA	12		1.09	1.09	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	87		0	MA	12		271	271	
Potassium, K.....mg	293		0	MA	12		911	911	
Sodium, Na.....mg	158		0	MA	12		491	491	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.940		0	MA	12		2.923	2.923	
Fatty acids, total monounsaturated.....g	1.050		0	MA	12		3.266	3.266	
Fatty acids, total polyunsaturated.....g	0.900		0	MA	12		2.799	2.799	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MA	12		3	3	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 311g: 1 package yields

Measure 2 = 311g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22713

HEALTHY CHOICE Mesquite Chicken BBQ, White Rice, Mixed Vegetables in Sauce, and Apple Raisin Cobbler, frozen meal

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
<b>Proximates:</b>									
Water.....g	75.45		0	MA	12		224.84	224.84	
Energy.....kcal	104		0	NC	4		310	310	
Energy.....kj	435				4		1297	1297	
Protein.....g	6.06		0	MA	12		18.06	18.06	
Total lipid (fat).....g	1.67		0	MA	12		4.98	4.98	
Ash.....g	0.66		0	MA	12		1.97	1.97	
Carbohydrate, by difference.....g	16.15		0	NC	4		48.13	48.13	
Fiber, total dietary.....g	2.0		0	MA	12		6.0	6.0	
Sugars, total.....g	4.30		0	MA	12		12.81	12.81	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0	MA	12		42	42	
Iron, Fe.....mg	0.50		0	MA	12		1.49	1.49	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	162		0	MA	12		483	483	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1		0	MA	12		9.2	9.2	
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	602		0	MA	12		1794	1794	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.670		0	MA	12		1.997	1.997	
Fatty acids, total monounsaturated.....g	0.670		0	MA	12		1.997	1.997	
Fatty acids, total polyunsaturated.....g	0.330		0	MA	12		0.983	0.983	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0	MA	12		54	54	
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 = 298g: 1 package yields

Measure 2 = 298g: 1 serving

**NDB No. 22713**

**HEALTHY CHOICE Mesquite Chicken BBQ, White Rice, Mixed Vegetables in Sauce, and Apple Raisin Cobbler, frozen meal**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22708

HEALTHY CHOICE Salisbury Steak with Mushroom Gravy, Mashed Potatoes, and Sweetened Corn Medley, frozen meal

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
<b>Proximates:</b>									
Water.....g	76.78		0	MA	12		250.30	250.30	
Energy.....kcal	100		0	NC	4		326	326	
Energy.....kj	418				4		1364	1364	
Protein.....g	5.53		0	MA	12		18.03	18.03	
Total lipid (fat).....g	2.13		0	MA	12		6.94	6.94	
Ash.....g	0.83		0	MA	12		2.71	2.71	
Carbohydrate, by difference.....g	14.73		0	NC	4		48.02	48.02	
Fiber, total dietary.....g	1.9		0	MA	12		6.2	6.2	
Sugars, total.....g	7.30		0	MA	12		23.80	23.80	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		0	MA	12		42	42	
Iron, Fe.....mg	0.68		0	MA	12		2.22	2.22	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	143		0	MA	12		466	466	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.6		0	MA	12		11.7	11.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	311		0	MA	12		1014	1014	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.920		0	MA	12		2.999	2.999	
Fatty acids, total monounsaturated.....g	0.860		0	MA	12		2.804	2.804	
Fatty acids, total polyunsaturated.....g	0.350		0	MA	12		1.141	1.141	
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0	MA	12		49	49	
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 = 326g: 1 package yields

Measure 2 = 326g: 1 serving

**NDB No. 22708**

**HEALTHY CHOICE Salisbury Steak with Mushroom Gravy, Mashed Potatoes, and Sweetened Corn Medley, frozen meal**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22709

**HEALTHY CHOICE Traditional Meat Loaf with Tomato Sauce, Parsleyed Potatoes, Vegetable Blend in Butter Sauce, and Apple Praline Crisp, frozen meal**

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
<b>Proximates:</b>									
Water.....g	77.81		0	MA	12		264.55	264.55	
Energy.....kcal	93		0	NC	4		316	316	
Energy.....kj	389				4		1323	1323	
Protein.....g	4.51		0	MA	12		15.33	15.33	
Total lipid (fat).....g	1.47		0	MA	12		5.00	5.00	
Ash.....g	0.81		0	MA	12		2.75	2.75	
Carbohydrate, by difference.....g	15.40		0	NC	4		52.36	52.36	
Fiber, total dietary.....g	1.8		0	MA	12		6.1	6.1	
Sugars, total.....g	5.00		0	MA	12		17.00	17.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0	MA	12		48	48	
Iron, Fe.....mg	0.66		0	MA	12		2.24	2.24	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	135		0	MA	12		459	459	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.3		0	MA	12		55.4	55.4	
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	219		0	MA	12		745	745	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.740		0	MA	12		2.516	2.516	
Fatty acids, total monounsaturated.....g	0.560		0	MA	12		1.904	1.904	
Fatty acids, total polyunsaturated.....g	0.180		0	MA	12		0.612	0.612	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	MA	12		37	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 = 340g: 1 package yields

Measure 2 = 340g: 1 serving

**NDB No. 22709**

**HEALTHY CHOICE Traditional Meat Loaf with Tomato Sauce, Parsleyed Potatoes, Vegetable Blend in Butter Sauce, and Apple Praline Crisp, frozen meal**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22604

HEALTHY CHOICE, Cheddar Broccoli Potatoes with Cheese Sauce, 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
<b>Proximates:</b>									
Water.....g	74.15		1	MA	12		220.97	220.23	
Energy.....kcal	110		0	MC	9		328	327	
Energy.....kj	460				12		1372	1367	
Protein.....g	4.36		1	MA	12		12.99	12.95	
Total lipid (fat).....g	2.34		1	MA	12		6.97	6.95	
Ash.....g	1.34		1	MA	12		3.99	3.98	
Carbohydrate, by difference.....g	17.80		0	MC	9		53.04	52.87	
Fiber, total dietary.....g	2.0		1	MA	12		6.0	5.9	
Sugars, total.....g	2.50		1	MA	12		7.45	7.43	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	81		1	MA	12		241	241	
Iron, Fe.....mg	0.36		1	MA	12		1.07	1.07	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	185		1	MA	12		551	549	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.7		1	MA	12		28.9	28.8	
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	111		1	MA	12		331	330	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		1	MA	12		2.980	2.970	
Fatty acids, total monounsaturated.....g	0.730		1	MA	12		2.175	2.168	
Fatty acids, total polyunsaturated.....g	0.610		1	MA	12		1.818	1.812	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	MA	12		27	27	
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 = 298g: 1 package

Measure 2 = 297g: 1 serving

**NDB No. 22604**

**HEALTHY CHOICE, Cheddar Broccoli Potatoes with Cheese Sauce, frozen**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22701

HODGSON MILL, Whole Wheat Macaroni and Cheese Dinner, dry mix

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	8.50		1	A	1		17.51	5.95	5.95
Energy.....kcal	376		0	NC	4		774	263	263
Energy.....kj	1571				4		3236	1100	1100
Protein.....g	14.10		1	A	1		29.05	9.87	9.87
Total lipid (fat).....g	4.70		1	A	1		9.68	3.29	3.29
Ash.....g	3.50		1	A	1		7.21	2.45	2.45
Carbohydrate, by difference.....g	69.20		0	NC	4		142.55	48.44	48.44
Fiber, total dietary.....g	7.6		1	A	1		15.7	5.3	5.3
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	114		1	A	1		235	80	80
Iron, Fe.....mg	2.62		1	A	1		5.40	1.83	1.83
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	611		1	A	1		1259	428	428
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.370		1	A	1		2.822	0.959	0.959
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		16	6	6
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 206g: 1 package

Measure 2 = 70g: 1 serving

Measure 3 = 70g: 2.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



**NDB No. 22719**  
**HORMEL Chili with Beans, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.070	0.020	3	A	1		0.173	0.173	
17:1.....g									
18:1 undifferentiated.....g	0.610	0.200	3	A	1		1.507	1.507	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350	0.130	3	A	1		0.865	0.865	
18:2 undifferentiated.....g	0.200	0.060	3	A	1		0.494	0.494	
18:3 undifferentiated.....g	0.150	0.070	3	A	1		0.371	0.371	
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	10	3.510	3	A	1		25	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 = 247g: 1 cup  
 Measure 2 = 247g: 1 serving

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**  
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)



**NDB No. 22705**  
**HORMEL Chili, No Beans, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.090	0.000	4	A	1		0.212	0.192	0.212
17:1.....g									
18:1 undifferentiated.....g	0.860	0.060	4	A	1		2.030	1.832	2.030
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360	0.090	4	A	1		0.850	0.767	0.850
18:2 undifferentiated.....g	0.320	0.080	4	A	1		0.755	0.682	0.755
18:3 undifferentiated.....g	0.040	0.010	4	A	1		0.094	0.085	0.094
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15	2.080	4	A	1		35	32	35
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 = 236g: 1 cup
- Measure 2 = 213g: 1 package yields
- Measure 3 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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





**NDB No. 22698**  
**HORMEL Corned Beef Hash, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.460	0.060	13	A	1		1.086	0.980	1.086
17:1.....g									
18:1 undifferentiated.....g	4.810	0.450	13	A	1		11.352	10.245	11.352
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300	0.050	12	A	1		0.708	0.639	0.708
18:2 undifferentiated.....g	0.250	0.050	12	A	1		0.590	0.533	0.590
18:3 undifferentiated.....g	0.050	0.020	13	A	1		0.118	0.107	0.118
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	32	2.280	13	A	1		76	68	76
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 = 236g: 1 cup
- Measure 2 = 213g: 1 package yields
- Measure 3 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



NDB No. 22721

**HORMEL Roast Beef Hash, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.430	0.070	9	A	1		1.015	1.015	
17:1.....g									
18:1 undifferentiated.....g	4.340	0.260	8	A	1		10.242	10.242	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.270	0.040	8	A	1		0.637	0.637	
18:2 undifferentiated.....g	0.240	0.060	9	A	1		0.566	0.566	
18:3 undifferentiated.....g	0.050	0.020	8	A	1		0.118	0.118	
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	1.960	10	A	1		73	73	
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 = 236g: 1 cup

Measure 2 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



**NDB No. 22706**  
**HORMEL Turkey Chili with Beans, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010	0.010	13	A	1		0.025	0.021	0.025
17:1.....g									
18:1 undifferentiated.....g	0.160	0.040	13	A	1		0.395	0.341	0.395
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490	0.090	13	A	1		1.210	1.044	1.210
18:2 undifferentiated.....g	0.310	0.050	13	A	1		0.766	0.660	0.766
18:3 undifferentiated.....g	0.170	0.020	12	A	1		0.420	0.362	0.420
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	14	0.577	3	A	1		35	30	35
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 = 247g: 1 cup
- Measure 2 = 213g: 1 package yields
- Measure 3 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



NDB No. 22720

HORMEL Vegetarian Chili with Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000	0.000	9	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.030	0.000	9	A	1		0.074	0.074	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.160	0.030	9	A	1		0.395	0.395	
18:2 undifferentiated.....g	0.080	0.010	8	A	1		0.198	0.198	
18:3 undifferentiated.....g	0.070	0.010	9	A	1		0.173	0.173	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.790	44	A	1		0	0	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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





NDB No. 22694

HORMEL, DINTY MOORE Beef Stew, canned entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.220	0.040	14	A	1		0.519	0.935	0.519
17:1.....g									
18:1 undifferentiated.....g	2.450	0.310	14	A	1		5.782	10.413	5.782
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280	0.120	14	A	1		0.661	1.190	0.661
18:2 undifferentiated.....g	0.250	0.120	14	A	1		0.590	1.063	0.590
18:3 undifferentiated.....g	0.040	0.020	14	A	1		0.094	0.170	0.094
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16	1.510	14	A	1		38	68	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 = 236g: 1 cup

Measure 2 = 425g: 1 package yields

Measure 3 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22537

**HOT POCKETS Ham 'N Cheese Stuffed Sandwich, 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
<b>Proximates:</b>									
Water.....g	44.90		1	A	1		114.94	57.47	
Energy.....kcal	266		0	NC	4		681	340	
Energy.....kj	1113				4		2849	1425	
Protein.....g	11.60		1	A	1		29.70	14.85	
Total lipid (fat).....g	11.10		1	A	1		28.42	14.21	
Ash.....g	2.40		1	A	1		6.14	3.07	
Carbohydrate, by difference.....g	30.00		0	NC	4		76.80	38.40	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	196		1	A	1		502	251	
Iron, Fe.....mg	2.04		1	A	1		5.22	2.61	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	520		1	A	1		1331	666	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.520		1	A	1		11.571	5.786	
Fatty acids, total monounsaturated.....g	3.450		1	A	1		8.832	4.416	
Fatty acids, total polyunsaturated.....g	1.160		1	A	1		2.970	1.485	
Fatty acids, total trans.....g									
Cholesterol.....mg	39		1	A	1		100	50	
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:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22534

