

NDB No. 04609
 Animal fat, bacon grease

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	44.874			RA	4		1.930		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.686			RA	4		0.115		
17:1.....g									
18:1 undifferentiated.....g	40.994			RA	4		1.763		
20:1.....g	0.995			RA	4		0.043		
22:1 undifferentiated.....g	0.000			RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.144			RA	4		0.479		
18:2 undifferentiated.....g	10.149			RA	4		0.436		
18:3 undifferentiated.....g	0.995			RA	4		0.043		
18:4.....g	0.000			RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000		
20:5 n-3.....g	0.000			RA	4		0.000		
22:5 n-3.....g	0.000			RA	4		0.000		
22:6 n-3.....g	0.000			RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	95			RA	4		4		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 4.3g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43214

Butter replacement, without fat, powder

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.276		0		4		0.221		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		4		0.016		
17:1.....g									
18:1 undifferentiated.....g	0.243		0		4		0.194		
20:1.....g	0.000		0		4		0.000		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.057		0		4		0.046		
18:2 undifferentiated.....g	0.039		0		4		0.031		
18:3 undifferentiated.....g	0.018		0		4		0.014		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		4		0.000		
22:5 n-3.....g	0.000		0		4		0.000		
22:6 n-3.....g	0.000		0		4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		4		2		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 80g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04601
Butter, light, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.927					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.237					4			
17:1.....g									
18:1 undifferentiated.....g	13.867					4			
20:1.....g	0.000					7			
22:1 undifferentiated.....g	0.000					7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.046					4			
18:2 undifferentiated.....g	1.244					4			
18:3 undifferentiated.....g	0.802					4			
18:4.....g	0.000					7			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					7			
20:5 n-3.....g	0.000					7			
22:5 n-3.....g	0.000					7			
22:6 n-3.....g	0.000					7			
Fatty acids, total trans.....g									
Cholesterol.....mg	106					4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	107		0	BFFN		4			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04602
Butter, light, stick, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.927					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.237					4			
17:1.....g									
18:1 undifferentiated.....g	13.867					4			
20:1.....g	0.000					7			
22:1 undifferentiated.....g	0.000					7			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.046					4			
18:2 undifferentiated.....g	1.244					4			
18:3 undifferentiated.....g	0.802					4			
18:4.....g	0.000					7			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					7			
20:5 n-3.....g	0.000					7			
22:5 n-3.....g	0.000					7			
22:6 n-3.....g	0.000					7			
Fatty acids, total trans.....g									
Cholesterol.....mg	106					4			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	Z		7			
Theobromine.....mg	0		0	Z		7			
Carotenoids:									
Carotene, beta.....mcg	107		0	BFZN		4			
Carotene, alpha.....mcg	0		0	Z		7			
Cryptoxanthin, beta.....mcg	0		0	Z		7			
Lycopene.....mcg	0		0	Z		7			
Lutein + zeaxanthin.....mcg	0		0	Z		7			

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Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42307

Butter-margarine blend, stick, unsalted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	31.832		0		4		4.456		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.582		0		4		0.081		
17:1.....g									
18:1 undifferentiated.....g	30.872		0		4		4.322		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.236		0		4		2.553		
18:2 undifferentiated.....g	17.110		0		4		2.395		
18:3 undifferentiated.....g	1.126		0		4		0.158		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3.....g	0.000		0		7		0.000		
22:5 n-3.....g	0.000		0		7		0.000		
22:6 n-3.....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	88		0	S	4		12		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		85.400		
Carotene, alpha.....mcg	0		0	CAZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000		
Lycopene.....mcg	0		0	CAZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000		

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Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42116

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.273		0		4		8.019	0.491	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.032		0		4		0.078	0.005	
17:1.....g									
18:1 undifferentiated.....g	3.197		0		4		7.833	0.480	
20:1.....g	0.028		0		4		0.069	0.004	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.994		0		4		19.585	1.199	
18:2 undifferentiated.....g	7.039		0		4		17.246	1.056	
18:3 undifferentiated.....g	0.941		0		4		2.305	0.141	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.064	0.004	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42158

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.391		0		4		7.935	0.509	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.038		0		4		0.089	0.006	
17:1.....g									
18:1 undifferentiated.....g	3.340		0		4		7.816	0.501	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.891		0		4		6.765	0.434	
18:2 undifferentiated.....g	2.680		0		4		6.271	0.402	
18:3 undifferentiated.....g	0.204		0		4		0.477	0.031	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		8		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	BFZN	4		9.639	0.618	
Carotene, alpha.....mcg	2		0	BFZN	4		3.991	0.256	
Cryptoxanthin, beta.....mcg	2		0	BFZN	4		3.528	0.226	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	49		0	BFZN	4		115.625	7.412	

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Common Measures:

Measure 1 = 234g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42157

Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.640		1		1		1.690	0.109	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0		4		0.026	0.002	
17:1.....g									
18:1 undifferentiated.....g	0.620		0		4		1.637	0.105	
20:1.....g	0.005		0		4		0.013	0.001	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.444		1		1		3.812	0.245	
18:2 undifferentiated.....g	1.271		0		4		3.355	0.216	
18:3 undifferentiated.....g	0.171		0		4		0.451	0.029	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.357	0.023	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.321	0.021	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	4		0	BFZN	4		11.239	0.724	

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Common Measures:

Measure 1 = 264g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04001
Fat, beef tallow

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	41.800		0		1		85.690	5.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.200	0.551	15		1		8.610	0.538	
17:1.....g									
18:1 undifferentiated.....g	36.000	1.275	15		1		73.800	4.608	
20:1.....g	0.300	0.107	4		1		0.615	0.038	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.000		0		1		8.200	0.512	
18:2 undifferentiated.....g	3.100	0.511	15		1		6.355	0.397	
18:3 undifferentiated.....g	0.600	0.160	9		1		1.230	0.077	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	109		0		1		223	14	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

NDB No. 04001

Fat, beef tallow

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Fat, chicken

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	44.700		0		1		91.635	5.722	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	5.700	0.187	70		1		11.685	0.730	
17:1.....g									
18:1 undifferentiated.....g	37.300	0.499	70		1		76.465	4.774	
20:1.....g	1.100	0.305	12		1		2.255	0.141	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.900		0		1		42.845	2.675	
18:2 undifferentiated.....g	19.500	0.617	70		1		39.975	2.496	
18:3 undifferentiated.....g	1.000	0.075	56		1		2.050	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100	0.038	5		1		0.205	0.013	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	85		0		1		174	11	
Phytosterols.....mg	0		0		4		0	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

NDB No. 04542

Fat, chicken

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04574
Fat, duck

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	49.300		0		1	6.310	101.065		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.000	0.090	98		1	0.512	8.200		
17:1.....g									
18:1 undifferentiated.....g	44.200	0.290	98		1	5.658	90.610		
20:1.....g	1.100	0.043	91		1	0.141	2.255		
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.900		0		1	1.651	26.445		
18:2 undifferentiated.....g	12.000	0.237	98		1	1.536	24.600		
18:3 undifferentiated.....g	1.000	0.033	93		1	0.128	2.050		
18:4.....g	0.000		0		1	0.000	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000		
20:5 n-3.....g	0.000		0		1	0.000	0.000		
22:5 n-3.....g	0.000		0		1	0.000	0.000		
22:6 n-3.....g	0.000		0		1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		1	13	205		
Phytosterols.....mg	0		0		4	0	0		
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4	0.000	0.000		
Threonine.....g	0.000		0		4	0.000	0.000		
Isoleucine.....g	0.000		0		4	0.000	0.000		
Leucine.....g	0.000		0		4	0.000	0.000		
Lysine.....g	0.000		0		4	0.000	0.000		
Methionine.....g	0.000		0		4	0.000	0.000		
Cystine.....g	0.000		0		4	0.000	0.000		
Phenylalanine.....g	0.000		0		4	0.000	0.000		
Tyrosine.....g	0.000		0		4	0.000	0.000		
Valine.....g	0.000		0		4	0.000	0.000		
Arginine.....g	0.000		0		4	0.000	0.000		
Histidine.....g	0.000		0		4	0.000	0.000		
Alanine.....g	0.000		0		4	0.000	0.000		
Aspartic acid.....g	0.000		0		4	0.000	0.000		
Glutamic acid.....g	0.000		0		4	0.000	0.000		
Glycine.....g	0.000		0		4	0.000	0.000		
Proline.....g	0.000		0		4	0.000	0.000		
Serine.....g	0.000		0		4	0.000	0.000		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0		
Caffeine.....mg	0		0	Z	7	0	0		
Theobromine.....mg	0		0	Z	7	0	0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000		
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000		
Lycopene.....mcg	0		0	Z	7	0.000	0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000		

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Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04574

Fat, duck

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04576
 Fat, goose

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
Fatty acids, total monounsaturated.....g	56.700		0		1	116.235	7.258	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	2.800	0.257	21		1	5.740	0.358	
17:1.....g								
18:1 undifferentiated.....g	53.500		0		1	109.675	6.848	
20:1.....g	0.100		2		1	0.205	0.013	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	11.000		0		1	22.550	1.408	
18:2 undifferentiated.....g	9.800	0.536	21		1	20.090	1.254	
18:3 undifferentiated.....g	0.500	0.326	6		1	1.025	0.064	
18:4.....g	0.000		0		4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		1		1	0.000	0.000	
20:5 n-3.....g	0.000		0		4	0.000	0.000	
22:5 n-3.....g	0.000		0		4	0.000	0.000	
22:6 n-3.....g	0.000		0		4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	100		0		1	205	13	
Phytosterols.....mg	0		0		4	0	0	
Amino Acids:								
Tryptophan.....g	0.000		0		4	0.000	0.000	
Threonine.....g	0.000		0		4	0.000	0.000	
Isoleucine.....g	0.000		0		4	0.000	0.000	
Leucine.....g	0.000		0		4	0.000	0.000	
Lysine.....g	0.000		0		4	0.000	0.000	
Methionine.....g	0.000		0		4	0.000	0.000	
Cystine.....g	0.000		0		4	0.000	0.000	
Phenylalanine.....g	0.000		0		4	0.000	0.000	
Tyrosine.....g	0.000		0		4	0.000	0.000	
Valine.....g	0.000		0		4	0.000	0.000	
Arginine.....g	0.000		0		4	0.000	0.000	
Histidine.....g	0.000		0		4	0.000	0.000	
Alanine.....g	0.000		0		4	0.000	0.000	
Aspartic acid.....g	0.000		0		4	0.000	0.000	
Glutamic acid.....g	0.000		0		4	0.000	0.000	
Glycine.....g	0.000		0		4	0.000	0.000	
Proline.....g	0.000		0		4	0.000	0.000	
Serine.....g	0.000		0		4	0.000	0.000	
Hydroxyproline.....g								