**HOT POCKETS, Beef & Cheddar Stuffed Sandwich, 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
<b>Proximates:</b>									
Water.....g	44.00		1	A	1		62.48	62.48	
Energy.....kcal	284		0	NC	4		403	403	
Energy.....kj	1188				4		1687	1687	
Protein.....g	11.50		1	A	1		16.33	16.33	
Total lipid (fat).....g	14.20		1	A	1		20.16	20.16	
Ash.....g	2.70		1	A	1		3.83	3.83	
Carbohydrate, by difference.....g	27.60		0	NC	4		39.19	39.19	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	237		1	A	1		337	337	
Iron, Fe.....mg	2.06		1	A	1		2.93	2.93	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	638		1	A	1		906	906	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.200		1	A	1		8.804	8.804	
Fatty acids, total monounsaturated.....g	4.689		1	A	1		6.658	6.658	
Fatty acids, total polyunsaturated.....g	0.860		1	A	1		1.221	1.221	
Fatty acids, total trans.....g									
Cholesterol.....mg	37		1	A	1		53	53	
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 = 142g: 1 package yields

Measure 2 = 142g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22535

**HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, 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
<b>Proximates:</b>									
Water.....g	50.00		1	A	1		128.00	64.00	
Energy.....kcal	235		0	NC	4		602	301	
Energy.....kj	983				4		2517	1259	
Protein.....g	8.90		1	A	1		22.78	11.39	
Total lipid (fat).....g	8.60		1	A	1		22.02	11.01	
Ash.....g	2.10		1	A	1		5.38	2.69	
Carbohydrate, by difference.....g	30.40		0	NC	4		77.82	38.91	
Fiber, total dietary.....g	1.1		1	A	1		2.8	1.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.97		1	A	1		7.60	3.80	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	509		1	A	1		1303	652	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.9		1	A	1		12.5	6.3	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	265		1	A	1		678	339	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.620		1	A	1		6.707	3.354	
Fatty acids, total monounsaturated.....g	3.420		1	A	1		8.755	4.378	
Fatty acids, total polyunsaturated.....g	1.300		1	A	1		3.328	1.664	
Fatty acids, total trans.....g									
Cholesterol.....mg	29		1	A	1		74	37	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	50		1	A	1		128.000	64.000	
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.

**NDB No. 22535**

**HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen**

**Common Measures:**

Measure 1 = 256g: 1 package yields

Measure 2 = 128g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22364

**JIMMY DEAN, Sausage Biscuits, breakfast sandwich, 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
<b>Proximates:</b>									
Water.....g	33.50		1	A	1		32.16	16.08	32.16
Energy.....kcal	401		0	NC	4		385	192	385
Energy.....kj	1676				4		1609	805	1609
Protein.....g	9.90		1	A	1		9.50	4.75	9.50
Total lipid (fat).....g	29.40		1	A	1		28.22	14.11	28.22
Ash.....g	3.10		1	A	1		2.98	1.49	2.98
Carbohydrate, by difference.....g	24.10		0	NC	4		23.14	11.57	23.14
Fiber, total dietary.....g	1.5		1	A	1		1.4	0.7	1.4
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	79		1	A	1		75	38	75
Iron, Fe.....mg	1.65		1	A	1		1.58	0.79	1.58
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	918		1	A	1		881	441	881
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.970		1	A	1		8.611	4.306	8.611
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1	A	1		31	16	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 = 96g: 1 package

Measure 2 = 48g: 1 sandwich

Measure 3 = 96g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22690

**KID CUISINE COSMIC CHICKEN NUGGETS, with Macaroni in Cheese Sauce, Corn in a Seasoned Sauce, and Chocolate Pudding w  
Rainbow Sprinkles, frozen meal**

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
<b>Proximates:</b>									
Water.....g	60.60		1	A	1		155.74	155.74	
Energy.....kcal	204		0	NC	4		524	524	
Energy.....kj	854				4		2194	2194	
Protein.....g	6.90		1	A	1		17.73	17.73	
Total lipid (fat).....g	10.40		1	A	1		26.73	26.73	
Ash.....g	1.50		1	A	1		3.86	3.86	
Carbohydrate, by difference.....g	20.60		0	NC	4		52.94	52.94	
Fiber, total dietary.....g	1.2		1	A	1		3.1	3.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	80		1	A	1		206	206	
Iron, Fe.....mg	1.11		1	A	1		2.85	2.85	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	379		1	A	1		974	974	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.570		1	A	1		6.605	6.605	
Fatty acids, total monounsaturated.....g	4.170		1	A	1		10.717	10.717	
Fatty acids, total polyunsaturated.....g	2.320		1	A	1		5.962	5.962	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		49	49	
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 = 257g: 1 package yields

Measure 2 = 257g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22005

**KRAFT Macaroni and Cheese Dinner Original Flavor, unprepared**

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
<b>Proximates:</b>									
Water.....g	7.70		0	MC	9		5.39		
Energy.....kcal	370		0	MC	9		259		
Energy.....kj	1548						1084		
Protein.....g	16.20		0	MC	9		11.34		
Total lipid (fat).....g	3.70		0	NR	4		2.59		
Ash.....g	3.60		0	MC	9		2.52		
Carbohydrate, by difference.....g	67.90		0	MC	9		47.53		
Fiber, total dietary.....g	2.1		0	MC	9		1.5		
Sugars, total.....g	10.00		0	MC	9		7.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	132		0	MC	9		92		
Iron, Fe.....mg	3.66		0	MC	9		2.56		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	378		0	MC	9		265		
Potassium, K.....mg	423		0	MC	9		296		
Sodium, Na.....mg	802		0	MC	9		561		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0	MC	9		0.4		
Thiamin.....mg	0.960		0	MC	9		0.672		
Riboflavin.....mg	0.590		0	MC	9		0.413		
Niacin.....mg	6.480		0	MC	9		4.536		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	93		0	MC	9		65		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	72		0	MC	9		50		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.800		0	MC	9		1.260		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	MC	9		10		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 70g: 1 NLEA Serving (makes about 1 cup prepared)

**Footnotes**

1 2.5 ounces unprepared yields 1 serving, about 1 cup prepared



**NDB No. 22005**

**KRAFT Macaroni and Cheese Dinner Original Flavor, unprepared**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

**NDB No. 22613**  
**LAS CAMPANAS Beef & Bean Burrito, 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
<b>Proximates:</b>									
Water.....g	46.40		1	A	1		528.96	52.90	
Energy.....kcal	260		0	NC	4		2964	296	
Energy.....kj	1088				4		12401	1240	
Protein.....g	7.60		1	A	1		86.64	8.66	
Total lipid (fat).....g	10.60		1	A	1		120.84	12.08	
Ash.....g	1.90		1	A	1		21.66	2.17	
Carbohydrate, by difference.....g	33.50		0	NC	4		381.90	38.19	
Fiber, total dietary.....g	0.7		1	A	1		8.0	0.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.73		1	A	1		31.12	3.11	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	508		1	A	1		5791	579	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.670		1	A	1		41.838	4.184	
Fatty acids, total monounsaturated.....g	4.840		1	A	1		55.176	5.518	
Fatty acids, total polyunsaturated.....g	0.690		1	A	1		7.866	0.787	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	A	1		125	13	
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 = 1140g: 1 package yields

Measure 2 = 114g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22538

**LEAN POCKETS Glazed Chicken Supreme Stuffed Sandwiches, 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
<b>Proximates:</b>									
Water.....g	58.90		1	A	1		150.20	75.39	
Energy.....kcal	182		0	NC	4		464	233	
Energy.....kj	761				4		1942	975	
Protein.....g	7.70		1	A	1		19.64	9.86	
Total lipid (fat).....g	4.90		1	A	1		12.50	6.27	
Ash.....g	1.80		1	A	1		4.59	2.30	
Carbohydrate, by difference.....g	26.70		0	NC	4		68.09	34.18	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	95		1	A	1		242	122	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	439		1	A	1		1119	562	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.500		1	A	1		3.825	1.920	
Fatty acids, total monounsaturated.....g	1.940		1	A	1		4.947	2.483	
Fatty acids, total polyunsaturated.....g	0.744		1	A	1		1.897	0.952	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	A	1		46	23	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	360		1	A	1		918.000	460.800	
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 = 255g: 1 package yields

Measure 2 = 128g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

NDB No. 22697

**LIBBY'S SPREADABLES Ready To Serve Sandwich Salads, Chicken Salad, shelf stable**

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
<b>Proximates:</b>									
Water.....g	73.70		1	A	1		167.30	86.97	
Energy.....kcal	145		0	NC	4		329	171	
Energy.....kj	607				4		1377	716	
Protein.....g	4.90		1	A	1		11.12	5.78	
Total lipid (fat).....g	9.40		1	A	1		21.34	11.09	
Ash.....g	1.90		1	A	1		4.31	2.24	
Carbohydrate, by difference.....g	10.10		0	NC	4		22.93	11.92	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	468		1	A	1		1062	552	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.950		1	A	1		4.427	2.301	
Fatty acids, total monounsaturated.....g	2.930		1	A	1		6.651	3.457	
Fatty acids, total polyunsaturated.....g	3.580		1	A	1		8.127	4.224	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		1	A	1		59	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 = 227g: 1 package yields

Measure 2 = 118g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22702

LIPTON, Alfredo Egg Noodles in a Creamy Sauce, dry mix

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

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

**Common Measures:**

Measure 1 = 93g: 1 cup

Measure 2 = 124g: 1 package

Measure 3 = 62g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22677

MARIE CALLENDER'S Beef Stroganoff and Noodles with Carrots & Peas, 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
<b>Proximates:</b>									
Water.....g	67.37		0	MA	12		247.92	247.92	
Energy.....kcal	163		0	NC	4		600	600	
Energy.....kj	682				4		2510	2510	
Protein.....g	8.26		0	MA	12		30.40	30.40	
Total lipid (fat).....g	7.34		0	MA	12		27.01	27.01	
Ash.....g	1.08		0	MA	12		3.97	3.97	
Carbohydrate, by difference.....g	15.95		0	NC	4		58.70	58.70	
Fiber, total dietary.....g	1.2		1	A	1		4.4	4.4	
Sugars, total.....g	2.20		0	MA	12		8.10	8.10	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		0	MA	12		70	70	
Iron, Fe.....mg	0.49		0	MA	12		1.80	1.80	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	310		0	MA	12		1141	1141	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	59		0	MA	12		217	217	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.010		0	MA	12		11.077	11.077	
Fatty acids, total monounsaturated.....g	3.250		0	MA	12		11.960	11.960	
Fatty acids, total polyunsaturated.....g	1.080		0	MA	12		3.974	3.974	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		0	MA	12		70	70	
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 = 368g: 1 package yields

Measure 2 = 368g: 1 serving

NDB No. 22677

MARIE CALLENDER'S Beef Stroganoff and Noodles with Carrots & Peas, frozen

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22526

MARIE CALLENDER'S Chicken Pot Pie, frozen entree

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
<b>Proximates:</b>									
Water.....g	61.37		0	MA	12		143.61	286.60	143.61
Energy.....kcal	214		0	NC	4		501	999	501
Energy.....kj	895				4		2095	4181	2095
Protein.....g	5.28		0	MA	12		12.36	24.66	12.36
Total lipid (fat).....g	13.08		0	MA	12		30.61	61.08	30.61
Ash.....g	1.40		0	MA	12		3.28	6.54	3.28
Carbohydrate, by difference.....g	18.87		0	NC	4		44.16	88.12	44.16
Fiber, total dietary.....g									
Sugars, total.....g	4.00		0	MA	12		9.36	18.68	9.36
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0	MA	12		37	75	37
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	445		0	MA	12		1041	2078	1041
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	0.0
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	484		0	MA	12		1133	2260	1133
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.400		0	MA	12		12.636	25.218	12.636
Fatty acids, total monounsaturated.....g	5.270		0	MA	12		12.332	24.611	12.332
Fatty acids, total polyunsaturated.....g	2.410		0	MA	12		5.639	11.255	5.639
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	MA	12		14	28	14
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 234g: 1 cup