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Common Measures:

Measure 1 = 205g: 1 cup
 Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04520
Fat, mutton tallow

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	40.600		0		1		83.230	5.197	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.300	0.208	31		1		4.715	0.294	
17:1.....g									
18:1 undifferentiated.....g	37.600	0.452	64		1		77.080	4.813	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.800		0		1		15.990	0.998	
18:2 undifferentiated.....g	5.500	0.284	64		1		11.275	0.704	
18:3 undifferentiated.....g	2.300	0.133	64		1		4.715	0.294	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0		1		209	13	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:
 Measure 1 = 205g: 1 cup

NDB No. 04520

Fat, mutton tallow

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04575
Fat, turkey

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	42.900		0			1	87.945	5.491	1.845
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	6.000	0.297	32			1	12.300	0.768	0.258
17:1.....g									
18:1 undifferentiated.....g	35.900	0.750	32			1	73.595	4.595	1.544
20:1.....g	0.000		0			4	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0			4	0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.100		0			1	47.355	2.957	0.993
18:2 undifferentiated.....g	21.200	0.660	32			1	43.460	2.714	0.912
18:3 undifferentiated.....g	1.400	0.079	32			1	2.870	0.179	0.060
18:4.....g	0.000		0			4	0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.300	0.031	11			1	0.615	0.038	0.013
20:5 n-3.....g	0.000		0			4	0.000	0.000	0.000
22:5 n-3.....g	0.000		0			4	0.000	0.000	0.000
22:6 n-3.....g	0.000		0			4	0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	102		0			1	209	13	4
Phytosterols.....mg	0		0			4	0	0	0
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0			4	0.000	0.000	0.000
Threonine.....g	0.000		0			4	0.000	0.000	0.000
Isoleucine.....g	0.000		0			4	0.000	0.000	0.000
Leucine.....g	0.000		0			4	0.000	0.000	0.000
Lysine.....g	0.000		0			4	0.000	0.000	0.000
Methionine.....g	0.000		0			4	0.000	0.000	0.000
Cystine.....g	0.000		0			4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0			4	0.000	0.000	0.000
Tyrosine.....g	0.000		0			4	0.000	0.000	0.000
Valine.....g	0.000		0			4	0.000	0.000	0.000
Arginine.....g	0.000		0			4	0.000	0.000	0.000
Histidine.....g	0.000		0			4	0.000	0.000	0.000
Alanine.....g	0.000		0			4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0			4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0			4	0.000	0.000	0.000
Glycine.....g	0.000		0			4	0.000	0.000	0.000
Proline.....g	0.000		0			4	0.000	0.000	0.000
Serine.....g	0.000		0			4	0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0			7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	0.000

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Common Measures:
Measure 1 = 205g: 1 cup

NDB No. 04575

Fat, turkey

Measure 2 = 12.8g: 1 tbsp

Measure 3 = 4.3g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04589
Fish oil, cod liver

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	46.711		0		1		101.830	6.353	2.102
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	8.309		2		1		18.114	1.130	0.374
17:1.....g									
18:1 undifferentiated.....g	20.653		2		1		45.024	2.809	0.929
20:1.....g	10.422		2		1		22.720	1.417	0.469
22:1 undifferentiated.....g	7.328		2		1		15.975	0.997	0.330
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.541		0		1		49.139	3.066	1.014
18:2 undifferentiated.....g	0.935		2		1		2.038	0.127	0.042
18:3 undifferentiated.....g	0.935		2		1		2.038	0.127	0.042
18:4.....g	0.935		2		1		2.038	0.127	0.042
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.935		2		1		2.038	0.127	0.042
20:5 n-3.....g	6.898		2		1		15.038	0.938	0.310
22:5 n-3.....g	0.935		2		1		2.038	0.127	0.042
22:6 n-3.....g	10.968		2		1		23.910	1.492	0.494
Fatty acids, total trans.....g									
Cholesterol.....mg	570		1		1		1243	78	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 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04590
Fish oil, herring

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	56.564		0		1		123.310	7.693	2.545
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	9.642		17		1		21.020	1.311	0.434
17:1.....g									
18:1 undifferentiated.....g	11.955		17		1		26.062	1.626	0.538
20:1.....g	13.625		17		1		29.703	1.853	0.613
22:1 undifferentiated.....g	20.613		17		1		44.936	2.803	0.928
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.604		0		1		34.017	2.122	0.702
18:2 undifferentiated.....g	1.149		17		1		2.505	0.156	0.052
18:3 undifferentiated.....g	0.763		17		1		1.663	0.104	0.034
18:4.....g	2.305		17		1		5.025	0.313	0.104
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.289		17		1		0.630	0.039	0.013
20:5 n-3.....g	6.273		17		1		13.675	0.853	0.282
22:5 n-3.....g	0.619	0.000	17		1		1.349	0.084	0.028
22:6 n-3.....g	4.206		17		1		9.169	0.572	0.189
Fatty acids, total trans.....g									
Cholesterol.....mg	766		1		1		1670	104	34
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 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04591
Fish oil, menhaden

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	26.694		0		1		58.193	3.630	1.201
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	10.482		4		1		22.851	1.426	0.472
17:1.....g									
18:1 undifferentiated.....g	14.527		4		1		31.669	1.976	0.654
20:1.....g	1.332		4		1		2.904	0.181	0.060
22:1 undifferentiated.....g	0.352		4		1		0.767	0.048	0.016
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	34.197		0		1		74.549	4.651	1.539
18:2 undifferentiated.....g	2.154		4		1		4.696	0.293	0.097
18:3 undifferentiated.....g	1.490		4		1		3.248	0.203	0.067
18:4.....g	2.739		4		1		5.971	0.373	0.123
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	1.169		4		1		2.548	0.159	0.053
20:5 n-3.....g	13.168		4		1		28.706	1.791	0.593
22:5 n-3.....g	4.915	0.000	4		1		10.715	0.668	0.221
22:6 n-3.....g	8.562		4		1		18.665	1.164	0.385
Fatty acids, total trans.....g									
Cholesterol.....mg	521		1		1		1136	71	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 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04592

Fish oil, menhaden, fully hydrogenated

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	500		1		1		1025	63	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 = 205g: 1 cup

Measure 2 = 12.5g: 1 tbsp

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04593
Fish oil, salmon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	29.037		0		1		63.301	3.949	1.307
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.823		1		1		10.514	0.656	0.217
17:1.....g									
18:1 undifferentiated.....g	16.978		1		1		37.012	2.309	0.764
20:1.....g	3.859		1		1		8.413	0.525	0.174
22:1 undifferentiated.....g	3.376		1		1		7.360	0.459	0.152
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.324		0		1		87.906	5.484	1.815
18:2 undifferentiated.....g	1.543		1		1		3.364	0.210	0.069
18:3 undifferentiated.....g	1.061		1		1		2.313	0.144	0.048
18:4.....g	2.798		1		1		6.100	0.381	0.126
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.675		1		1		1.472	0.092	0.030
20:5 n-3.....g	13.023		1		1		28.390	1.771	0.586
22:5 n-3.....g	2.991		1		1		6.520	0.407	0.135
22:6 n-3.....g	18.232		1		1		39.746	2.480	0.820
Fatty acids, total trans.....g									
Cholesterol.....mg	485		1		1		1057	66	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 = 218g: 1 cup
- Measure 2 = 13.6g: 1 tbsp
- Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04594
Fish oil, sardine

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	33.841		0		1		73.773	4.602	1.523
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	7.514		2		1		16.381	1.022	0.338
17:1.....g									
18:1 undifferentiated.....g	14.752		2		1		32.159	2.006	0.664
20:1.....g	5.986		2		1		13.049	0.814	0.269
22:1 undifferentiated.....g	5.589		2		1		12.184	0.760	0.252
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	31.867		0		1		69.470	4.334	1.434
18:2 undifferentiated.....g	2.014		2		1		4.391	0.274	0.091
18:3 undifferentiated.....g	1.327		2		1		2.893	0.180	0.060
18:4.....g	3.025		2		1		6.595	0.411	0.136
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	1.756		2		1		3.828	0.239	0.079
20:5 n-3.....g	10.137		2		1		22.099	1.379	0.456
22:5 n-3.....g	1.973		2		1		4.301	0.268	0.089
22:6 n-3.....g	10.656		2		1		23.230	1.449	0.480
Fatty acids, total trans.....g									
Cholesterol.....mg	710		1		1		1548	97	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 = 218g: 1 cup

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42231
Flaxseed oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points		Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Deriv Code	Points					
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	20.200				1		44.036	2.747	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	20.200				1		44.036	2.747	
20:1.....g	0.000				1		0.000	0.000	
22:1 undifferentiated.....g	0.000				1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	66.000				1		143.880	8.976	
18:2 undifferentiated.....g	12.700				1		27.686	1.727	
18:3 undifferentiated.....g	53.300				1		116.194	7.249	
18:4.....g	0.000				1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				1		0.000	0.000	
20:5 n-3.....g	0.000				1		0.000	0.000	
22:5 n-3.....g	0.000				1		0.000	0.000	
22:6 n-3.....g	0.000				1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 218g: 1 cup
Measure 2 = 13.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	45.100		0		1		92.455	5.773	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.700	0.270	36		1		5.535	0.346	
17:1.....g									
18:1 undifferentiated.....g	41.200	0.532	38		1		84.460	5.274	
20:1.....g	1.000	0.210	7		1		2.050	0.128	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.200		0		1		22.960	1.434	
18:2 undifferentiated.....g	10.200	0.243	38		1		20.910	1.306	
18:3 undifferentiated.....g	1.000	0.107	29		1		2.050	0.128	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	95		0		1		195	12	
Phytosterols.....mg	0		0		4		0	0	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