Measure 2 = 467g: 1 package yields

Measure 3 = 234g: 1 serving

**NDB No. 22526**

**MARIE CALLENDER'S Chicken Pot Pie, frozen entree**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22685

MARIE CALLENDER'S Escalloped Noodles & Chicken, frozen entree

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
<b>Proximates:</b>									
Water.....g	67.30		0	MA	12		156.14	247.66	115.08
Energy.....kcal	171		0	NC	4		397	629	292
Energy.....kj	715				4		1660	2633	1223
Protein.....g	5.60		0	MA	12		12.99	20.61	9.58
Total lipid (fat).....g	9.14		0	MA	12		21.20	33.64	15.63
Ash.....g	1.43		0	MA	12		3.32	5.26	2.45
Carbohydrate, by difference.....g	16.53		0	NC	4		38.35	60.83	28.27
Fiber, total dietary.....g									
Sugars, total.....g	2.60		0	MA	12		6.03	9.57	4.45
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45		0	MA	12		104	166	77
Iron, Fe.....mg	0.85		0	MA	12		1.97	3.13	1.45
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	434		0	MA	12		1007	1597	742
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	0.0
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	529		0	MA	12		1227	1947	905
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.130		0	MA	12		7.262	11.518	5.352
Fatty acids, total monounsaturated.....g	2.720		0	MA	12		6.310	10.010	4.651
Fatty acids, total polyunsaturated.....g	3.280		0	MA	12		7.610	12.070	5.609
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 232g: 1 cup

Measure 2 = 368g: 1 package yields

Measure 3 = 171g: 1 serving

**NDB No. 22685**

**MARIE CALLENDER'S Escalloped Noodles & Chicken, frozen entree**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22599

MARIE CALLENDER'S Turkey with Gravy & Dressing with Broccoli, frozen meal

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
<b>Proximates:</b>									
Water.....g	72.57		0	MA	12		288.10	288.10	
Energy.....kcal	127		0	NC	4		504	504	
Energy.....kj	531				4		2110	2110	
Protein.....g	7.82		0	MA	12		31.05	31.05	
Total lipid (fat).....g	4.79		0	MA	12		19.02	19.02	
Ash.....g	1.76		0	MA	12		6.99	6.99	
Carbohydrate, by difference.....g	13.06		0	NC	4		51.85	51.85	
Fiber, total dietary.....g									
Sugars, total.....g	2.80		0	MA	12		11.12	11.12	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	33		0	MA	12		131	131	
Iron, Fe.....mg	1.10		0	MA	12		4.37	4.37	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	513		0	MA	12		2037	2037	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.0		0	MA	12		23.8	23.8	
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	100		0	MA	12		397	397	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.290		0	MA	12		9.091	9.091	
Fatty acids, total monounsaturated.....g	2.060		0	MA	12		8.178	8.178	
Fatty acids, total polyunsaturated.....g	0.440		0	MA	12		1.747	1.747	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	MA	12		79	79	
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 = 397g: 1 package yields

Measure 2 = 397g: 1 serving

**NDB No. 22599**

**MARIE CALLENDER'S Turkey with Gravy & Dressing with Broccoli, frozen meal**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22676

**MARQUEZ PRIMERA Shredded Beef, Green Chili & Monterey Jack Cheese Burrito, 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
<b>Proximates:</b>									
Water.....g	50.80		1	A	1		72.14	72.14	
Energy.....kcal	228		0	NC	4		324	324	
Energy.....kj	954				4		1355	1355	
Protein.....g	10.50		1	A	1		14.91	14.91	
Total lipid (fat).....g	8.20		1	A	1		11.64	11.64	
Ash.....g	2.40		1	A	1		3.41	3.41	
Carbohydrate, by difference.....g	28.10		0	NC	4		39.90	39.90	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	88		1	A	1		125	125	
Iron, Fe.....mg	2.01		1	A	1		2.85	2.85	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	541		1	A	1		768	768	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.650		1	A	1		3.763	3.763	
Fatty acids, total monounsaturated.....g	2.400		1	A	1		3.408	3.408	
Fatty acids, total polyunsaturated.....g	1.880		1	A	1		2.670	2.670	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		27	27	
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 = 142g: 1 package yields

Measure 2 = 142g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22608

**MICHELINA'S Spaghetti with Meatballs & Pomodoro Sauce, Low Fat frozen entree**

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
<b>Proximates:</b>									
Water.....g	74.20		1	A	1		210.73	210.73	
Energy.....kcal	110		0	NC	4		312	312	
Energy.....kj	460				4		1307	1307	
Protein.....g	4.80		1	A	1		13.63	13.63	
Total lipid (fat).....g	2.50		1	A	1		7.10	7.10	
Ash.....g	1.40		1	A	1		3.98	3.98	
Carbohydrate, by difference.....g	17.10		0	NC	4		48.56	48.56	
Fiber, total dietary.....g	2.2		1	A	1		6.2	6.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.03		1	A	1		2.93	2.93	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	356		1	A	1		1011	1011	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1		1	A	1		8.8	8.8	
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	183		1	A	1		520	520	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.779		1	A	1		2.212	2.212	
Fatty acids, total monounsaturated.....g	0.925		1	A	1		2.627	2.627	
Fatty acids, total polyunsaturated.....g	0.370		1	A	1		1.051	1.051	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		14	14	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	110		1	A	1		312.400	312.400	
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.



**NDB No. 22608**

**MICHELINA'S Spaghetti with Meatballs & Pomodoro Sauce, Low Fat frozen entree**

**Common Measures:**

Measure 1 = 284g: 1 package yields

Measure 2 = 284g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

**NDB No. 22539**  
**MRS PATERSON'S AUSSIE PIE, Hand Held Chicken Pie, 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
<b>Proximates:</b>									
Water.....g	48.10		1	A	1		75.04	75.04	
Energy.....kcal	278		0	NC	4		434	434	
Energy.....kj	1163				4		1815	1815	
Protein.....g	9.40		1	A	1		14.66	14.66	
Total lipid (fat).....g	15.40		1	A	1		24.02	24.02	
Ash.....g	1.60		1	A	1		2.50	2.50	
Carbohydrate, by difference.....g	25.50		0	NC	4		39.78	39.78	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.93		1	A	1		3.01	3.01	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	512		1	A	1		799	799	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.600		1	A	1		7.176	7.176	
Fatty acids, total monounsaturated.....g	5.320		1	A	1		8.299	8.299	
Fatty acids, total polyunsaturated.....g	2.740		1	A	1		4.274	4.274	
Fatty acids, total trans.....g									
Cholesterol.....mg	31		1	A	1		48	48	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	140		1	A	1		218.400	218.400	
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 = 156g: 1 package yields

Measure 2 = 156g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

NDB No. 22247

Macaroni and Cheese, canned entree

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
<b>Proximates:</b>									
Water.....g	81.90		0		4		342.34	206.39	
Energy.....kcal	79		0	NC	4		330	199	
Energy.....kj	331				4		1382	833	
Protein.....g	3.00		1	MA	12		12.54	7.56	
Total lipid (fat).....g	2.30		1	MA	12		9.61	5.80	
Ash.....g	1.30		1	MA	12		5.43	3.28	
Carbohydrate, by difference.....g	11.50		0	MC	9		48.07	28.98	
Fiber, total dietary.....g	1.2		1	MA	12		5.0	3.0	
Sugars, total.....g	0.70		1	MA	12		2.93	1.76	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45		1	MA	12		188	113	
Iron, Fe.....mg	0.80		1	MA	12		3.34	2.02	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	49		1	MA	12		205	123	
Sodium, Na.....mg	420		1	MA	12		1756	1058	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0	0.0	
Thiamin.....mg	0.110		1	MA	12		0.460	0.277	
Riboflavin.....mg	0.100		1	MA	12		0.418	0.252	
Niacin.....mg	1.000		1	MA	12		4.180	2.520	
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	83		0	BFZN	4		347	209	
Vitamin A, RAE.....mcg_RAE	21		0	NC	4		88	53	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.200		1	MA	12		5.016	3.024	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g	0.500		1	MA	12		2.090	1.260	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		1	MA	12		13	8	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	12		0	BFZN	4		50.160	30.240	
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. 22247**

**Macaroni and Cheese, canned entree**

**Common Measures:**

Measure 1 = 418g: 1 can

Measure 2 = 252g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22513

**NALLEY Chili Con Carne with Beans, canned entree**

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
<b>Proximates:</b>									
Water.....g	74.60		1	A	1		317.05	192.47	
Energy.....kcal	109		0	NC	4		463	281	
Energy.....kj	456				4		1938	1177	
Protein.....g	15.60		1	A	1		66.30	40.25	
Total lipid (fat).....g	3.10		1	A	1		13.18	8.00	
Ash.....g	2.10		1	A	1		8.93	5.42	
Carbohydrate, by difference.....g	4.60		0	NC	4		19.55	11.87	
Fiber, total dietary.....g	5.0		1	A	1		21.3	12.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.78		1	A	1		7.57	4.59	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	477		1	A	1		2027	1231	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.080		1	A	1		4.590	2.786	
Fatty acids, total monounsaturated.....g	1.180		1	A	1		5.015	3.044	
Fatty acids, total polyunsaturated.....g	0.328		1	A	1		1.394	0.846	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		43	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 = 425g: 1 package yields

Measure 2 = 258g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



**NDB No. 22215**  
**NESTLE, CHEF-MATE Chili with Beans, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.407		0	FLA	4		1.030	12.344	
17:1.....g									
18:1 undifferentiated.....g	3.646		0	FLA	4		9.224	110.583	
20:1.....g	0.011		0	FLA	4		0.028	0.334	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.552		0	FLA	4		1.397	16.742	
18:2 undifferentiated.....g	0.404		0	FLA	4		1.022	12.253	
18:3 undifferentiated.....g	0.097		0	FLA	4		0.245	2.942	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.036		0	FLA	4		0.091	1.092	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	22		3	A	1		56	667	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 253g: 1 cup

Measure 2 = 3033g: 1 package yields

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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





NDB No. 22216

NESTLE, CHEF-MATE Chili without Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.519		0	FLA	4		1.298	15.596	
17:1.....g									
18:1 undifferentiated.....g	4.650		0	FLA	4		11.625	139.733	
20:1.....g	0.014		0	FLA	4		0.035	0.421	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.705		0	FLA	4		1.763	21.185	
18:2 undifferentiated.....g	0.515		0	FLA	4		1.288	15.476	
18:3 undifferentiated.....g	0.092		0	FLA	4		0.230	2.765	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.046		0	FLA	4		0.115	1.382	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	34		3	A	1		85	1022	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 250g: 1 cup

Measure 2 = 3005g: 1 package yields

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



NDB No. 22217

NESTLE, CHEF-MATE Corned Beef Hash, canned entree

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.906		0	FLA	4		2.292	27.479	
17:1.....g									
18:1 undifferentiated.....g	4.893		0	FLA	4		12.379	148.405	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.440		0	FLA	4		1.113	13.345	
18:2 undifferentiated.....g	0.353		0	FLA	4		0.893	10.706	
18:3 undifferentiated.....g	0.073		0	FLA	4		0.185	2.214	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		3	A	1		89	1062	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 253g: 1 cup

Measure 2 = 3033g: 1 package yields

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

NDB No. 22514  
 OLD EL PASO Chili with Beans, canned entree

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
<b>Proximates:</b>									
Water.....g	76.90		1	A	1		326.83	175.33	
Energy.....kcal	109		0	NC	4		463	249	
Energy.....kj	456				4		1938	1040	
Protein.....g	7.70		1	A	1		32.73	17.56	
Total lipid (fat).....g	4.50		1	A	1		19.13	10.26	
Ash.....g	1.40		1	A	1		5.95	3.19	
Carbohydrate, by difference.....g	9.50		0	NC	4		40.38	21.66	
Fiber, total dietary.....g	4.3		1	A	1		18.3	9.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.18		1	A	1		5.02	2.69	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	258		1	A	1		1097	588	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.904		1	A	1		3.842	2.061	
Fatty acids, total monounsaturated.....g	1.870		1	A	1		7.948	4.264	
Fatty acids, total polyunsaturated.....g	0.985		1	A	1		4.186	2.246	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1		68	36	
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 = 425g: 1 package yields

Measure 2 = 228g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22584

**PATIO Beef & Bean Burrito with Green Chili, mild, 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
<b>Proximates:</b>									
Water.....g	50.46		0	MA	12		70.64	70.64	
Energy.....kcal	232		0	NC	4		325	325	
Energy.....kj	971				4		1359	1359	
Protein.....g	7.09		0	MA	12		9.93	9.93	
Total lipid (fat).....g	8.52		0	MA	12		11.93	11.93	
Ash.....g	2.24		0	MA	12		3.14	3.14	
Carbohydrate, by difference.....g	31.70		0	NC	4		44.38	44.38	
Fiber, total dietary.....g	2.8		0	MA	12		3.9	3.9	
Sugars, total.....g	2.10		0	MA	12		2.94	2.94	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0	MA	12		29	29	
Iron, Fe.....mg	0.71		0	MA	12		0.99	0.99	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	628		0	MA	12		879	879	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MA	12		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.850		0	MA	12		3.990	3.990	
Fatty acids, total monounsaturated.....g	3.250		0	MA	12		4.550	4.550	
Fatty acids, total polyunsaturated.....g	2.410		0	MA	12		3.374	3.374	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	MA	12		20	20	
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 = 140g: 1 package yields

Measure 2 = 140g: 1 serving

**NDB No. 22584**

**PATIO Beef & Bean Burrito with Green Chili, mild, frozen**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22586

PATIO Mexican Style Dinner with Tamales, Beef Enchiladas and Chili Sauce, Beans and Rice, frozen meal

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
<b>Proximates:</b>									
Water.....g	71.00		1	A	1		266.96	266.96	
Energy.....kcal	135		0	NC	4		508	508	
Energy.....kj	565				4		2124	2124	
Protein.....g	3.70		1	A	1		13.91	13.91	
Total lipid (fat).....g	5.30		1	A	1		19.93	19.93	
Ash.....g	1.80		1	A	1		6.77	6.77	
Carbohydrate, by difference.....g	18.20		0	NC	4		68.43	68.43	
Fiber, total dietary.....g	2.2		1	A	1		8.3	8.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64		1	A	1		241	241	
Iron, Fe.....mg	0.76		1	A	1		2.86	2.86	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	482		1	A	1		1812	1812	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		1	A	1		4.9	4.9	
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	167		1	A	1		628	628	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.800		1	A	1		6.768	6.768	
Fatty acids, total monounsaturated.....g	2.050		1	A	1		7.708	7.708	
Fatty acids, total polyunsaturated.....g	0.720		1	A	1		2.707	2.707	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	A	1		26	26	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	100		1	A	1		376.000	376.000	
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.