NDB No. 04002

Lard

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	49.66	0.207	6	A	1				
Energy.....kcal	424		0	NC	4				
Energy.....kj	1776		0	NC	4				
Protein (N x 6.38).....g	0.20	0.043	6	A	1				
Total lipid (fat).....g	47.53	0.115	6	A	1				
Ash.....g	1.75	0.086	6	A	1				
Carbohydrate, by difference.....g	0.86		0	NC	4				
Fiber, total dietary.....g	0.0		0	Z	7				
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4	0.217	6	A	1				
Iron, Fe.....mg	0.21	0.077	5	A	1				
Magnesium, Mg.....mg	1	0.019	6	A	1				
Phosphorus, P.....mg	4	0.325	6	A	1				
Potassium, K.....mg	36	1.292	6	A	1				
Sodium, Na.....mg	646	32.791	6	A	1				
Zinc, Zn.....mg	0.06	0.021	6	A	1				
Copper, Cu.....mg	0.008	0.008	6	A	1				
Manganese, Mn.....mg	0.000	0.000	5	A	1				
Selenium, Se.....mcg	0.0	0.000	3	A	1				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7				
Thiamin.....mg	0.000	0.000	3	A	1				
Riboflavin.....mg	0.019	0.001	3	A	1				
Niacin.....mg	0.000	0.000	3	A	1				
Pantothenic acid.....mg	0.001		1	A	1				
Vitamin B-6.....mg	0.001	0.001	3	A	1				
Folate, total.....mcg	2	0.061	3	A	1				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	2	0.061	3	A	1				
Folate, DFE.....mcg_DFE	2		0	NC	4				
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	3.94	0.045	6	A	1				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1				
Lipids:									
Fatty acids, total saturated.....g	8.792		0	NC	4				
4:0.....g	0.000		6	A	1				
6:0.....g	0.000		6	A	1				
8:0.....g	0.000		6	A	1				
10:0.....g	0.000		6	A	1				
12:0.....g	0.000	0.000	6	A	1				
13:0.....g									
14:0.....g	0.038	0.001	6	A	1				
15:0.....g	0.000	0.000	6	A	1				
16:0.....g	4.862	0.026	6	A	1				
17:0.....g	0.049	0.001	6	A	1				
18:0.....g	3.425	0.027	6	A	1				
20:0.....g	0.162	0.003	6	A	1				
22:0.....g	0.185	0.003	6	A	1				
24:0.....g	0.071	0.002	6	A	1				

NDB No. 04630

Margarine Spread, approximately 48% fat, tub

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	16.416		0	NC		4			
14:1.....g	0.000	0.000	6	A		1			
15:1.....g									
16:1 undifferentiated.....g	0.034		0	AS		1			
16:1 c.....g	0.034	0.001	6	A		1			
16:1 t.....g	0.000	0.000	6	A		1			
17:1.....g									
18:1 undifferentiated.....g	16.316		0	AS		1			
18:1 c.....g	11.894	0.434	6	A		1			
18:1 t.....g	4.422	0.442	6	A		1			
20:1.....g	0.066	0.003	6	A		1			
22:1 undifferentiated.....g	0.000	0.000	6	A		1			
24:1 c.....g	0.000	0.000	6	A		1			
Fatty acids, total polyunsaturated.....g	20.235		0	NC		4			
18:2 undifferentiated.....g	17.886		0	AS		1			
18:2 n-6 c,c.....g	17.355	0.938	6	A		1			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.532	0.319	6	A		1			
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.121		0	AS		1			
18:4.....g	0.000		6	A		1			
20:2 n-6 c,c.....g	0.228	0.026	6	A		1			
20:3 undifferentiated.....g	0.000	0.000	6	A		1			
20:4 undifferentiated.....g	0.000	0.000	6	A		1			
20:5 n-3.....g	0.000	0.000	6	A		1			
22:5 n-3.....g	0.000	0.000	6	A		1			
22:6 n-3.....g	0.000		6	A		1			
Fatty acids, total trans.....g	4.422		0	NC		4			
Fatty acids, total trans-monoenoic.....g	4.422		0	NC		4			
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1	0.070	3	A		1			
Phytosterols.....mg									
Stigmasterol.....mg	20	0.521	6	A		1			
Campesterol.....mg	22	0.664	6	A		1			
Beta-sitosterol.....mg	62	1.070	6	A		1			

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

Common Measures:

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	90.69		2	A	1		211.31	13.24	
Energy.....kcal	44		0	NC	4		103	6	
Energy.....kj	184		0	NC	4		430	27	
Protein.....g	0.10		2	A	1		0.23	0.01	
Total lipid (fat).....g	3.04		2	A	1		7.08	0.44	
Ash.....g	1.83		2	A	1		4.27	0.27	
Carbohydrate, by difference.....g	4.34		0	NC	4		10.10	0.63	
Fiber, total dietary.....g	0.0		0	Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	8		2	A	1		18	1	
Iron, Fe.....mg	0.08		2	A	1		0.19	0.01	
Magnesium, Mg.....mg	1		2	A	1		3	0	
Phosphorus, P.....mg	2		2	A	1		5	0	
Potassium, K.....mg	36		2	A	1		85	5	
Sodium, Na.....mg	580		2	A	1		1350	85	
Zinc, Zn.....mg	0.07		2	A	1		0.16	0.01	
Copper, Cu.....mg	0.000		2	A	1		0.000	0.000	
Manganese, Mn.....mg	0.000		2	A	1		0.000	0.000	
Selenium, Se.....mcg	0.0		1	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	
Thiamin.....mg	1.011		1	A	1		2.356	0.148	
Riboflavin.....mg	0.000		1	A	1		0.000	0.000	
Niacin.....mg	0.883		1	A	1		2.057	0.129	
Pantothenic acid.....mg	0.271		1	A	1		0.631	0.040	
Vitamin B-6.....mg	0.001		1	A	1		0.002	0.000	
Folate, total.....mcg	0		0	Z	7		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		0	Z	7		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	3307				4		7705	483	
Vitamin A, RAE.....mcg_RAE	993		0	NC	4		2314	145	
Retinol.....mcg	993		0	NC	4		2314	145	
Vitamin E (alpha-tocopherol).....mg	0.52		2	A	1		1.21	0.08	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.1		2	A	1		0.1	0.0	
Lipids:									
Fatty acids, total saturated.....g	2.128		0	NC	4		4.958	0.311	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.009		2	A	1		0.020	0.001	
13:0.....g									
14:0.....g	0.028		2	A	1		0.064	0.004	
15:0.....g									
16:0.....g	0.953		2	A	1		2.221	0.139	
17:0.....g									
18:0.....g	1.126		2	A	1		2.624	0.164	

NDB No. 04631
Margarine spread, fat-free, tub

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.012		2	A	1		0.028	0.002	
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.356		0	NC	4		0.829	0.052	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.178		0	AS	1		0.415	0.026	
18:1 c.....g	0.010		2	A	1		0.023	0.001	
18:1 t.....g	0.168		2	A	1		0.392	0.025	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.422		0	NC	4		0.984	0.062	
18:2 undifferentiated.....g	0.376		0	AS	1		0.877	0.055	
18:2 n-6 c,c.....g	0.376		2	A	1		0.877	0.055	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.046		0	AS	1		0.108	0.007	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-monoenoic.....g	0.168		0	NC	4		0.392	0.025	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		2	A	1		1	0	
Phytosterols.....mg									
Stigmasterol.....mg	1		2	A	1		1	0	
Campesterol.....mg	1		2	A	1		2	0	
Beta-sitosterol.....mg	2		2	A	1		4	0	
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 233g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04631
Margarine spread, fat-free, tub

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04629

Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.41	0.444	10	A	1		3.84		
Energy.....kcal	619			NC	4		87		
Energy.....kj	2589			NC	4		362		
Protein (N x 6.38).....g	0.21	0.049	10	A	1		0.03		
Total lipid (fat).....g	69.40	1.237	10	A	1		9.72		
Ash.....g	1.85	0.065	10	A	1		0.26		
Carbohydrate, by difference.....g	1.13			NC	4		0.16		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	7	1.023	10	A	1		1		
Iron, Fe.....mg	0.12	0.004	10	A	1		0.02		
Magnesium, Mg.....mg	2	0.244	10	A	1		0		
Phosphorus, P.....mg	10	0.957	10	A	1		1		
Potassium, K.....mg	46	5.735	10	A	1		6		
Sodium, Na.....mg	700	8.591	10	A	1		98		
Zinc, Zn.....mg	0.06	0.019	10	A	1		0.01		
Copper, Cu.....mg									
Manganese, Mn.....mg	0.014		1	A	1		0.002		
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.052		1	A	1		0.007		
Riboflavin.....mg	0.025	0.004	5	A	1		0.004		
Niacin.....mg									
Pantothenic acid.....mg	0.001	0.000	4	A	1		0.000		
Vitamin B-6.....mg	0.003		1	A	1		0.000		
Folate, total.....mcg	1	0.106	3	A	1		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1	0.106	3	A	1		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	12.623			NC	4		1.767		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.000	0.000	10	A	1		0.000		
13:0.....g									
14:0.....g	0.041	0.009	8	A	1		0.006		
15:0.....g	0.000	0.000	10	A	1		0.000		
16:0.....g	7.005	0.120	10	A	1		0.981		
17:0.....g	0.000	0.000	10	A	1		0.000		
18:0.....g	5.085	0.040	10	A	1		0.712		
20:0.....g	0.233	0.006	10	A	1		0.033		
22:0.....g	0.258	0.002	10	A	1		0.036		
24:0.....g	0.000	0.000	10	A	1		0.000		