**NDB No. 22586**

**PATIO Mexican Style Dinner with Tamales, Beef Enchiladas and Chili Sauce, Beans and Rice, frozen meal**

**Common Measures:**

Measure 1 = 376g: 1 package yields

Measure 2 = 376g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22522

Pasta with Sliced Franks in Tomato Sauce, canned entree

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
<b>Proximates:</b>									
Water.....g	78.20		1	A	1		326.88	197.06	
Energy.....kcal	104		0	NC	4		435	262	
Energy.....kj	435				4		1819	1097	
Protein.....g	3.70		1	A	1		15.47	9.32	
Total lipid (fat).....g	4.60		1	A	1		19.23	11.59	
Ash.....g	1.60		1	A	1		6.69	4.03	
Carbohydrate, by difference.....g	11.90		0	NC	4		49.74	29.99	
Fiber, total dietary.....g	0.9		1	A	1		3.8	2.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.91		1	A	1		3.80	2.29	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	482		1	A	1		2015	1215	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.470		1	A	1		6.145	3.704	
Fatty acids, total monounsaturated.....g	1.900		1	A	1		7.942	4.788	
Fatty acids, total polyunsaturated.....g	0.598		1	A	1		2.500	1.507	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		38	23	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	70		1	A	1		292.600	176.400	
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 = 418g: 1 package yields

Measure 2 = 252g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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



NDB No. 22907

Pasta with meatballs in tomato sauce, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.670	0.010	4	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.156		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	1.439		0	FLC	4				
20:1.....g	0.004		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230	0.000	4	A	1				
18:2 undifferentiated.....g	0.184		0	FLC	4				
18:3 undifferentiated.....g	0.027		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	8	0.050	4	A	1				
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
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:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

**NDB No. 22540**  
**RED BARON Premium Pockets, Original Ham & Cheese, 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
<b>Proximates:</b>									
Water.....g	46.20		1	A	1		124.28	61.45	
Energy.....kcal	268		0	NC	4		721	356	
Energy.....kj	1121				4		3016	1491	
Protein.....g	11.20		1	A	1		30.13	14.90	
Total lipid (fat).....g	12.70		1	A	1		34.16	16.89	
Ash.....g	2.70		1	A	1		7.26	3.59	
Carbohydrate, by difference.....g	27.20		0	NC	4		73.17	36.18	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	143		1	A	1		385	190	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	791		1	A	1		2128	1052	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.660		1	A	1		12.535	6.198	
Fatty acids, total monounsaturated.....g	4.620		1	A	1		12.428	6.145	
Fatty acids, total polyunsaturated.....g	1.350		1	A	1		3.632	1.796	
Fatty acids, total trans.....g									
Cholesterol.....mg	31		1	A	1		83	41	
Phytosterols.....mg									
<b>Carotenoids:</b>									
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 = 269g: 1 package yields

Measure 2 = 133g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



NDB No. 22716

STAGG Classic Chili with Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.210	0.080	5	A	1		0.519	0.519	
17:1.....g									
18:1 undifferentiated.....g	2.590	0.140	5	A	1		6.397	6.397	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450	0.090	5	A	1		1.112	1.112	
18:2 undifferentiated.....g	0.290	0.050	5	A	1		0.716	0.716	
18:3 undifferentiated.....g	0.160	0.040	5	A	1		0.395	0.395	
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	2.090	6	A	1		42	42	
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 = 247g: 1 cup

Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22717

STAGG Country Chili with Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.280	0.010	4	A	1		0.692	0.692	
17:1.....g									
18:1 undifferentiated.....g	2.770	0.050	4	A	1		6.842	6.842	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280	0.010	4	A	1		0.692	0.692	
18:2 undifferentiated.....g	0.180	0.000	4	A	1		0.445	0.445	
18:3 undifferentiated.....g	0.100	0.010	4	A	1		0.247	0.247	
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	0.810	4	A	1		40	40	
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 = 247g: 1 cup  
 Measure 2 = 247g: 1 serving

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes  
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)





NDB No. 22714

STAGG Dynamite Chili with Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.490	0.480	5	A	1		1.210	1.210	
17:1.....g									
18:1 undifferentiated.....g	2.260	0.800	5	A	1		5.582	5.582	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370	0.030	5	A	1		0.914	0.914	
18:2 undifferentiated.....g	0.240	0.020	5	A	1		0.593	0.593	
18:3 undifferentiated.....g	0.120	0.010	5	A	1		0.296	0.296	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	18	1.780	5	A	1		44	44	
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 = 247g: 1 cup

Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22715

STAGG Ranchhouse Chili with Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data Points	Code	Code				
16:1 undifferentiated.....g	0.240	0.000	4	A	1		0.593	0.593	
17:1.....g									
18:1 undifferentiated.....g	1.430	0.010	4	A	1		3.532	3.532	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800	0.010	4	A	1		1.976	1.976	
18:2 undifferentiated.....g	0.660	0.000	4	A	1		1.630	1.630	
18:3 undifferentiated.....g	0.150	0.010	4	A	1		0.371	0.371	
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	19	1.250	4	A	1		47	47	
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 = 247g: 1 cup

Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



**NDB No. 22718**  
**STAGG SILVERADO Chili with Beans, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030	0.000	6	A	1		0.074	0.074	
17:1.....g									
18:1 undifferentiated.....g	0.340	0.120	6	A	1		0.840	0.840	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370	0.160	6	A	1		0.914	0.914	
18:2 undifferentiated.....g	0.210	0.080	6	A	1		0.519	0.519	
18:3 undifferentiated.....g	0.160	0.080	6	A	1		0.395	0.395	
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	1.500	6	A	1		40	40	
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 = 247g: 1 cup  
 Measure 2 = 247g: 1 serving

**Calories Factors: Protein                      Fat                      Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**  
 USDA National Nutrient Database for Standard Reference, Release 16 (2003)

NDB No. 22615

STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree

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
<b>Proximates:</b>									
Water.....g	71.90		1	A	1		203.48	203.48	
Energy.....kcal	133		0	NC	4		376	376	
Energy.....kj	556				4		1575	1575	
Protein.....g	4.40		1	A	1		12.45	12.45	
Total lipid (fat).....g	5.20		1	A	1		14.72	14.72	
Ash.....g	1.40		1	A	1		3.96	3.96	
Carbohydrate, by difference.....g	17.10		0	NC	4		48.39	48.39	
Fiber, total dietary.....g	1.6		1	A	1		4.5	4.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	90		1	A	1		255	255	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	354		1	A	1		1002	1002	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.4		1	A	1		15.3	15.3	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	267		1	A	1		756	756	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.190		1	A	1		3.368	3.368	
Fatty acids, total monounsaturated.....g	1.560		1	A	1		4.415	4.415	
Fatty acids, total polyunsaturated.....g	1.310		1	A	1		3.707	3.707	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		25	25	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	160		1	A	1		452.800	452.800	
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. 22615**

**STOUFFER'S Chicken Enchilada and Mexican-Style Rice with Monterey Jack Cheese Sauce, frozen entree**

**Common Measures:**

Measure 1 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22527  
 STOUFFER'S Chicken Pie, frozen entree

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
<b>Proximates:</b>									
Water.....g	64.40		1	A	1		182.25	182.25	
Energy.....kcal	202		0	NC	4		572	572	
Energy.....kj	845				4		2392	2392	
Protein.....g	8.20		1	A	1		23.21	23.21	
Total lipid (fat).....g	13.10		1	A	1		37.07	37.07	
Ash.....g	1.40		1	A	1		3.96	3.96	
Carbohydrate, by difference.....g	12.90		0	NC	4		36.51	36.51	
Fiber, total dietary.....g	1.1		1	A	1		3.1	3.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		1	A	1		102	102	
Iron, Fe.....mg	1.06		1	A	1		3.00	3.00	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	333		1	A	1		942	942	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.790		1	A	1		10.726	10.726	
Fatty acids, total monounsaturated.....g	4.370		1	A	1		12.367	12.367	
Fatty acids, total polyunsaturated.....g	3.690		1	A	1		10.443	10.443	
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		76	76	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	990		1	A	1		2801.700	2801.700	
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 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

**NDB No. 22579**  
**STOUFFER'S Creamed Chipped Beef, frozen entree**

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
<b>Proximates:</b>									
Water.....g	74.90		1	A	1		232.94	93.63	
Energy.....kcal	140		0	NC	4		435	175	
Energy.....kj	586				4		1822	732	
Protein.....g	7.90		1	A	1		24.57	9.88	
Total lipid (fat).....g	9.50		1	A	1		29.55	11.88	
Ash.....g	2.00		1	A	1		6.22	2.50	
Carbohydrate, by difference.....g	5.70		0	NC	4		17.73	7.13	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	152		1	A	1		473	190	
Iron, Fe.....mg	0.73		1	A	1		2.27	0.91	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	497		1	A	1		1546	621	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.030		1	A	1		12.533	5.038	
Fatty acids, total monounsaturated.....g	2.810		1	A	1		8.739	3.513	
Fatty acids, total polyunsaturated.....g	0.940		1	A	1		2.923	1.175	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		1	A	1		109	44	
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 = 311g: 1 package yields

Measure 2 = 125g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22614

STOUFFER'S Escalloped Chicken & Noodles, frozen entree

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
<b>Proximates:</b>									
Water.....g	72.70		1	MA	12		205.74	205.74	
Energy.....kcal	148			NC	4		419	419	
Energy.....kj	540				4		1527	1527	
Protein.....g	6.00		1	A	1		16.98	16.98	
Total lipid (fat).....g	8.90		1	MA	12		25.19	25.19	
Ash.....g	1.40		1	MA	12		3.96	3.96	
Carbohydrate, by difference.....g	11.10			NC	4		31.41	31.41	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	41		1	A	1		116	116	
Iron, Fe.....mg	0.40		1	A	1		1.13	1.13	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	428		1	A	1		1211	1211	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.320		1	A	1		6.566	6.566	
Fatty acids, total monounsaturated.....g	2.710		1	A	1		7.669	7.669	
Fatty acids, total polyunsaturated.....g	4.790		1	A	1		13.556	13.556	
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		76	76	
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 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22583

**STOUFFER'S HOMESTYLE Salisbury Steak in Gravy & Macaroni and Cheese, frozen entree**

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
<b>Proximates:</b>									
Water.....g	72.80		1	A	1		198.02	198.02	
Energy.....kcal	142		0	NC	4		386	386	
Energy.....kj	594				4		1616	1616	
Protein.....g	8.30		1	A	1		22.58	22.58	
Total lipid (fat).....g	7.80		1	A	1		21.22	21.22	
Ash.....g	1.40		1	A	1		3.81	3.81	
Carbohydrate, by difference.....g	9.70		0	NC	4		26.38	26.38	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		1	A	1		196	196	
Iron, Fe.....mg	0.84		1	A	1		2.28	2.28	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	373		1	A	1		1015	1015	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.940		1	A	1		7.997	7.997	
Fatty acids, total monounsaturated.....g	2.920		1	A	1		7.942	7.942	
Fatty acids, total polyunsaturated.....g	0.680		1	A	1		1.850	1.850	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		1	A	1		63	63	
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 = 272g: 1 package yields

Measure 2 = 272g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

STOUFFER'S LEAN CUISINE Chicken Enchilada Suiza with Sour Cream Sauce and Mexican-Style Rice, frozen entree

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
<b>Proximates:</b>									
Water.....g	72.20		1	A	1		184.11	184.11	
Energy.....kcal	117		0	NC	4		298	298	
Energy.....kj	490				4		1248	1248	
Protein.....g	4.50		1	A	1		11.48	11.48	
Total lipid (fat).....g	1.90		1	A	1		4.85	4.85	
Ash.....g	1.00		1	A	1		2.55	2.55	
Carbohydrate, by difference.....g	20.40		0	NC	4		52.02	52.02	
Fiber, total dietary.....g	1.7		1	A	1		4.3	4.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		1	A	1		184	184	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	211		1	A	1		538	538	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.570		1	A	1		1.454	1.454	
Fatty acids, total monounsaturated.....g	0.584		1	A	1		1.489	1.489	
Fatty acids, total polyunsaturated.....g	0.417		1	A	1		1.063	1.063	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		20	20	
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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22581

STOUFFER'S LEAN CUISINE Chicken a l'Orange in Sauce with Broccoli and Rice, frozen meal

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
<b>Proximates:</b>									
Water.....g	73.90		1	A	1		188.45	188.45	
Energy.....kcal	105		0	NC	4		268	268	
Energy.....kj	439				4		1120	1120	
Protein.....g	9.60		1	A	1		24.48	24.48	
Total lipid (fat).....g	0.70		1	A	1		1.79	1.79	
Ash.....g	0.70		1	A	1		1.79	1.79	
Carbohydrate, by difference.....g	15.10		0	NC	4		38.51	38.51	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	141		1	A	1		360	360	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.1		1	A	1		18.1	18.1	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	600		1	A	1		1530	1530	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.164		1	A	1		0.418	0.418	
Fatty acids, total monounsaturated.....g	0.197		1	A	1		0.502	0.502	
Fatty acids, total polyunsaturated.....g	0.162		1	A	1		0.413	0.413	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	A	1		46	46	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	360		1	A	1		918.000	918.000	
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.

**NDB No. 22581**

**STOUFFER'S LEAN CUISINE Chicken a l'Orange in Sauce with Broccoli and Rice, frozen meal**

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22577

STOUFFER'S LEAN CUISINE Chicken and Vegetables with Vermicelli, frozen entree

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
<b>Proximates:</b>									
Water.....g	80.10		1	A	1		237.90	237.90	
Energy.....kcal	85		0	NC	4		252	252	
Energy.....kj	356				4		1056	1056	
Protein.....g	6.30		1	A	1		18.71	18.71	
Total lipid (fat).....g	1.90		1	A	1		5.64	5.64	
Ash.....g	0.90		1	A	1		2.67	2.67	
Carbohydrate, by difference.....g	10.80		0	NC	4		32.08	32.08	
Fiber, total dietary.....g	1.7		1	A	1		5.0	5.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		1	A	1		104	104	
Iron, Fe.....mg	0.45		1	A	1		1.34	1.34	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	196		1	A	1		582	582	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.9		1	A	1		14.6	14.6	
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	67		1	A	1		199	199	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.346		1	A	1		1.028	1.028	
Fatty acids, total monounsaturated.....g	0.718		1	A	1		2.132	2.132	
Fatty acids, total polyunsaturated.....g	0.466		1	A	1		1.384	1.384	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		24	24	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	40		1	A	1		118.800	118.800	
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. 22577**

**STOUFFER'S LEAN CUISINE Chicken and Vegetables with Vermicelli, frozen entree**

**Common Measures:**

Measure 1 = 297g: 1 package yields

Measure 2 = 297g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22578

STOUFFER'S LEAN CUISINE HOMESTYLE Beef Pot Roast with Whipped Potatoes, frozen entree

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
<b>Proximates:</b>									
Water.....g	81.10		1	A	1		206.81	206.81	
Energy.....kcal	81		0	NC	4		207	207	
Energy.....kj	339				4		864	864	
Protein.....g	6.80		1	A	1		17.34	17.34	
Total lipid (fat).....g	2.10		1	A	1		5.36	5.36	
Ash.....g	1.20		1	A	1		3.06	3.06	
Carbohydrate, by difference.....g	8.80		0	NC	4		22.44	22.44	
Fiber, total dietary.....g	1.4		1	A	1		3.6	3.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	194		1	A	1		495	495	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.512		1	A	1		1.306	1.306	
Fatty acids, total monounsaturated.....g	0.896		1	A	1		2.285	2.285	
Fatty acids, total polyunsaturated.....g	0.317		1	A	1		0.808	0.808	
Fatty acids, total trans.....g									
Cholesterol.....mg	15		1	A	1		38	38	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	230		1	A	1		586.500	586.500	
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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22585

STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal

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
<b>Proximates:</b>									
Water.....g	83.10		1	A	1		223.54	223.54	
Energy.....kcal	74		0	NC	4		199	199	
Energy.....kj	310				4		833	833	
Protein.....g	4.30		1	A	1		11.57	11.57	
Total lipid (fat).....g	2.10		1	A	1		5.65	5.65	
Ash.....g	0.90		1	A	1		2.42	2.42	
Carbohydrate, by difference.....g	9.60		0	NC	4		25.82	25.82	
Fiber, total dietary.....g	2.4		1	A	1		6.5	6.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39		1	A	1		105	105	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	153		1	A	1		412	412	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.7		1	A	1		53.0	53.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.625		1	A	1		1.681	1.681	
Fatty acids, total monounsaturated.....g	0.883		1	A	1		2.375	2.375	
Fatty acids, total polyunsaturated.....g	0.278		1	A	1		0.748	0.748	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		24	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 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

**NDB No. 22585**

**STOUFFER'S LEAN CUISINE Homestyle Stuffed Cabbage with Meat in Tomato Sauce and Whipped Potatoes, frozen meal**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22609

STOUFFER'S LEAN CUISINE LUNCH EXPRESS Rice and Chicken Stir-Fry with Vegetables, frozen entree

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
<b>Proximates:</b>									
Water.....g	76.00		1	A	1		193.80	193.80	
Energy.....kcal	106		0	NC	4		270	270	
Energy.....kj	444				4		1131	1131	
Protein.....g	4.60		1	A	1		11.73	11.73	
Total lipid (fat).....g	2.90		1	A	1		7.40	7.40	
Ash.....g	1.00		1	A	1		2.55	2.55	
Carbohydrate, by difference.....g	15.50		0	NC	4		39.53	39.53	
Fiber, total dietary.....g	2.3		1	A	1		5.9	5.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	248		1	A	1		632	632	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.3		1	A	1		23.7	23.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2067		1	A	1		5271	5271	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.364		1	A	1		0.928	0.928	
Fatty acids, total monounsaturated.....g	1.360		1	A	1		3.468	3.468	
Fatty acids, total polyunsaturated.....g	0.792		1	A	1		2.020	2.020	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		26	26	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1240		1	A	1		3162.000	3162.000	
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.

**NDB No. 22609**

**STOUFFER'S LEAN CUISINE LUNCH EXPRESS Rice and Chicken Stir-Fry with Vegetables, frozen entree**

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22576

STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree

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
<b>Proximates:</b>									
Water.....g	79.40		1	A	1		224.70	224.70	
Energy.....kcal	88		0	NC	4		249	249	
Energy.....kj	368				4		1042	1042	
Protein.....g	4.90		1	A	1		13.87	13.87	
Total lipid (fat).....g	1.90		1	A	1		5.38	5.38	
Ash.....g	0.90		1	A	1		2.55	2.55	
Carbohydrate, by difference.....g	12.90		0	NC	4		36.51	36.51	
Fiber, total dietary.....g	1.2		1	A	1		3.4	3.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.77		1	A	1		2.18	2.18	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	199		1	A	1		563	563	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	55.6		1	A	1		157.3	157.3	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	350		1	A	1		991	991	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.578		1	A	1		1.636	1.636	
Fatty acids, total monounsaturated.....g	0.727		1	A	1		2.057	2.057	
Fatty acids, total polyunsaturated.....g	0.248		1	A	1		0.702	0.702	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		23	23	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	210		1	A	1		594.300	594.300	
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.

**NDB No. 22576**

**STOUFFER'S LEAN CUISINE Macaroni and Beef in Tomato Sauce, frozen entree**

**Common Measures:**

Measure 1 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22582

STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen meal

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
<b>Proximates:</b>									
Water.....g	77.70		1	A	1		198.14	198.14	
Energy.....kcal	95		0	NC	4		242	242	
Energy.....kj	397				4		1014	1014	
Protein.....g	5.30		1	A	1		13.52	13.52	
Total lipid (fat).....g	1.90		1	A	1		4.85	4.85	
Ash.....g	0.90		1	A	1		2.30	2.30	
Carbohydrate, by difference.....g	14.20		0	NC	4		36.21	36.21	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	195		1	A	1		497	497	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.4		1	A	1		26.5	26.5	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1000		1	A	1		2550	2550	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.714		1	A	1		1.821	1.821	
Fatty acids, total monounsaturated.....g	0.770		1	A	1		1.964	1.964	
Fatty acids, total polyunsaturated.....g	0.153		1	A	1		0.390	0.390	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		23	23	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	600		1	A	1		1530.000	1530.000	
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.

**NDB No. 22582**

**STOUFFER'S LEAN CUISINE Oriental Beef with Vegetables and Rice, frozen meal**

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22580

STOUFFER'S LEAN CUISINE Spaghetti with Meat Sauce, frozen entree

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
<b>Proximates:</b>									
Water.....g	77.40		1	A	1		252.32	252.32	
Energy.....kcal	96		0	NC	4		313	313	
Energy.....kj	402				4		1309	1309	
Protein.....g	4.40		1	A	1		14.34	14.34	
Total lipid (fat).....g	1.80		1	A	1		5.87	5.87	
Ash.....g	0.90		1	A	1		2.93	2.93	
Carbohydrate, by difference.....g	15.50		0	NC	4		50.53	50.53	
Fiber, total dietary.....g	1.7		1	A	1		5.5	5.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.65		1	A	1		2.12	2.12	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	187		1	A	1		610	610	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.7		1	A	1		34.9	34.9	
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	167		1	A	1		544	544	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.415		1	A	1		1.353	1.353	
Fatty acids, total monounsaturated.....g	0.700		1	A	1		2.282	2.282	
Fatty acids, total polyunsaturated.....g	0.406		1	A	1		1.324	1.324	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	A	1		13	13	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	100		1	A	1		326.000	326.000	
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.

**NDB No. 22580**

**STOUFFER'S LEAN CUISINE Spaghetti with Meat Sauce, frozen entree**

**Common Measures:**

Measure 1 = 326g: 1 package yields

Measure 2 = 326g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22572

STOUFFER'S LEAN CUISINE Spaghetti with Meatballs and Sauce, frozen entree

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
<b>Proximates:</b>									
Water.....g	74.90		1	A	1		201.48	201.48	
Energy.....kcal	111		0	NC	4		299	299	
Energy.....kj	464				4		1249	1249	
Protein.....g	6.70		1	A	1		18.02	18.02	
Total lipid (fat).....g	2.80		1	A	1		7.53	7.53	
Ash.....g	0.90		1	A	1		2.42	2.42	
Carbohydrate, by difference.....g	14.70		0	NC	4		39.54	39.54	
Fiber, total dietary.....g	1.7		1	A	1		4.6	4.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		1	A	1		94	94	
Iron, Fe.....mg	0.88		1	A	1		2.37	2.37	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	173		1	A	1		465	465	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.767		1	A	1		2.063	2.063	
Fatty acids, total monounsaturated.....g	1.020		1	A	1		2.744	2.744	
Fatty acids, total polyunsaturated.....g	0.499		1	A	1		1.342	1.342	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1		5	5	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22573

STOUFFER'S LEAN CUISINE Swedish Meatballs with Pasta, frozen entree

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
<b>Proximates:</b>									
Water.....g	75.80		1	A	1		195.56	195.56	
Energy.....kcal	107		0	NC	4		276	276	
Energy.....kj	448				4		1155	1155	
Protein.....g	8.40		1	A	1		21.67	21.67	
Total lipid (fat).....g	2.80		1	A	1		7.22	7.22	
Ash.....g	0.90		1	A	1		2.32	2.32	
Carbohydrate, by difference.....g	12.10		0	NC	4		31.22	31.22	
Fiber, total dietary.....g	1.0		1	A	1		2.6	2.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.80		1	A	1		2.06	2.06	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	218		1	A	1		562	562	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.939		1	A	1		2.423	2.423	
Fatty acids, total monounsaturated.....g	0.907		1	A	1		2.340	2.340	
Fatty acids, total polyunsaturated.....g	0.403		1	A	1		1.040	1.040	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	A	1		46	46	
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 = 258g: 1 package yields

Measure 2 = 258g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22610

STOUFFER'S LUNCH EXPRESS Chicken Alfredo with fettucini and vegetables, frozen meal

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
<b>Proximates:</b>									
Water.....g	73.20		1	A	1		199.10	199.10	
Energy.....kcal	137		0	NC	4		373	373	
Energy.....kj	573				4		1559	1559	
Protein.....g	7.00		1	A	1		19.04	19.04	
Total lipid (fat).....g	6.80		1	A	1		18.50	18.50	
Ash.....g	1.00		1	A	1		2.72	2.72	
Carbohydrate, by difference.....g	12.00		0	NC	4		32.64	32.64	
Fiber, total dietary.....g	1.4		1	A	1		3.8	3.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1	A	1		147	147	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	216		1	A	1		588	588	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.9		1	A	1		24.2	24.2	
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	892		1	A	1		2426	2426	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.570		1	A	1		6.990	6.990	
Fatty acids, total monounsaturated.....g	2.300		1	A	1		6.256	6.256	
Fatty acids, total polyunsaturated.....g	0.880		1	A	1		2.394	2.394	
Fatty acids, total trans.....g									
Cholesterol.....mg	21		1	A	1		57	57	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	500		1	A	1		1360.000	1360.000	
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.