NDB No. 04629

Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.733				NC	4	5.143		
14:1.....g	0.000	0.000	10		A	1	0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000				AS	1	0.000		
16:1 c.....g	0.000	0.000	10		A	1	0.000		
16:1 t.....g	0.000	0.000	10		A	1	0.000		
17:1.....g									
18:1 undifferentiated.....g	36.733				AS	1	5.143		
18:1 c.....g	17.506	0.462	10		A	1	2.451		
18:1 t.....g	19.227	0.039	10		A	1	2.692		
20:1.....g	0.000	0.000	10		A	1	0.000		
22:1 undifferentiated.....g	0.000	0.000	10		A	1	0.000		
24:1 c.....g	0.000	0.000	10		A	1	0.000		
Fatty acids, total polyunsaturated.....g	16.299				NC	4	2.282		
18:2 undifferentiated.....g	14.723				AS	1	2.061		
18:2 n-6 c,c.....g	13.656	0.267	10		A	1	1.912		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	1.067	0.618	10		A	1	0.149		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.575				AS	1	0.221		
18:4.....g									
20:2 n-6 c,c.....g	0.000	0.000	10		A	1	0.000		
20:3 undifferentiated.....g	0.000	0.000	10		A	1	0.000		
20:4 undifferentiated.....g	0.000	0.000	10		A	1	0.000		
20:5 n-3.....g	0.000	0.000	10		A	1	0.000		
22:5 n-3.....g	0.000	0.000	10		A	1	0.000		
22:6 n-3.....g									
Fatty acids, total trans.....g	19.227				NC	4	2.692		
Fatty acids, total trans-monoenoic.....g	19.227				NC	4	2.692		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	6		A	1	0		
Phytosterols.....mg									
Stigmasterol.....mg	25	0.757	6		A	1	3		
Campesterol.....mg	31	0.304	6		A	1	4		
Beta-sitosterol.....mg	81	2.067	6		A	1	11		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.17	0.077	8	A	1		2.40		
Energy.....kcal	705		0	NC	4		99		
Energy.....kj	2948		0	NC	4		413		
Protein.....g	0.18	0.001	4	A	1		0.02		
Total lipid (fat).....g	78.77	0.700	8	A	1		11.03		
Ash.....g	1.94	0.024	8	A	1		0.27		
Carbohydrate, by difference.....g	1.94		0	NC	4		0.27		
Fiber, total dietary.....g	0.0		0	Z	7		0.0		
Sugars, total.....g									
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.166	8	A	1		0		
Iron, Fe.....mg	0.12	0.015	8	A	1		0.02		
Magnesium, Mg.....mg	1	0.030	8	A	1		0		
Phosphorus, P.....mg	5	0.202	8	A	1		1		
Potassium, K.....mg	18	0.862	6	A	1		2		
Sodium, Na.....mg	654	19.966	8	A	1		92		
Zinc, Zn.....mg	0.11	0.021	8	A	1		0.01		
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.012		1	A	1		0.002		
Riboflavin.....mg	0.000	0.000	4	A	1		0.000		
Niacin.....mg	0.003	0.003	4	A	1		0.000		
Pantothenic acid.....mg	0.000	0.000	4	A	1		0.000		
Vitamin B-6.....mg	0.000		1	A	1		0.000		
Folate, total.....mcg	1		2	A	1		0		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	1		2	A	1		0		
Folate, DFE.....mcg_DFE	1		0	NC	4		0		
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	6.23	0.638	8	A	1		0.87		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	75.0	9.109	16	A	1		10.5		
Lipids:									
Fatty acids, total saturated.....g	14.787		0	NC	4		2.070		
4:0.....g	0.000		8	A	1		0.000		
6:0.....g	0.000		8	A	1		0.000		
8:0.....g	0.000		8	A	1		0.000		
10:0.....g	0.000		8	A	1		0.000		
12:0.....g	0.000	0.000	8	A	1		0.000		
13:0.....g									
14:0.....g	0.069	0.003	8	A	1		0.010		
15:0.....g	0.000	0.000	8	A	1		0.000		
16:0.....g	8.135	0.107	8	A	1		1.139		
17:0.....g	0.000	0.000	8	A	1		0.000		
18:0.....g	6.047	0.117	8	A	1		0.847		
20:0.....g	0.263	0.006	8	A	1		0.037		
22:0.....g	0.271	0.007	8	A	1		0.038		

NDB No. 04628

Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
24:0.....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total monounsaturated.....g	37.201		0	NC	4		5.208		
14:1.....g	0.000	0.000	8	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		0	AS	1		0.000		
16:1 c.....g	0.000	0.000	8	A	1		0.000		
16:1 t.....g	0.000	0.000	8	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	37.201		0	AS	1		5.208		
18:1 c.....g	17.515	0.439	8	A	1		2.452		
18:1 t.....g	19.686	0.415	8	A	1		2.756		
20:1.....g	0.000	0.000	8	A	1		0.000		
22:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
24:1 c.....g	0.000	0.000	8	A	1		0.000		
Fatty acids, total polyunsaturated.....g	23.097		0	NC	4		3.234		
18:2 undifferentiated.....g	20.877		0	AS	1		2.923		
18:2 n-6 c,c.....g	20.174	0.746	8	A	1		2.824		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.703	0.162	8	A	1		0.098		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.220		0	AS	1		0.311		
18:4.....g	0.000		8	A	1		0.000		
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000		
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000		
20:5 n-3.....g	0.000	0.000	8	A	1		0.000		
22:5 n-3.....g	0.000	0.000	8	A	1		0.000		
22:6 n-3.....g	0.000		8	A	1		0.000		
Fatty acids, total trans.....g	19.686		0	NC	4		2.756		
Fatty acids, total trans-monoenoic.....g	19.686		0	NC	4		2.756		
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	4	A	1		0		
Phytosterols.....mg									
Stigmasterol.....mg	28	1.105	4	A	1		4		
Campesterol.....mg	41	2.622	4	A	1		6		
Beta-sitosterol.....mg	117	14.160	4	A	1		16		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04665

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	15.80		0	BFZN	4		2.21		
Energy.....kcal	714		0	LC	8		100		
Energy.....kj	2989		0	LC	8		418		
Protein.....g	1.90		0	BFZN	4		0.27		
Total lipid (fat).....g	80.20		1	PAK	1		11.23		
Ash.....g	2.00		0	BFZN	4		0.28		
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	BFZN	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	66		0	BFZN	4		9		
Iron, Fe.....mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg.....mg	6		0	BFZN	4		1		
Phosphorus, P.....mg	51		0	BFZN	4		7		
Potassium, K.....mg	94		0	BFZN	4		13		
Sodium, Na.....mg	879		0	LC	8		123		
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00		
Copper, Cu.....mg	0.000		0	BFZN	4		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		0	BFZN	4		0.0		
Thiamin.....mg	0.022		0	BFZN	4		0.003		
Riboflavin.....mg	0.081		0	BFZN	4		0.011		
Niacin.....mg	0.050		0	BFZN	4		0.007		
Pantothenic acid.....mg	0.187		0	BFZN	4		0.026		
Vitamin B-6.....mg	0.019		0	BFZN	4		0.003		
Folate, total.....mcg	3		0	BFZN	4		0		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	3		0	BFZN	4		0		
Folate, DFE.....mcg_DFE	3		0	NC	4		0		
Vitamin B-12.....mcg	0.21		0	BFZN	4		0.03		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	4286		0	LC	8		600		
Vitamin A, RAE.....mcg_RAE	1032		0	NC	4		144		
Retinol.....mcg	981		0	NR	4		137		
Vitamin E (alpha-tocopherol).....mg	4.60		0	BFZN	4		0.64		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	106.2		0	BFZN	4		14.9		
Lipids:									
Fatty acids, total saturated.....g	20.442		0	NC	4		2.862		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.052		1	A	1		0.007		
13:0.....g									
14:0.....g	0.121		1	A	1		0.017		
15:0.....g	0.038		1	A	1		0.005		
16:0.....g	9.604		1	A	1		1.344		
17:0.....g	0.107		1	A	1		0.015		
18:0.....g	9.959		1	A	1		1.394		
20:0.....g	0.284		1	A	1		0.040		

NDB No. 04665

Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.277		1	A	1		0.039		
24:0.....g									
Fatty acids, total monounsaturated.....g	46.692		0	NC	4		6.537		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.061		0	AS	1		0.009		
16:1 c.....g	0.061		1	A	1		0.009		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	46.631		0	AS	1		6.528		
18:1 c.....g	25.077		1	A	1		3.511		
18:1 t.....g	21.554		1	A	1		3.018		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.265		0	NC	4		1.297		
18:2 undifferentiated.....g	8.478		0	AS	1		1.187		
18:2 n-6 c,c.....g	5.759		1	A	1		0.806		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.719		1	A	1		0.381		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.786		0	AS	1		0.110		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	24.747		0	NC	4		3.465		
Fatty acids, total trans-monoenoic.....g	21.554		0	NC	4		3.018		
Fatty acids, total trans-polyenoic.....g	3.193		0	NC	4		0.447		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4		85.400		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04668

Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.17		0	BFZN	4		38.98		0.81
Energy.....kcal	714		0	LC	8		1621		34
Energy.....kj	2989		0	LC	8		6784		140
Protein (N x 6.38).....g	0.18		0	BFZN	4		0.40		0.01
Total lipid (fat).....g	80.00		1	PAK	1		181.60		3.76
Ash.....g	1.94		0	BFZN	4		4.41		0.09
Carbohydrate, by difference.....g	0.71		0	NC	4		1.61		0.03
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		0.0
Sugars, total.....g	0.00		0	Z	7		0.00		0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3		0	BFZN	4		7		0
Iron, Fe.....mg	0.12		0	BFZN	4		0.28		0.01
Magnesium, Mg.....mg	1		0	BFZN	4		2		0
Phosphorus, P.....mg	5		0	BFZN	4		12		0
Potassium, K.....mg	18		0	BFZN	4		40		1
Sodium, Na.....mg	886		0	LC	8		2011		42
Zinc, Zn.....mg	0.11		0	BFZN	4		0.24		0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.012		0	BFZN	4		0.027		0.001
Riboflavin.....mg	0.000		0	BFZN	4		0.000		0.000
Niacin.....mg	0.003		0	BFZN	4		0.006		0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000		0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000		0.000
Folate, total.....mcg	1		0	BFZN	4		3		0
Folic acid.....mcg	0		0	BFZN	4		0		0
Folate, food.....mcg	1		0	BFZN	4		3		0
Folate, DFE.....mcg_DFE	1		0	NC	4		3		0
Vitamin B-12.....mcg	0.21		0	BFZN	4		0.48		0.01
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		0.00
Vitamin A, IU.....IU	3571		0	LC	8		8107		168
Vitamin A, RAE.....mcg_RAE									
Retinol.....mcg									
Vitamin E (alpha-tocopherol).....mg	6.23		0	BFZN	4		14.15		0.29
Vitamin E, added.....mg	0.00		0	Z	7		0.00		0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	75.0		0	BFZN	4		170.3		3.5
Lipids:									
Fatty acids, total saturated.....g									
4:0.....g	0.000		1	A	1		0.000		0.000
6:0.....g	0.000		1	A	1		0.000		0.000
8:0.....g	0.000		1	A	1		0.000		0.000
10:0.....g	0.000		1	A	1		0.000		0.000
12:0.....g	0.179		1	A	1		0.407		0.008
13:0.....g									
14:0.....g	0.106		1	A	1		0.240		0.005
15:0.....g	0.038		1	A	1		0.086		0.002
16:0.....g	8.912		1	A	1		20.231		0.419
17:0.....g	0.091		1	A	1		0.207		0.004
18:0.....g	6.465		1	A	1		14.676		0.304
20:0.....g	0.260		1	A	1		0.591		0.012

NDB No. 04668

Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.269		1	A	1		0.610		0.013
24:0.....g									
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0	A	1		0.120		0.002
16:1 c.....g	0.053		1	A	1		0.120		0.002
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	37.323		0	A	1		84.723		1.754
18:1 c.....g	18.353		1	A	1		41.661		0.863
18:1 t.....g	18.970		1	A	1		43.062		0.892
20:1.....g	0.084		1	A	1		0.192		0.004
22:1 undifferentiated.....g	0.000		1	A	1		0.000		0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	1.265		0	A	1		2.871		0.059
18:2 n-6 c,c.....g	18.400		1	A	1		41.769		0.865
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	1.265		1	A	1		2.871		0.059
18:2 t not further defined.....g									
18:3 undifferentiated.....g									
18:4.....g	0.000		1	A	1		0.000		0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		0.000
20:5 n-3.....g	0.000		1	A	1		0.000		0.000
22:5 n-3.....g	0.000		1	A	1		0.000		0.000
22:6 n-3.....g	0.000		1	A	1		0.000		0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	LC	8		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 = 227g: 1 cup

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04065

Margarine, regular, hard, corn (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
24:0.....g									
Fatty acids, total monounsaturated.....g	38.800		0		1		1.824	43.844	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	38.800	0.479	22		1		1.824	43.844	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.100		0		1		1.133	27.233	
18:2 undifferentiated.....g	23.700	0.465	22		1		1.114	26.781	
18:3 undifferentiated.....g	0.400	0.035	21		1		0.019	0.452	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	570	33.000	7		1		27	644	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

NDB No. 04065

Margarine, regular, hard, corn (hydrogenated and regular)

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04071

Margarine, regular, hard, corn (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	45.800		0		1		2.153	51.754	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	45.800	1.997	6		1		2.153	51.754	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0		1		0.846	20.340	
18:2 undifferentiated.....g	17.700	2.083	6		1		0.832	20.001	
18:3 undifferentiated.....g	0.200		0		1		0.009	0.226	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	571		2		1		27	645	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04071

Margarine, regular, hard, corn (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04067

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.800		0		1		1.730	41.584	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.800	0.060	164		1		1.730	41.584	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		1.180	28.363	
18:2 undifferentiated.....g	24.800	0.072	292		1		1.166	28.024	
18:3 undifferentiated.....g	0.300	0.035	287		1		0.014	0.339	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	425	20.000	6		1		20	480	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04067

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), with salt

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04068

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	36.700		0		1		1.725	41.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.700	0.070	164		1		1.725	41.471	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.000		0		1		1.175	28.250	
18:2 undifferentiated.....g	24.700	0.076	292		1		1.161	27.911	
18:3 undifferentiated.....g	0.300	0.035	287		1		0.014	0.339	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.000	0.008	
Threonine.....g	0.022		0		1		0.001	0.025	
Isoleucine.....g	0.030		0		1		0.001	0.034	
Leucine.....g	0.049		0		1		0.002	0.055	
Lysine.....g	0.039		0		1		0.002	0.044	
Methionine.....g	0.012		0		1		0.001	0.014	
Cystine.....g	0.005		0		1		0.000	0.006	
Phenylalanine.....g	0.024		0		1		0.001	0.027	
Tyrosine.....g	0.024		0		1		0.001	0.027	
Valine.....g	0.033		0		1		0.002	0.037	
Arginine.....g	0.018		0		1		0.001	0.020	
Histidine.....g	0.013		0		1		0.001	0.015	
Alanine.....g	0.017		0		1		0.001	0.019	
Aspartic acid.....g	0.038		0		1		0.002	0.043	
Glutamic acid.....g	0.104		0		1		0.005	0.118	
Glycine.....g	0.011		0		1		0.001	0.012	
Proline.....g	0.048		0		1		0.002	0.054	
Serine.....g	0.027		0		1		0.001	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

NDB No. 04068

Margarine, regular, hard, corn and soybean (hydrogenated) and cottonseed (hydrogenated), without salt

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04089

Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	30.300		0		1		1.424	34.239	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.009	0.226	
17:1.....g									
18:1 undifferentiated.....g	30.100		1		1		1.415	34.013	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.300		0		1		1.518	36.499	
18:2 undifferentiated.....g	32.000		1		1		1.504	36.160	
18:3 undifferentiated.....g	0.200		1		1		0.009	0.226	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	235		1		1		11	266	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04089

Margarine, regular, hard, safflower and soybean (hydrogenated and regular) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04078

Margarine, regular, hard, safflower and soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	31.700		0		1		1.490	35.821	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.050	5		1		0.005	0.113	
17:1.....g									
18:1 undifferentiated.....g	31.700	1.084	8		1		1.490	35.821	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	31.400		0		1		1.476	35.482	
18:2 undifferentiated.....g	31.300	1.112	8		1		1.471	35.369	
18:3 undifferentiated.....g	0.200	0.055	5		1		0.009	0.226	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	203		1		1		10	229	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04078

Margarine, regular, hard, safflower and soybean (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04079

Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	23.000		0		1		1.081	25.990	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	23.000	0.554	4		1		1.081	25.990	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.700		0		1		1.913	45.991	
18:2 undifferentiated.....g	40.600	1.973	4		1		1.908	45.878	
18:3 undifferentiated.....g	0.100	0.019	4		1		0.005	0.113	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04079

Margarine, regular, hard, safflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04080

Margarine, regular, hard, soybean (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	37.600		0		1		1.767	42.488	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	37.600	0.147	9		1		1.767	42.488	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.200		0		1		1.231	29.606	
18:2 undifferentiated.....g	24.300	0.372	9		1		1.142	27.459	
18:3 undifferentiated.....g	1.900	0.193	9		1		0.089	2.147	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	219	9.204	6		1		10	247	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04080

Margarine, regular, hard, soybean (hydrogenated and regular)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	39.300		0		1		1.847	44.409	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		1		1		0.009	0.226	
17:1.....g									
18:1 undifferentiated.....g	39.100	1.521	4		1		1.838	44.183	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.900		0		1		0.982	23.617	
18:2 undifferentiated.....g	19.400	1.179	4		1		0.912	21.922	
18:3 undifferentiated.....g	1.500	0.420	4		1		0.071	1.695	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	146		1		1		7	165	
<u>Amino Acids:</u>									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
<u>Carotenoids:</u>									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04073

Margarine, regular, hard, soybean (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04074

Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	32.000		0		1		1.504	36.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	32.000		2		1		1.504	36.160	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		1.180	28.363	
18:2 undifferentiated.....g	23.600		2		1		1.109	26.668	
18:3 undifferentiated.....g	1.500		2		1		0.071	1.695	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04074

Margarine, regular, hard, soybean (hydrogenated) and corn and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04075

Margarine, regular, hard, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	40.700		0		1		1.913	45.991	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	40.700	3.306	7		1		1.913	45.991	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.900		0		1		0.935	22.487	
18:2 undifferentiated.....g	19.200	2.419	7		1		0.902	21.696	
18:3 undifferentiated.....g	0.700	0.176	7		1		0.033	0.791	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	219		1		1		10	247	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04075

Margarine, regular, hard, soybean (hydrogenated) and cottonseed

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04076

Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	47.300		0		1		2.223	53.449	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	47.300	0.820	36		1		2.223	53.449	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.600		0		1		0.686	16.498	
18:2 undifferentiated.....g	13.700	0.685	36		1		0.644	15.481	
18:3 undifferentiated.....g	0.800	0.122	31		1		0.038	0.904	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	171		2		1		8	193	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04076

Margarine, regular, hard, soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04082

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	31.200		0		1		1.466	35.256	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	31.200		1		1		1.466	35.256	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.200		0		1		1.325	31.866	
18:2 undifferentiated.....g	25.900		1		1		1.217	29.267	
18:3 undifferentiated.....g	2.300		0		1		0.108	2.599	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	136		1		1		6	154	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04082

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated and regular)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04077