**NDB No. 22610**

**STOUFFER'S LUNCH EXPRESS Chicken Alfredo with fettucini and vegetables, frozen meal**

**Common Measures:**

Measure 1 = 272g: 1 package yields

Measure 2 = 272g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22570

STOUFFER'S Lasagna with Meat & Sauce, frozen entree

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
<b>Proximates:</b>									
Water.....g	72.50		1	A	1		431.38	155.88	
Energy.....kcal	129		0	NC	4		768	277	
Energy.....kj	540				4		3211	1160	
Protein.....g	8.70		1	A	1		51.77	18.71	
Total lipid (fat).....g	5.00		1	A	1		29.75	10.75	
Ash.....g	1.50		1	A	1		8.93	3.23	
Carbohydrate, by difference.....g	12.30		0	NC	4		73.19	26.45	
Fiber, total dietary.....g	1.5		1	A	1		8.9	3.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	107		1	A	1		637	230	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	342		1	A	1		2035	735	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.190		1	A	1		13.031	4.709	
Fatty acids, total monounsaturated.....g	1.620		1	A	1		9.639	3.483	
Fatty acids, total polyunsaturated.....g	0.260		1	A	1		1.547	0.559	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		113	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 = 595g: 1 package yields

Measure 2 = 215g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22569

STOUFFER'S Stuffed Peppers with Beef in Tomato Sauce, frozen entree

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
<b>Proximates:</b>									
Water.....g	82.20		1	A	1		360.86	180.84	
Energy.....kcal	86		0	NC	4		378	189	
Energy.....kj	360				4		1580	792	
Protein.....g	3.60		1	A	1		15.80	7.92	
Total lipid (fat).....g	3.70		1	A	1		16.24	8.14	
Ash.....g	1.00		1	A	1		4.39	2.20	
Carbohydrate, by difference.....g	9.50		0	NC	4		41.71	20.90	
Fiber, total dietary.....g	2.4		1	A	1		10.5	5.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	263		1	A	1		1155	579	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	39.4		1	A	1		173.0	86.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.240		1	A	1		5.444	2.728	
Fatty acids, total monounsaturated.....g	1.710		1	A	1		7.507	3.762	
Fatty acids, total polyunsaturated.....g	0.241		1	A	1		1.058	0.530	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		44	22	
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 = 439g: 1 package yields

Measure 2 = 220g: 1 serving

**NDB No. 22569**

**STOUFFER'S Stuffed Peppers with Beef in Tomato Sauce, frozen entree**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22602

STOUFFER'S, Creamed Spinach, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2190		1	A	1		5475.000	5475.000	2737.500
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 = 250g: 1 cup
- Measure 2 = 250g: 1 package
- Measure 3 = 125g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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



NDB No. 22363

SUNNY FRESH, Breakfast "Stuff-Its", Pre-Cooked Frozen Egg and Cheese Pockets

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.076		0	FLM	4		5.818	0.049	
17:1.....g									
18:1 undifferentiated.....g	1.309		0	FLM	4		100.204	0.838	
20:1.....g	0.009		0	FLM	4		0.689	0.006	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.939		0	MC	9		71.880	0.601	
18:2 undifferentiated.....g	0.824		0	FLM	4		63.077	0.527	
18:3 undifferentiated.....g	0.100		0	FLM	4		7.655	0.064	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.010		0	FLM	4		0.766	0.006	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.003		0	FLM	4		0.230	0.002	
Fatty acids, total trans.....g									
Cholesterol.....mg	146		0	MC	9		11176	93	
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 = 7655g: 1 package yields

Measure 2 = 64g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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





NDB No. 22362

SUNNY FRESH, Frozen Bagel French Toast with Maple Syrup

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.194		0	FLM	4		11.000	0.138	
17:1.....g									
18:1 undifferentiated.....g	2.239		0	FLM	4		126.951	1.590	
20:1.....g	0.017		0	FLM	4		0.964	0.012	
22:1 undifferentiated.....g	0.001		0	FLM	4		0.057	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.827		0	MC	9		103.591	1.297	
18:2 undifferentiated.....g	1.607		0	FLM	4		91.117	1.141	
18:3 undifferentiated.....g	0.056		0	FLM	4		3.175	0.040	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.126		0	FLM	4		7.144	0.089	
20:5 n-3.....g	0.003		0	FLM	4		0.170	0.002	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.033		0	FLM	4		1.871	0.023	
Fatty acids, total trans.....g									
Cholesterol.....mg	181		0	MC	9		10263	129	
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 = 5670g: 1 package yields
- Measure 2 = 71g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22360

SUNNY FRESH, Pre-Cooked Frozen Egg and Cheese Biscuit Sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.035		0	FLM	4		4.167	0.035	
17:1.....g									
18:1 undifferentiated.....g	1.098		0	FLM	4		130.739	1.087	
20:1.....g	0.001		0	FLM	4		0.119	0.001	
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.704		0	MC	9		441.035	3.667	
18:2 undifferentiated.....g	3.401		0	FLM	4		404.957	3.367	
18:3 undifferentiated.....g	0.261		0	FLM	4		31.077	0.258	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.033		0	FLM	4		3.929	0.033	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.008		0	FLM	4		0.953	0.008	
Fatty acids, total trans.....g									
Cholesterol.....mg	112		0	MC	9		13336	111	
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 = 11907g: 1 package yields

Measure 2 = 99g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22361

SUNNY FRESH, Pre-Cooked Frozen Egg, Ham and Cheese Biscuit Sandwich

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.048		0	FLM	4		6.940	0.058	
17:1.....g									
18:1 undifferentiated.....g	0.956		0	FLM	4		138.228	1.147	
20:1.....g	0.003		0	FLM	4		0.434	0.004	
22:1 undifferentiated.....g	0.001		0	FLM	4		0.145	0.001	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.129		0	MC	9		452.422	3.755	
18:2 undifferentiated.....g	2.801		0	FLM	4		404.997	3.361	
18:3 undifferentiated.....g	0.207		0	FLM	4		29.930	0.248	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.091		0	FLM	4		13.158	0.109	
20:5 n-3.....g	0.001		0	FLM	4		0.145	0.001	
22:5 n-3.....g	0.011		0	FLM	4		1.590	0.013	
22:6 n-3.....g	0.021		0	FLM	4		3.036	0.025	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0	MC	9		13736	114	
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 = 14459g: 1 package yields

Measure 2 = 120g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

**NDB No. 22703**  
**SWEET SUE Chicken & Dumplings, canned**

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
<b>Proximates:</b>									
Water.....g	79.90		1	A	1		544.12	191.76	
Energy.....kcal	91		0	NC	4		620	218	
Energy.....kj	381				4		2593	914	
Protein.....g	6.30		1	A	1		42.90	15.12	
Total lipid (fat).....g	3.10		1	A	1		21.11	7.44	
Ash.....g	1.20		1	A	1		8.17	2.88	
Carbohydrate, by difference.....g	9.50		0	NC	4		64.70	22.80	
Fiber, total dietary.....g	1.1		1	A	1		7.5	2.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.07		1	A	1		7.29	2.57	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	394		1	A	1		2683	946	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.748		1	A	1		5.094	1.795	
Fatty acids, total monounsaturated.....g	1.230		1	A	1		8.376	2.952	
Fatty acids, total polyunsaturated.....g	0.677		1	A	1		4.610	1.625	
Fatty acids, total trans.....g									
Cholesterol.....mg	15		1	A	1		102	36	
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 = 681g: 1 package yields

Measure 2 = 240g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22595

Scrambled Eggs & Sausage with Hashed Brown Potatoes, frozen breakfast

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
<b>Proximates:</b>									
Water.....g	66.30		1	A	1		117.35	117.35	
Energy.....kcal	204		0	NC	4		361	361	
Energy.....kj	854				4		1511	1511	
Protein.....g	7.10		1	A	1		12.57	12.57	
Total lipid (fat).....g	15.20		1	A	1		26.90	26.90	
Ash.....g	1.70		1	A	1		3.01	3.01	
Carbohydrate, by difference.....g	9.70		0	NC	4		17.17	17.17	
Fiber, total dietary.....g	0.8		1	A	1		1.4	1.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.94		1	A	1		1.66	1.66	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	436		1	A	1		772	772	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.150		1	A	1		7.346	7.346	
Fatty acids, total monounsaturated.....g	7.160		1	A	1		12.673	12.673	
Fatty acids, total polyunsaturated.....g	2.050		1	A	1		3.629	3.629	
Fatty acids, total trans.....g									
Cholesterol.....mg	160		1	A	1		283	283	
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 = 177g: 1 package yields

Measure 2 = 177g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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





NDB No. 22401

Spaghetti w/Meat Sauce, frozen entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.330		3	MA	12		0.934		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.024		0	FLM	4		0.068		
17:1.....g									
18:1 undifferentiated.....g	0.297		0	FLM	4		0.841		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.320		3	MA	12		0.906		
18:2 undifferentiated.....g	0.287		0	FLM	4		0.812		
18:3 undifferentiated.....g	0.028		0	FLM	4		0.079		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.003		0	FLM	4		0.008		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		3	MA	12		17		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	190		0	FLA	4		537.130		
Carotene, alpha.....mcg	0		0	FLA	4		0.043		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.061		
Lycopene.....mcg	5934		0	FLA	4		16793.275		
Lutein + zeaxanthin.....mcg	7		0	FLA	4		21.221		

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

**Common Measures:**

Measure 1 = 283g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

NDB No. 22673

THE BUDGET GOURMET Italian Sausage Lasagna, frozen entree

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
<b>Proximates:</b>									
Water.....g	70.30		1	A	1		209.49	209.49	
Energy.....kcal	153		0	NC	4		456	456	
Energy.....kj	640				4		1908	1908	
Protein.....g	6.90		1	A	1		20.56	20.56	
Total lipid (fat).....g	8.00		1	A	1		23.84	23.84	
Ash.....g	1.40		1	A	1		4.17	4.17	
Carbohydrate, by difference.....g	13.40		0	NC	4		39.93	39.93	
Fiber, total dietary.....g	1.0		1	A	1		3.0	3.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106		1	A	1		316	316	
Iron, Fe.....mg	0.90		1	A	1		2.68	2.68	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	303		1	A	1		903	903	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.740		1	A	1		8.165	8.165	
Fatty acids, total monounsaturated.....g	3.280		1	A	1		9.774	9.774	
Fatty acids, total polyunsaturated.....g	0.670		1	A	1		1.997	1.997	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1		48	48	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	380		1	A	1		1132.400	1132.400	
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 = 298g: 1 package yields

Measure 2 = 298g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

THE BUDGET GOURMET LIGHT & HEALTHY Beef Sirloin Salisbury Steak with Red Skinned Potatoes & Vegetables, frozen meal

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
<b>Proximates:</b>									
Water.....g	80.30		1	A	1		249.73	249.73	
Energy.....kcal	84		0	NC	4		261	261	
Energy.....kj	351				4		1093	1093	
Protein.....g	5.90		1	A	1		18.35	18.35	
Total lipid (fat).....g	1.90		1	A	1		5.91	5.91	
Ash.....g	1.00		1	A	1		3.11	3.11	
Carbohydrate, by difference.....g	10.90		0	NC	4		33.90	33.90	
Fiber, total dietary.....g	2.3		1	A	1		7.2	7.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.98		1	A	1		3.05	3.05	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	159		1	A	1		494	494	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.4		1	A	1		51.0	51.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	467		1	A	1		1452	1452	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.649		1	A	1		2.018	2.018	
Fatty acids, total monounsaturated.....g	0.564		1	A	1		1.754	1.754	
Fatty acids, total polyunsaturated.....g	0.301		1	A	1		0.936	0.936	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		1	A	1		44	44	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	280		1	A	1		870.800	870.800	
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. 22616**

**THE BUDGET GOURMET LIGHT & HEALTHY Beef Sirloin Salisbury Steak with Red Skinned Potatoes & Vegetables, frozen meal**

**Common Measures:**

Measure 1 = 311g: 1 package yields

Measure 2 = 311g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22683

THE BUDGET GOURMET LIGHT & HEALTHY Teriyaki Chicken Breast with Oriental Style Vegetables, frozen entree

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
<b>Proximates:</b>									
Water.....g	75.20		1	A	1		233.87	233.87	
Energy.....kcal	102		0	NC	4		317	317	
Energy.....kj	427				4		1327	1327	
Protein.....g	6.00		1	A	1		18.66	18.66	
Total lipid (fat).....g	1.20		1	A	1		3.73	3.73	
Ash.....g	0.80		1	A	1		2.49	2.49	
Carbohydrate, by difference.....g	16.80		0	NC	4		52.25	52.25	
Fiber, total dietary.....g	1.3		1	A	1		4.0	4.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	217		1	A	1		675	675	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.3		1	A	1		44.5	44.5	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	283		1	A	1		880	880	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.199		1	A	1		0.619	0.619	
Fatty acids, total monounsaturated.....g	0.291		1	A	1		0.905	0.905	
Fatty acids, total polyunsaturated.....g	0.513		1	A	1		1.595	1.595	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		25	25	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	170		1	A	1		528.700	528.700	
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. 22683**

**THE BUDGET GOURMET LIGHT & HEALTHY Teriyaki Chicken Breast with Oriental Style Vegetables, frozen entree**

**Common Measures:**

Measure 1 = 311g: 1 package yields

Measure 2 = 311g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22617

THE BUDGET GOURMET LIGHT French Recipe Chicken; Vegetables, Chicken Breast and Potatoes in Red Wine Sauce, frozen ent

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
<b>Proximates:</b>									
Water.....g	83.90		1	A	1		213.95	213.95	
Energy.....kcal	70		0	NC	4		179	179	
Energy.....kj	293				4		747	747	
Protein.....g	9.00		1	A	1		22.95	22.95	
Total lipid (fat).....g	2.20		1	A	1		5.61	5.61	
Ash.....g	1.30		1	A	1		3.32	3.32	
Carbohydrate, by difference.....g	3.60		0	NC	4		9.18	9.18	
Fiber, total dietary.....g	2.4		1	A	1		6.1	6.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	339		1	A	1		864	864	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.567		1	A	1		1.446	1.446	
Fatty acids, total monounsaturated.....g	1.060		1	A	1		2.703	2.703	
Fatty acids, total polyunsaturated.....g	0.189		1	A	1		0.482	0.482	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		26	26	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	540		1	A	1		1377.000	1377.000	
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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22603  
 THE BUDGET GOURMET, Spinach au Gratin, 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
<b>Proximates:</b>									
Water.....g	75.10		1	A	1		116.41	116.41	
Energy.....kcal	143		0	NC	4		222	222	
Energy.....kj	599				4		928	928	
Protein.....g	4.30		1	A	1		6.67	6.67	
Total lipid (fat).....g	10.70		1	A	1		16.59	16.59	
Ash.....g	2.50		1	A	1		3.88	3.88	
Carbohydrate, by difference.....g	7.40		0	NC	4		11.47	11.47	
Fiber, total dietary.....g	1.5		1	A	1		2.3	2.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	157		1	A	1		243	243	
Iron, Fe.....mg	1.26		1	A	1		1.95	1.95	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	422		1	A	1		654	654	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.5		1	A	1		27.1	27.1	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	4567		1	A	1		7078	7078	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.900		1	A	1		7.595	7.595	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		42	42	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2620		1	A	1		4061.000	4061.000	
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.



**NDB No. 22603**

**THE BUDGET GOURMET, Spinach au Gratin, frozen**

**Common Measures:**

Measure 1 = 155g: 1 package

Measure 2 = 155g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22686

TYSON Beef Stir Fry Kit; Cooked White Rice, Oriental Style Vegetables, Seasoned Beef Strips, Oriental Style Sauce, frozen entree.  
 Product Code 5332-921

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
<b>Proximates:</b>									
Water.....g	73.55		1	MA	12		595.76	297.88	
Energy.....kcal	107		0	MC	9		867	433	
Energy.....kj	448				9		3626	1813	
Protein.....g	6.37		1	MA	12		51.60	25.80	
Total lipid (fat).....g	1.23		1	MA	12		9.96	4.98	
Ash.....g	1.37		1	MA	12		11.10	5.55	
Carbohydrate, by difference.....g	17.48		0	MC	9		141.59	70.79	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	391		1	MA	12		3167	1584	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.2		1	MA	12		50.2	25.1	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	682		1	MA	12		5524	2762	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

**Common Measures:**

Measure 1 = 810g: 1 package yields

Measure 2 = 405g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22687

TYSON Chicken Fajita Kit, frozen entree, Product Code 2266-921

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
<b>Proximates:</b>									
Water.....g	71.84		1	MA	12		543.11	76.87	
Energy.....kcal	121		0	MC	9		915	129	
Energy.....kj	506				9		3827	542	
Protein.....g	7.49		1	MA	12		56.62	8.01	
Total lipid (fat).....g	3.07		1	MA	12		23.21	3.28	
Ash.....g	1.36		1	MA	12		10.28	1.46	
Carbohydrate, by difference.....g	16.24		0	MC	9		122.77	17.38	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	327		1	MA	12		2472	350	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.7		1	MA	12		73.3	10.4	
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	51		1	MA	12		386	55	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.780		1	MA	12		5.897	0.835	
Fatty acids, total monounsaturated.....g	1.210		1	MA	12		9.148	1.295	
Fatty acids, total polyunsaturated.....g	0.550		1	MA	12		4.158	0.589	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	MA	12		91	13	
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 = 756g: 1 package yields

Measure 2 = 107g: 1 serving

**NDB No. 22687**

**TYSON Chicken Fajita Kit, frozen entree, Product Code 2266-921**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22688

TYSON Chicken Mesquite with Barbecue Sauce, Corn Medley and Potatoes au Gratin, frozen meal, Product Code 5121-921

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
<b>Proximates:</b>									
Water.....g	70.92		1	MA	12		180.85	180.85	
Energy.....kcal	126		0	MC	9		321	321	
Energy.....kj	527				9		1344	1344	
Protein.....g	6.97		1	MA	12		17.77	17.77	
Total lipid (fat).....g	3.04		1	MA	12		7.75	7.75	
Ash.....g	1.46		1	MA	12		3.72	3.72	
Carbohydrate, by difference.....g	17.63		0	MC	9		44.96	44.96	
Fiber, total dietary.....g	1.7		1	MA	12		4.3	4.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	311		1	MA	12		793	793	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	186		1	MA	12		474	474	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.020		1	MA	12		2.601	2.601	
Fatty acids, total monounsaturated.....g	1.070		1	MA	12		2.729	2.729	
Fatty acids, total polyunsaturated.....g	0.190		1	MA	12		0.485	0.485	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	MA	12		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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

NDB No. 22688

TYSON Chicken Mesquite with Barbecue Sauce, Corn Medley and Potatoes au Gratin, frozen meal, Product Code 5121-921

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22712

TYSON Roasted Chicken with Garlic Sauce, Pasta and Vegetable Medley, frozen entree, Product Code 5128-921

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
<b>Proximates:</b>									
Water.....g	81.36		1	MA	12		207.47	207.47	
Energy.....kcal	84		0	NC	4		214	214	
Energy.....kj	351				4		896	896	
Protein.....g	6.64		1	MA	12		16.93	16.93	
Total lipid (fat).....g	2.63		1	MA	12		6.71	6.71	
Ash.....g	0.93		1	MA	12		2.37	2.37	
Carbohydrate, by difference.....g	8.44		0	NC	4		21.52	21.52	
Fiber, total dietary.....g	1.4		1	MA	12		3.6	3.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.61		1	MA	12		1.56	1.56	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	183		1	MA	12		467	467	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.510		1	MA	12		1.301	1.301	
Fatty acids, total monounsaturated.....g	0.920		1	MA	12		2.346	2.346	
Fatty acids, total polyunsaturated.....g	0.840		1	MA	12		2.142	2.142	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MA	12		28	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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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





NDB No. 22901

Tortellini, pasta with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	2.066		0	FLC	4		1.673		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.133		0	FLC	4		0.108		
17:1.....g									
18:1 undifferentiated.....g	1.822		0	FLC	4		1.476		
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	0.461		0	FLC	4		0.373		
18:2 undifferentiated.....g	0.372		0	FLC	4		0.301		
18:3 undifferentiated.....g	0.084		0	FLC	4		0.068		
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	0.004		0	FLC	4		0.003		
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	0.001		0	FLC	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	LC	8		34		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	11		0	FLA	4		9.289		
Carotene, alpha.....mcg	0		0	FLA	4		0.025		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.569		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	32		0	FLA	4		26.144		

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

**Common Measures:**

Measure 1 = 81g: .75 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

**NDB No. 22528**  
**Turkey Pot Pie, frozen entree**

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
<b>Proximates:</b>									
Water.....g	65.70		1	A	1		260.83	260.83	
Energy.....kcal	176		0	NC	4		699	699	
Energy.....kj	736				4		2923	2923	
Protein.....g	6.50		1	A	1		25.81	25.81	
Total lipid (fat).....g	8.80		1	A	1		34.94	34.94	
Ash.....g	1.30		1	A	1		5.16	5.16	
Carbohydrate, by difference.....g	17.70		0	NC	4		70.27	70.27	
Fiber, total dietary.....g	1.1		1	A	1		4.4	4.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.00		1	A	1		3.97	3.97	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	350		1	A	1		1390	1390	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.880		1	A	1		11.434	11.434	
Fatty acids, total monounsaturated.....g	3.460		1	A	1		13.736	13.736	
Fatty acids, total polyunsaturated.....g	1.380		1	A	1		5.479	5.479	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1		64	64	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1060		1	A	1		4208.200	4208.200	
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 = 397g: 1 package yields

Measure 2 = 397g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

**WEIGHT WATCHERS Chicken Enchilada Suiza, Sour Cream Sauce with Cheese, frozen entree**

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
<b>Proximates:</b>									
Water.....g	75.90		1	A	1		193.55	193.55	
Energy.....kcal	111		0	NC	4		283	283	
Energy.....kj	464				4		1184	1184	
Protein.....g	6.30		1	A	1		16.07	16.07	
Total lipid (fat).....g	3.80		1	A	1		9.69	9.69	
Ash.....g	1.00		1	A	1		2.55	2.55	
Carbohydrate, by difference.....g	13.00		0	NC	4		33.15	33.15	
Fiber, total dietary.....g	1.4		1	A	1		3.6	3.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	98		1	A	1		250	250	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	203		1	A	1		518	518	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.450		1	A	1		3.698	3.698	
Fatty acids, total monounsaturated.....g	1.160		1	A	1		2.958	2.958	
Fatty acids, total polyunsaturated.....g	0.524		1	A	1		1.336	1.336	
Fatty acids, total trans.....g									
Cholesterol.....mg	25		1	A	1		64	64	
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 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22680

**WEIGHT WATCHERS Macaroni & Beef in Tomato Sauce, frozen entree**

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
<b>Proximates:</b>									
Water.....g	74.90		1	A	1		201.48	201.48	
Energy.....kcal	105		0	NC	4		282	282	
Energy.....kj	439				4		1182	1182	
Protein.....g	5.80		1	A	1		15.60	15.60	
Total lipid (fat).....g	1.70		1	A	1		4.57	4.57	
Ash.....g	1.00		1	A	1		2.69	2.69	
Carbohydrate, by difference.....g	16.60		0	NC	4		44.65	44.65	
Fiber, total dietary.....g	2.5		1	A	1		6.7	6.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.11		1	A	1		5.68	5.68	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	183		1	A	1		492	492	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.2		1	A	1		27.4	27.4	
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	367		1	A	1		987	987	
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.588		1	A	1		1.582	1.582	
Fatty acids, total monounsaturated.....g	0.657		1	A	1		1.767	1.767	
Fatty acids, total polyunsaturated.....g	0.225		1	A	1		0.605	0.605	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		13	13	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	220		1	A	1		591.800	591.800	
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. 22680**

**WEIGHT WATCHERS Macaroni & Beef in Tomato Sauce, frozen entree**

**Common Measures:**

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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

NDB No. 22541

**WEIGHT WATCHERS ON-THE-GO Chicken, Broccoli and Cheddar Pocket Sandwich, 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
<b>Proximates:</b>									
Water.....g	56.80		1	A	1		80.09	80.09	
Energy.....kcal	189		0	NC	4		266	266	
Energy.....kj	791				4		1115	1115	
Protein.....g	9.50		1	A	1		13.40	13.40	
Total lipid (fat).....g	4.30		1	A	1		6.06	6.06	
Ash.....g	1.30		1	A	1		1.83	1.83	
Carbohydrate, by difference.....g	28.10		0	NC	4		39.62	39.62	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	65		1	A	1		92	92	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	275		1	A	1		388	388	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.280		1	A	1		1.805	1.805	
Fatty acids, total monounsaturated.....g	1.620		1	A	1		2.284	2.284	
Fatty acids, total polyunsaturated.....g	0.696		1	A	1		0.981	0.981	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		14	14	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	100		1	A	1		141.000	141.000	
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 = 141g: 1 package yields