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	32.000		0		1		1.504	36.160	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.005	0.113	
17:1.....g									
18:1 undifferentiated.....g	31.900	0.467	4		1		1.499	36.047	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.800		0		1		1.401	33.674	
18:2 undifferentiated.....g	26.800	1.540	4		1		1.260	30.284	
18:3 undifferentiated.....g	3.000	0.253	4		1		0.141	3.390	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	165		2		1		8	186	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04077

Margarine, regular, hard, soybean (hydrogenated) and palm (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04083

Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	41.200		0		1		1.936	46.556	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	41.200	0.874	4		1		1.936	46.556	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.200		0		1		0.949	22.826	
18:2 undifferentiated.....g	19.000	0.433	4		1		0.893	21.470	
18:3 undifferentiated.....g	1.100	0.315	4		1		0.052	1.243	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	208	21.865	4		1		10	235	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04083

Margarine, regular, hard, soybean (hydrogenated), cottonseed (hydrogenated), and soybean

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04081

Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Code					
Fatty acids, total monounsaturated.....g	36.100		0			1		1.697	40.793	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.000		0			4		0.000	0.000	
17:1.....g										
18:1 undifferentiated.....g	35.900	0.127	52			1		1.687	40.567	
20:1.....g	0.200	0.050	22			1		0.009	0.226	
22:1 undifferentiated.....g	0.000		0			4		0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	25.300		0			1		1.189	28.589	
18:2 undifferentiated.....g	22.500	0.089	119			1		1.058	25.425	
18:3 undifferentiated.....g	2.800	0.077	119			1		0.132	3.164	
18:4.....g	0.000		0			4		0.000	0.000	
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0			4		0.000	0.000	
20:5 n-3.....g	0.000		0			4		0.000	0.000	
22:5 n-3.....g	0.000		0			4		0.000	0.000	
22:6 n-3.....g	0.000		0			4		0.000	0.000	
Fatty acids, total trans.....g										
Cholesterol.....mg	0		0			4		0	0	
Phytosterols.....mg	172		1			1		8	194	
Amino Acids:										
Tryptophan.....g	0.012		0			1		0.001	0.014	
Threonine.....g	0.039		0			1		0.002	0.044	
Isoleucine.....g	0.052		0			1		0.002	0.059	
Leucine.....g	0.084		0			1		0.004	0.095	
Lysine.....g	0.068		0			1		0.003	0.077	
Methionine.....g	0.021		0			1		0.001	0.024	
Cystine.....g	0.008		0			1		0.000	0.009	
Phenylalanine.....g	0.041		0			1		0.002	0.046	
Tyrosine.....g	0.041		0			1		0.002	0.046	
Valine.....g	0.057		0			1		0.003	0.064	
Arginine.....g	0.031		0			1		0.001	0.035	
Histidine.....g	0.023		0			1		0.001	0.026	
Alanine.....g	0.029		0			1		0.001	0.033	
Aspartic acid.....g	0.065		0			1		0.003	0.073	
Glutamic acid.....g	0.179		0			1		0.008	0.202	
Glycine.....g	0.018		0			1		0.001	0.020	
Proline.....g	0.083		0			1		0.004	0.094	
Serine.....g	0.046		0			1		0.002	0.052	
Hydroxyproline.....g										
Carotenoids:										
Carotene, beta.....mcg	610		0	CAZN		4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN		4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN		4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN		4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN		4		0.000	0.000	

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Common Measures:

Measure 1 = 4.7g: 1 tsp

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04081

Margarine, regular, hard, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04521

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	28.500		0		1		1.340	32.205	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	28.500		1		1		1.340	32.205	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.600		0		1		1.720	41.358	
18:2 undifferentiated.....g	36.500		1		1		1.716	41.245	
18:3 undifferentiated.....g	0.100		1		1		0.005	0.113	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	425		0		4		20	480	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 4.7g: 1 tsp

NDB No. 04521

Margarine, regular, hard, sunflower and soybean (hydrogenated) and cottonseed (hydrogenated)

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04105

Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	28.100		0		1		63.787	3.990	1.321
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	28.100	0.907	4		1		63.787	3.990	1.321
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.800		0		1		81.266	5.084	1.683
18:2 undifferentiated.....g	33.400	1.048	4		1		75.818	4.743	1.570
18:3 undifferentiated.....g	2.400	1.305	4		1		5.448	0.341	0.113
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	174	7.948	4		1		395	25	8
Amino Acids:									
Tryptophan.....g	0.027		0		1		0.061	0.004	0.001
Threonine.....g	0.086		0		1		0.195	0.012	0.004
Isoleucine.....g	0.115		0		1		0.261	0.016	0.005
Leucine.....g	0.186		0		1		0.422	0.026	0.009
Lysine.....g	0.151		0		1		0.343	0.021	0.007
Methionine.....g	0.048		0		1		0.109	0.007	0.002
Cystine.....g	0.018		0		1		0.041	0.003	0.001
Phenylalanine.....g	0.092		0		1		0.209	0.013	0.004
Tyrosine.....g	0.092		0		1		0.209	0.013	0.004
Valine.....g	0.127		0		1		0.288	0.018	0.006
Arginine.....g	0.069		0		1		0.157	0.010	0.003
Histidine.....g	0.052		0		1		0.118	0.007	0.002
Alanine.....g	0.066		0		1		0.150	0.009	0.003
Aspartic acid.....g	0.144		0		1		0.327	0.020	0.007
Glutamic acid.....g	0.398		0		1		0.903	0.057	0.019
Glycine.....g	0.040		0		1		0.091	0.006	0.002
Proline.....g	0.184		0		1		0.418	0.026	0.009
Serine.....g	0.103		0		1		0.234	0.015	0.005
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	28.670
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

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Common Measures:

Measure 1 = 227g: 1 cup

NDB No. 04105

Margarine, regular, liquid, soybean (hydrogenated and regular) and cottonseed

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 4.7g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	17.17	0.077	8	A	1		2.40	38.98	0.81
Energy.....kcal	705		0	NC	4		99	1599	33
Energy.....kj	2948		0	NC	4		413	6692	139
Protein.....g	0.18	0.001	4	A	1		0.02	0.40	0.01
Total lipid (fat).....g	78.77	0.700	8	A	1		11.03	178.80	3.70
Ash.....g	1.94	0.024	8	A	1		0.27	4.41	0.09
Carbohydrate, by difference.....g	1.94		0	NC	4		0.27	4.40	0.09
Fiber, total dietary.....g	0.0			Z	7		0.0	0.0	0.0
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	3	0.166	8	A	1		0	7	0
Iron, Fe.....mg	0.12	0.015	8	A	1		0.02	0.28	0.01
Magnesium, Mg.....mg	1	0.030	8	A	1		0	2	0
Phosphorus, P.....mg	5	0.202	8	A	1		1	12	0
Potassium, K.....mg	18	0.862	6	A	1		2	40	1
Sodium, Na.....mg	654	19.966	8	A	1		92	1485	31
Zinc, Zn.....mg	0.11	0.021	8	A	1		0.01	0.24	0.00
Copper, Cu.....mg	0.000			BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	Z	7		0.0	0.0	0.0
Thiamin.....mg	0.012		1	A	1		0.002	0.027	0.001
Riboflavin.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Niacin.....mg	0.003	0.003	4	A	1		0.000	0.006	0.000
Pantothenic acid.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	0.000
Folate, total.....mcg	1		2	A	1		0	3	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	1		2	A	1		0	3	0
Folate, DFE.....mcg_DFE	1		0	NC	4		0	3	0
Vitamin B-12.....mcg	0.10		0	O	4		0.01	0.23	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	3577		0	NC	4		501	8119	168
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		115	1859	38
Retinol.....mcg	768		0	CAZN	4		108	1743	36
Vitamin E (alpha-tocopherol).....mg	6.23	0.638	8	A	1		0.87	14.15	0.29
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	93.0		1	CAZN	4		13.0	211.1	4.4
Lipids:									
Fatty acids, total saturated.....g	14.787		0	NC	4		2.070	33.566	0.695
4:0.....g	0.000		8	A	1		0.000	0.000	0.000
6:0.....g	0.000		8	A	1		0.000	0.000	0.000
8:0.....g	0.000		8	A	1		0.000	0.000	0.000
10:0.....g	0.000		8	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.069	0.003	8	A	1		0.010	0.157	0.003
15:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
16:0.....g	8.135	0.107	8	A	1		1.139	18.467	0.382
17:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
18:0.....g	6.047	0.117	8	A	1		0.847	13.728	0.284
20:0.....g	0.263	0.006	8	A	1		0.037	0.598	0.012

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.271	0.007	8	A	1		0.038	0.616	0.013
24:0.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	37.201		0	NC	4		5.208	84.446	1.748
14:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		0	A	1		0.000	0.000	0.000
16:1 c.....g									
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	37.201		0	A	1		5.208	84.447	1.748
18:1 c.....g									
18:1 t.....g									
20:1.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
24:1 c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	23.097		0	NC	4		3.234	52.430	1.086
18:2 undifferentiated.....g	20.877		0	AS	1		2.923	47.391	0.981
18:2 n-6 c,c.....g									
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 not further defined.....g									
18:3 undifferentiated.....g	2.220		0	AS	1		0.311	5.039	0.104
18:4.....g	0.000		0	Z	7		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:3 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	8	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	0.000
Fatty acids, total trans.....g	19.686		0	NC	4		2.756	44.687	0.925
Fatty acids, total trans-monoenoic.....g	19.686		0	NC	4		2.756	44.687	0.925
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0	0.000	4	A	1		0	0	0
Phytosterols.....mg									
Stigmasterol.....mg	28	1.105	4	A	1		4	64	1
Campesterol.....mg	41	2.622	4	A	1		6	93	2
Beta-sitosterol.....mg	117	14.160	4	A	1		16	266	6
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		85.400	1384.700	28.670
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 227g: 1 cup