Measure 2 = 141g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

NDB No. 22672

**WEIGHT WATCHERS SMART ONES Roast Turkey Medallions and Mushrooms in Sauce with Rice and Vegetables, frozen meal**

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
<b>Proximates:</b>									
Water.....g	77.80		1	A	1		186.72	186.72	
Energy.....kcal	89		0	NC	4		214	214	
Energy.....kj	372				4		894	894	
Protein.....g	6.30		1	A	1		15.12	15.12	
Total lipid (fat).....g	0.70		1	A	1		1.68	1.68	
Ash.....g	0.80		1	A	1		1.92	1.92	
Carbohydrate, by difference.....g	14.40		0	NC	4		34.56	34.56	
Fiber, total dietary.....g	1.3		1	A	1		3.1	3.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.59		1	A	1		1.42	1.42	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	210		1	A	1		504	504	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.186		1	A	1		0.446	0.446	
Fatty acids, total monounsaturated.....g	0.179		1	A	1		0.430	0.430	
Fatty acids, total polyunsaturated.....g	0.188		1	A	1		0.451	0.451	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		24	24	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	80		1	A	1		192.000	192.000	
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 = 240g: 1 package yields

Measure 2 = 240g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

NDB No. 22618

**WEIGHT WATCHERS ULTIMATE 200 Barbecue Glazed Chicken and Sauce with Mixed Vegetables, frozen entree**

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
<b>Proximates:</b>									
Water.....g	76.50		1	A	1		159.89	159.89	
Energy.....kcal	104		0	NC	4		217	217	
Energy.....kj	435				4		909	909	
Protein.....g	9.00		1	A	1		18.81	18.81	
Total lipid (fat).....g	2.10		1	A	1		4.39	4.39	
Ash.....g									
Carbohydrate, by difference.....g	12.40		0	NC	4		25.92	25.92	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.52		1	A	1		1.09	1.09	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	194		1	A	1		405	405	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.3		1	A	1		21.5	21.5	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.476		1	A	1		0.995	0.995	
Fatty acids, total monounsaturated.....g	0.746		1	A	1		1.559	1.559	
Fatty acids, total polyunsaturated.....g	0.526		1	A	1		1.099	1.099	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		1	A	1		48	48	
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 = 209g: 1 package yields

Measure 2 = 209g: 1 serving



NDB No. 22618

**WEIGHT WATCHERS ULTIMATE 200 Barbecue Glazed Chicken and Sauce with Mixed Vegetables, frozen entree**

Calories Factors: Protein

Fat

Carbohydrate

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.035		4	A	1		0.039	0.635	0.019
17:1.....g									
18:1 undifferentiated.....g	4.171		4	A	1		4.588	75.662	2.294
20:1.....g	0.000		4	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		4	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.477		4	A	1		4.925	81.213	2.462
18:2 undifferentiated.....g	3.995		4	A	1		4.395	72.469	2.197
18:3 undifferentiated.....g	0.482		4	A	1		0.530	8.743	0.265
18:4.....g	0.000		4	A	1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		4	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		4	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		4	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		4	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		4	A	1		0	0	0
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 110g: 1 cup

Measure 2 = 1814g: 1 package yields

Measure 3 = 55g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



NDB No. 22121

WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.374		0	FLA	4		15.267	0.318	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.156		0	FLA	4		6.368	0.133	
17:1.....g									
18:1 undifferentiated.....g	0.215		0	FLA	4		8.776	0.183	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0	FLA	4		8.286	0.173	
18:2 undifferentiated.....g	0.179		0	FLA	4		7.307	0.152	
18:3 undifferentiated.....g	0.024		0	FLA	4		0.980	0.020	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		3	A	1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 4082g: 1 package yields

Measure 2 = 85g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22122

WORTHINGTON FOODS, MORNINGSTAR FARMS Breakfast Patties

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		9	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.790		9	A	1		73.068	0.680	
20:1.....g	0.020		9	A	1		0.816	0.008	
22:1 undifferentiated.....g	0.000		9	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.470		9	A	1		141.645	1.319	
18:2 undifferentiated.....g	3.310		9	A	1		135.114	1.258	
18:3 undifferentiated.....g	0.170		9	A	1		6.939	0.065	
18:4.....g	0.000		9	A	1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		9	A	1		0.000	0.000	
20:5 n-3.....g	0.000		9	A	1		0.000	0.000	
22:5 n-3.....g	0.000		9	A	1		0.000	0.000	
22:6 n-3.....g	0.000		9	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		9	A	1		82	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 4082g: 1 package yields

Measure 2 = 38g: 1 patty

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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





Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.014		6	A	1		0.635	0.006	
17:1.....g									
18:1 undifferentiated.....g	4.162		6	A	1		188.788	1.873	
20:1.....g	0.055		6	A	1		2.495	0.025	
22:1 undifferentiated.....g	0.110		6	A	1		4.990	0.050	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.365		6	A	1		334.076	3.314	
18:2 undifferentiated.....g	7.187		6	A	1		326.002	3.234	
18:3 undifferentiated.....g	0.178		6	A	1		8.074	0.080	
18:4.....g	0.000		6	A	1		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		6	A	1		0.000	0.000	
20:5 n-3.....g	0.000		6	A	1		0.000	0.000	
22:5 n-3.....g	0.000		6	A	1		0.000	0.000	
22:6 n-3.....g	0.000		6	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		6	A	1		45	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 4536g: 1 package yields

Measure 2 = 45g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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

NDB No. 22118

WORTHINGTON FOODS, MORNINGSTAR FARMS GARDEN VEGE PATTIES, 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
<b>Proximates:</b>									
Water.....g	59.87		5	A	1		150.87	1900.87	40.11
Energy.....kcal	178		0	NC	4		449	5652	119
Energy.....kj	745				4		1877	23646	499
Protein.....g	16.73		5	A	1		42.16	531.18	11.21
Total lipid (fat).....g	5.62		5	A	1		14.16	178.44	3.77
Ash.....g	2.56		5	A	1		6.45	81.28	1.72
Carbohydrate, by difference.....g	15.23		0	NC	4		38.38	483.55	10.20
Fiber, total dietary.....g	6.0		5	A	1		15.1	190.5	4.0
Sugars, total.....g	1.12		5	A	1		2.82	35.56	0.75
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		5	A	1		181	2286	48
Iron, Fe.....mg	1.81		5	A	1		4.56	57.47	1.21
Magnesium, Mg.....mg	44		0	A	1		111	1397	29
Phosphorus, P.....mg	185		5	A	1		466	5874	124
Potassium, K.....mg	268		5	A	1		675	8509	180
Sodium, Na.....mg	570		5	A	1		1436	18098	382
Zinc, Zn.....mg	0.86		0	FLA	4		2.17	27.31	0.58
Copper, Cu.....mg	0.640		0	FLA	4		1.613	20.320	0.429
Manganese, Mn.....mg	0.502		0	FLA	4		1.265	15.939	0.336
Selenium, Se.....mcg	45.7		0	FLC	4		115.2	1451.0	30.6
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		5	A	1		0.0	0.0	0.0
Thiamin.....mg	9.650		5	A	1		24.318	306.388	6.466
Riboflavin.....mg	0.150		5	A	1		0.378	4.763	0.101
Niacin.....mg	0.000		5	A	1		0.000	0.000	0.000
Pantothenic acid.....mg	1.794		0	FLA	4		4.521	56.960	1.202
Vitamin B-6.....mg	0.000		5	A	1		0.000	0.000	0.000
Folate, total.....mcg	88		0	FLA	4		221	2787	59
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	87		0	FLA	4		219	2762	58
Folate, DFE.....mcg_DFE	87		0	NC	4		219	2762	58
Vitamin B-12.....mcg	0.00		5	A	1		0.00	0.00	0.00
Vitamin A, IU.....IU	1143		5	A	1		2880	36290	766
Vitamin A, RAE.....mcg_RAE	200		0	NC	4		504	6352	134
Retinol.....mcg	172		0	FLA	4		433	5458	115
Vitamin E (alpha-tocopherol).....mg	0.82		0	FLA	4		2.07	26.06	0.55
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	4.6		0	FLA	4		11.5	144.5	3.0
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.804		5	A	1		2.026	25.527	0.539
4:0.....g	0.000		5	A	1		0.000	0.000	0.000
6:0.....g	0.000		5	A	1		0.000	0.000	0.000
8:0.....g	0.000		5	A	1		0.000	0.000	0.000
10:0.....g	0.000		5	A	1		0.000	0.000	0.000
12:0.....g	0.000		5	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		5	A	1		0.000	0.000	0.000
15:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
16:0.....g	0.590		5	A	1		1.487	18.733	0.395
17:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:0.....g	0.213		5	A	1		0.537	6.763	0.143
20:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
22:0.....g	0.000		0	FLA	4		0.000	0.000	0.000
24:0.....g	0.000		0	FLA	4		0.000	0.000	0.000

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.590		5	A	1		4.007	50.483	1.065
14:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
15:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
16:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	0.000
17:1.....g	0.000		0	FLA	4		0.000	0.000	0.000
18:1 undifferentiated.....g	1.590		5	A	1		4.007	50.483	1.065
20:1.....g	0.000		5	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.226		5	A	1		8.130	102.426	2.161
18:2 undifferentiated.....g	3.170		5	A	1		7.988	100.648	2.124
18:3 undifferentiated.....g	0.056		5	A	1		0.141	1.778	0.038
18:4.....g	0.000		5	A	1		0.000	0.000	0.000
20:2 n-6 c.c.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		5	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		5	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		5	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		5	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		5	A	1		3	32	1
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
<b>Carotenoids:</b>									
Carotene, beta.....mcg	273		0	FLA	4		688.218	8670.999	182.979
Carotene, alpha.....mcg	126		0	FLA	4		317.814	4004.210	84.498
Cryptoxanthin, beta.....mcg	4		0	FLA	4		9.662	121.736	2.569
Lycopene.....mcg	0		0	FLA	4		0.298	3.749	0.079
Lutein + zeaxanthin.....mcg	33		0	FLA	4		84.302	1062.142	22.414

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

**Common Measures:**

Measure 1 = 252g: 1 cup

Measure 2 = 3175g: 1 package yields

Measure 3 = 67g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group: 22 Meals, Entrees, and Sidedishes**

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



WORTHINGTON FOODS, MORNINGSTAR FARMS, Spicy Black Bean Burger

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.010		2	MA	12		0.446	0.008	0.004
17:1.....g									
18:1 undifferentiated.....g	0.300		2	MA	12		13.392	0.234	0.129
20:1.....g	0.010		2	MA	12		0.446	0.008	0.004
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450		2	MA	12		20.088	0.351	0.194
18:2 undifferentiated.....g	0.400		2	MA	12		17.856	0.312	0.172
18:3 undifferentiated.....g	0.050		2	MA	12		2.232	0.039	0.022
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		4	MA	12		45	1	0
Phytosterols.....mg									

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

**Common Measures:**

- Measure 1 = 4464g: 1 package yields
- Measure 2 = 78g: 1 patty
- Measure 3 = 43g: 1 serving

**Footnotes**

- 1 4,464 gm foodservice package contains 43 gm patties
- 2 312 gm retail package contains 78 gm patties.

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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



NDB No. 22128

WORTHINGTON FOODS, NATURAL TOUCH VEGAN BURGERS, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	0.374		0	FLA	4		15.267	0.318	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.156		0	FLA	4		6.368	0.133	
17:1.....g									
18:1 undifferentiated.....g	0.215		0	FLA	4		8.776	0.183	
20:1.....g	0.000		0	FLA	4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0	FLA	4		8.286	0.173	
18:2 undifferentiated.....g	0.179		0	FLA	4		7.307	0.152	
18:3 undifferentiated.....g	0.024		0	FLA	4		0.980	0.020	
18:4.....g	0.000		0	FLA	4		0.000	0.000	
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLA	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		3	A	1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 4082g: 1 package yields

Measure 2 = 85g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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





NDB No. 22127

WORTHINGTON FOODS, NATURAL TOUCH, GARDEN VEGE PATTIES, frozen

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.590		5	A	1		4.007	50.483	1.065
20:1.....g	0.000		5	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.226		5	A	1		8.130	102.426	2.161
18:2 undifferentiated.....g	3.170		5	A	1		7.988	100.648	2.124
18:3 undifferentiated.....g	0.056		5	A	1		0.141	1.778	0.038
18:4.....g	0.000		5	A	1		0.000	0.000	0.000
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		5	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		5	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		5	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		5	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		5	A	1		3	32	1
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 252g: 1 cup

Measure 2 = 3175g: 1 package yields

Measure 3 = 67g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes

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