Measure 3 = 4.7g: 1 tsp

NDB No. 04610

Margarine, regular, stick, composite, 80% fat, with salt

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04617

Margarine, regular, stick, unsalted, composite, 80% fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	39.020			RA	4		88.575	5.541	1.951
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.180			RA	4		0.409	0.026	0.009
17:1.....g									
18:1 undifferentiated.....g	38.690			RA	4		87.826	5.494	1.935
20:1.....g	0.100			RA	4		0.227	0.014	0.005
22:1 undifferentiated.....g	0.030			RA	4		0.068	0.004	0.002
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.340			RA	4		50.712	3.172	1.117
18:2 undifferentiated.....g	20.560			RA	4		46.671	2.920	1.028
18:3 undifferentiated.....g	1.760			RA	4		3.995	0.250	0.088
18:4.....g	0.000			RA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000			RA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000			RA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000			RA	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	30.500
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

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Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Measure 3 = 5.0g: 1 pat (1" sq, 1/3" high)

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04611

Margarine, regular, tub, composite, 80% fat, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	36.060			RA	4		81.856	5.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020			RA	4		0.045	0.003	
17:1.....g									
18:1 undifferentiated.....g	35.890			RA	4		81.470	5.096	
20:1.....g	0.100			RA	4		0.227	0.014	
22:1 undifferentiated.....g	0.030			RA	4		0.068	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.850			RA	4		63.220	3.955	
18:2 undifferentiated.....g	26.500			RA	4		60.155	3.763	
18:3 undifferentiated.....g	1.330			RA	4		3.019	0.189	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	
20:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbs

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04618

Margarine, regular, tub, unsalted, composite, 80% fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	36.060			RA	4		81.856	5.121	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020			RA	4		0.045	0.003	
17:1.....g									
18:1 undifferentiated.....g	35.890			RA	4		81.470	5.096	
20:1.....g	0.100			RA	4		0.227	0.014	
22:1 undifferentiated.....g	0.030			RA	4		0.068	0.004	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.850			RA	4		63.220	3.955	
18:2 undifferentiated.....g	26.500			RA	4		60.155	3.763	
18:3 undifferentiated.....g	1.330			RA	4		3.019	0.189	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	
20:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1384.700	86.620	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 227g: 1 cup

Measure 2 = 14.2g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04132

Margarine, regular, unspecified oils, with salt added

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	35.800		0		1		1.683	40.454	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	35.800	1.519	17		1		1.683	40.454	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.400		0		1		1.194	28.702	
18:2 undifferentiated.....g	24.300	1.844	17		1		1.142	27.459	
18:3 undifferentiated.....g	1.100	0.233	17		1		0.052	1.243	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.001	0.014	
Threonine.....g	0.039		0		1		0.002	0.044	
Isoleucine.....g	0.052		0		1		0.002	0.059	
Leucine.....g	0.084		0		1		0.004	0.095	
Lysine.....g	0.068		0		1		0.003	0.077	
Methionine.....g	0.021		0		1		0.001	0.024	
Cystine.....g	0.008		0		1		0.000	0.009	
Phenylalanine.....g	0.041		0		1		0.002	0.046	
Tyrosine.....g	0.041		0		1		0.002	0.046	
Valine.....g	0.057		0		1		0.003	0.064	
Arginine.....g	0.031		0		1		0.001	0.035	
Histidine.....g	0.023		0		1		0.001	0.026	
Alanine.....g	0.029		0		1		0.001	0.033	
Aspartic acid.....g	0.065		0		1		0.003	0.073	
Glutamic acid.....g	0.179		0		1		0.008	0.202	
Glycine.....g	0.018		0		1		0.001	0.020	
Proline.....g	0.083		0		1		0.004	0.094	
Serine.....g	0.046		0		1		0.002	0.052	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

NDB No. 04132

Margarine, regular, unspecified oils, with salt added

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04131

Margarine, regular, unspecified oils, without added salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	36.700		0		1		1.725	41.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	36.700		1		1		1.725	41.471	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.000		0		1		1.175	28.250	
18:2 undifferentiated.....g	24.700		1		1		1.161	27.911	
18:3 undifferentiated.....g	0.300		1		1		0.014	0.339	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	265		0		4		12	299	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.000	0.008	
Threonine.....g	0.022		0		1		0.001	0.025	
Isoleucine.....g	0.030		0		1		0.001	0.034	
Leucine.....g	0.049		0		1		0.002	0.055	
Lysine.....g	0.039		0		1		0.002	0.044	
Methionine.....g	0.012		0		1		0.001	0.014	
Cystine.....g	0.005		0		1		0.000	0.006	
Phenylalanine.....g	0.024		0		1		0.001	0.027	
Tyrosine.....g	0.024		0		1		0.001	0.027	
Valine.....g	0.033		0		1		0.002	0.037	
Arginine.....g	0.018		0		1		0.001	0.020	
Histidine.....g	0.013		0		1		0.001	0.015	
Alanine.....g	0.017		0		1		0.001	0.019	
Aspartic acid.....g	0.038		0		1		0.002	0.043	
Glutamic acid.....g	0.104		0		1		0.005	0.118	
Glycine.....g	0.011		0		1		0.001	0.012	
Proline.....g	0.048		0		1		0.002	0.054	
Serine.....g	0.027		0		1		0.001	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		28.670	689.300	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.7g: 1 tsp

NDB No. 04131

Margarine, regular, unspecified oils, without added salt

Measure 2 = 113g: 1 stick

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04633

Margarine, vegetable oil spread, 20% fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.480				4		17.952	1.122	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000				4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.450				4		17.880	1.118	
20:1.....g	0.040				4		0.096	0.006	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.040				4		19.296	1.206	
18:2 undifferentiated.....g	7.840				4		18.816	1.176	
18:3 undifferentiated.....g	0.160				4		0.384	0.024	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1464.000	91.500	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04634

Margarine, vegetable oil spread, 20% fat, without salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	78.80		0	BFZN	4		161.54	10.09	
Energy.....kcal	175		0	BFZN	4		359	22	
Energy.....kj	732		0	BFZN	4		1501	94	
Protein.....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat).....g	19.50		0	BFZN	4		39.98	2.50	
Ash.....g	1.30		0	BFZN	4		2.67	0.17	
Carbohydrate, by difference.....g	0.40		0	BFZN	4		0.82	0.05	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg.....mg	1		0	BFZN	4		2	0	
Phosphorus, P.....mg	14		0	BFZN	4		29	2	
Potassium, K.....mg	25		0	BFZN	4		51	3	
Sodium, Na.....mg	0		0	Z	7		0	0	
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total.....mcg	0		0	BFZN	4		0	0	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	0		0	BFZN	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	3577		0	BFZN	4		7332	458	
Vitamin A, RAE.....mcg_RAE	819		0	BFZN	4		1679	105	
Retinol.....mcg	768		0	BFZN	4		1574	98	
Vitamin E (alpha-tocopherol).....mg	4.50		0	BFZN	4		9.23	0.58	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	93.0		0	BFZN	4		190.7	11.9	
Lipids:									
Fatty acids, total saturated.....g	2.870		0	BFZN	4		5.884	0.367	
4:0.....g	0.000		0	BFZN	4		0.000	0.000	
6:0.....g	0.000		0	BFZN	4		0.000	0.000	
8:0.....g	0.000		0	BFZN	4		0.000	0.000	
10:0.....g	0.000		0	BFZN	4		0.000	0.000	
12:0.....g	0.000		0	BFZN	4		0.000	0.000	
13:0.....g									
14:0.....g	0.000		0	BFZN	4		0.000	0.000	
15:0.....g									
16:0.....g	2.030		0	BFZN	4		4.162	0.260	
17:0.....g									
18:0.....g	0.840		0	BFZN	4		1.722	0.108	

NDB No. 04634

Margarine, vegetable oil spread, 20% fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.480		0	BFZN	4		15.334	0.957	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.450		0	BFZN	4		15.273	0.954	
20:1.....g	0.040		0	BFZN	4		0.082	0.005	
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.040		0	BFZN	4		16.482	1.029	
18:2 undifferentiated.....g	7.840		0	BFZN	4		16.072	1.004	
18:3 undifferentiated.....g	0.160		0	BFZN	4		0.328	0.020	
18:4.....g	0.000		0	BFZN	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000	0.000	
20:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:5 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
22:6 n-3.....g	0.000		0	BFZN	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4		1250.500	78.080	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsps

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.23	2.015	4	JA	6		89.84	5.61	
Energy.....kcal	518		0	NC	4		1186	74	
Energy.....kj	2167		0	NC	4		4963	310	
Protein (N x 6.25).....g	0.60		2		1		1.37	0.09	
Total lipid (fat).....g	58.34	1.710	4	JA	6		133.59	8.34	
Ash.....g	1.70		2		1		3.89	0.24	
Carbohydrate, by difference.....g	0.14		0	NC	4		0.32	0.02	
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	
Sugars, total.....g	0.00		0	CAZN	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0		1		48	3	
Iron, Fe.....mg	0.00		0		4		0.00	0.00	
Magnesium, Mg.....mg	2		0		1		4	0	
Phosphorus, P.....mg	16		0		1		37	2	
Potassium, K.....mg	30		0		1		68	4	
Sodium, Na.....mg	785		0	BFZN	4		1798	112	
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	
Copper, Cu.....mg	0.000			BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0		1		0.3	0.0	
Thiamin.....mg	0.007		0		1		0.016	0.001	
Riboflavin.....mg	0.026		0		1		0.060	0.004	
Niacin.....mg	0.016		0		1		0.037	0.002	
Pantothenic acid.....mg	0.059		0		1		0.135	0.008	
Vitamin B-6.....mg	0.006		0		1		0.014	0.001	
Folate, total.....mcg	1		0		1		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0		1		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12.....mcg	0.07		0		1		0.15	0.01	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	3571		0	ML	5		8178	511	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1876	117	
Retinol.....mcg	768		0	CAZN	4		1759	110	
Vitamin E (alpha-tocopherol).....mg	5.00		0		4		11.45	0.72	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1		231.9	14.5	
Lipids:									
Fatty acids, total saturated.....g	10.399		0	NC	4		23.813	1.487	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.046		2	A	1		0.105	0.007	
15:0.....g	0.000		2	A	1		0.000	0.000	
16:0.....g	5.628		2	A	1		12.888	0.805	
17:0.....g	0.064		2	A	1		0.147	0.009	
18:0.....g	4.183		2	A	1		9.578	0.598	
20:0.....g	0.191		2	A	1		0.437	0.027	

NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.206		2	A	1		0.473	0.030	
24:0.....g	0.081		2	A	1		0.186	0.012	
Fatty acids, total monounsaturated.....g	27.429		0	NC	4		62.813	3.922	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.045		0	AS	1		0.103	0.006	
16:1 c.....g	0.045		2	A	1		0.103	0.006	
16:1 t.....g	0.000		2	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	27.315		0	AS	1		62.551	3.906	
18:1 c.....g	13.727		2	A	1		31.436	1.963	
18:1 t.....g	13.587		2	A	1		31.115	1.943	
20:1.....g	0.069		2	A	1		0.159	0.010	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	15.348		0	NC	4		35.147	2.195	
18:2 undifferentiated.....g	13.580		0	AS	1		31.098	1.942	
18:2 n-6 c,c.....g	12.940		2	A	1		29.633	1.850	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.639		2	A	1		1.464	0.091	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.525		0	AS	1		3.492	0.218	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.243		2	A	1		0.557	0.035	
20:3 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g	13.587		0	NC	4		31.114	1.943	
Fatty acids, total trans-monoenoic.....g	13.587		0	NC	4		31.114	1.943	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Stigmasterol.....mg	21		2	A	1		49	3	
Campesterol.....mg	24		2	A	1		55	3	
Beta-sitosterol.....mg	67		2	A	1		154	10	
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1396.900	87.230	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 14.3g: 1 tbsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

NDB No. 04612

Margarine, vegetable oil spread, 60% fat, stick

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	39.23		0	BFZN	4				
Energy.....kcal	519		0	NC	4				
Energy.....kj	2170		0	NC	4				
Protein (N x 6.25).....g	0.60		0	BFZN	4				
Total lipid (fat).....g	58.34		0	BFZN	4				
Ash.....g	1.70		0	BFZN	4				
Carbohydrate, by difference.....g	0.14		0	BFZN	4				
Fiber, total dietary.....g	0.0			Z	7				
Sugars, total.....g	0.00		0	BFZN	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	BFZN	4				
Iron, Fe.....mg	0.00		0	BFZN	4				
Magnesium, Mg.....mg	2		0	BFZN	4				
Phosphorus, P.....mg	16		0	BFZN	4				
Potassium, K.....mg	30		0	BFZN	4				
Sodium, Na.....mg	2			BFZN	4				
Zinc, Zn.....mg	0.00		0	BFZN	4				
Copper, Cu.....mg	0.000		0	BFZN	4				
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4				
Thiamin.....mg	0.007		0	BFZN	4				
Riboflavin.....mg	0.026		0	BFZN	4				
Niacin.....mg	0.016		0	BFZN	4				
Pantothenic acid.....mg	0.059		0	BFZN	4				
Vitamin B-6.....mg	0.006		0	BFZN	4				
Folate, total.....mcg	1		0	BFZN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	1		0	BFZN	4				
Folate, DFE.....mcg_DFE	1		0	NC	4				
Vitamin B-12.....mcg	0.07		0	BFZN	4				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, IU.....IU	3571		0	BFZN	4				
Vitamin A, RAE.....mcg_RAE	819		0	BFZN	4				
Retinol.....mcg	768		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN	4				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1				
Lipids:									
Fatty acids, total saturated.....g	10.399		0	BFZN	4				
4:0.....g	0.000		0	BFZN	4				
6:0.....g	0.000		0	BFZN	4				
8:0.....g	0.000		0	BFZN	4				
10:0.....g	0.000		0	BFZN	4				
12:0.....g	0.000		0	BFZN	4				
13:0.....g									
14:0.....g	0.046		0	BFZN	4				
15:0.....g	0.000		0	BFZN	4				
16:0.....g	5.628		0	BFZN	4				
17:0.....g	0.064		0	BFZN	4				

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
17:0.....g	0.064			BFZN	4				
18:0.....g	4.183		0	BFZN	4				
20:0.....g	0.191		0	BFZN	4				
22:0.....g	0.206		0	BFZN	4				
24:0.....g	0.081		0	BFZN	4				
Fatty acids, total monounsaturated.....g	27.429		0	BFZN	4				
14:1.....g	0.000		0	BFZN	4				
15:1.....g									
16:1 undifferentiated.....g	0.045		0	BFZN	4				
16:1 c.....g	0.045		0	BFZN	4				
16:1 t.....g	0.000		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	27.315		0	BFZN	4				
18:1 c.....g	13.727		0	BFZN	4				
18:1 t.....g	13.587		0	BFZN	4				
20:1.....g	0.069		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g	0.000		0	BFZN	4				
Fatty acids, total polyunsaturated.....g	15.348		0	BFZN	4				
18:2 undifferentiated.....g	13.580		0	BFZN	4				
18:2 n-6 c,c.....g	12.940		0	BFZN	4				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.639		0	BFZN	4				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.525		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g	0.243		0	BFZN	4				
20:3 undifferentiated.....g	0.000		0	BFZN	4				
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g	13.587		0	BFZN	4				
Fatty acids, total trans-monoenoic.....g	13.587		0	BFZN	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	0		0	BFZN	4				
Phytosterols.....mg									
Stigmasterol.....mg	21		0	BFZN	4				
Campesterol.....mg	24		0	BFZN	4				
Beta-sitosterol.....mg	67		0	BFZN	4				
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

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

Common Measures:

NDB No. 04619

Margarine, vegetable oil spread, 60% fat, stick, no salt

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04613

Margarine, vegetable oil spread, 60% fat, tub/bottle

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.13		1	A	1		87.32	1.83	
Energy.....kcal	531		0	NC	4		1216	25	
Energy.....kj	2222		0	NC	4		5088	107	
Protein (N x 6.25).....g	0.60			BFZN	4		1.37	0.03	
Total lipid (fat).....g	60.00		1	A	1		137.40	2.88	
Ash.....g	1.70			BFZN	4		3.89	0.08	
Carbohydrate, by difference.....g	0.00			BFZN	4		0.00	0.00	
Fiber, total dietary.....g	0.0			Z	7		0.0	0.0	
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21			BFZN	4		48	1	
Iron, Fe.....mg	0.00			BFZN	4		0.00	0.00	
Magnesium, Mg.....mg	2			BFZN	4		5	0	
Phosphorus, P.....mg	16			BFZN	4		37	1	
Potassium, K.....mg	30			BFZN	4		69	1	
Sodium, Na.....mg	785		0	BFZN	4		1798	38	
Zinc, Zn.....mg	0.00			BFZN	4		0.00	0.00	
Copper, Cu.....mg	0.000			BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1			BFZN	4		0.2	0.0	
Thiamin.....mg	0.007			BFZN	4		0.016	0.000	
Riboflavin.....mg	0.026			BFZN	4		0.060	0.001	
Niacin.....mg	0.016			BFZN	4		0.037	0.001	
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.006			BFZN	4		0.014	0.000	
Folate, total.....mcg	1			BFZN	4		2	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	1		0	BFZN	4		2	0	
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	
Vitamin B-12.....mcg	0.07			BFZN	4		0.16	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	3571			ML	5		8178	171	
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1876	39	
Retinol.....mcg	768		0	CAZN	4		1759	37	
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN	4		11.45	0.24	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1		231.9	4.9	
Lipids:									
Fatty acids, total saturated.....g	9.685		0	NC	4		22.179	0.465	
4:0.....g	0.000			RA	4		0.000	0.000	
6:0.....g	0.000			RA	4		0.000	0.000	
8:0.....g	0.000			RA	4		0.000	0.000	
10:0.....g	0.000			RA	4		0.000	0.000	
12:0.....g	0.000		0	RA	4		0.000	0.000	
13:0.....g									
14:0.....g	0.053		1	A	1		0.120	0.003	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	5.999		1	A	1		13.738	0.288	
17:0.....g	0.064		1	A	1		0.146	0.003	
18:0.....g	3.062		1	A	1		7.011	0.147	
20:0.....g	0.189		1	A	1		0.432	0.009	

NDB No. 04613

Margarine, vegetable oil spread, 60% fat, tub/bottle

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.233		1	A	1		0.534	0.011	
24:0.....g	0.086		1	A	1		0.198	0.004	
Fatty acids, total monounsaturated.....g	13.116		0	NC	4		30.036	0.630	
14:1.....g	0.000		1	A	1		0.000	0.000	
15:1.....g			0	AS	1		0.117	0.002	
16:1 undifferentiated.....g	0.051		1	A	1		0.117	0.002	
16:1 c.....g	0.000		1	A	1		0.000	0.000	
17:1.....g			0	AS	1		29.919	0.627	
18:1 undifferentiated.....g	13.065		1	A	1		29.499	0.618	
18:1 c.....g	0.183		1	A	1		0.419	0.009	
18:1 t.....g	0.087		1	A	1		0.200	0.004	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total polyunsaturated.....g	33.410		0	NC	4		76.509	1.604	
18:2 undifferentiated.....g	29.644		0	AS	1		67.885	1.423	
18:2 n-6 c,c.....g	29.306		1	A	1		67.110	1.407	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.338		1	A	1		0.774	0.016	
18:2 t not further defined.....g			0	AS	1		8.624	0.181	
18:3 undifferentiated.....g	3.766			RA	4		0.000	0.000	
18:4.....g	0.000		1	A	1		1.407	0.029	
20:2 n-6 c,c.....g	0.614		1	A	1		0.000	0.000	
20:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g	0.183		0	NC	4		0.419	0.009	
Fatty acids, total trans-monoenoic.....g	0.183		0	NC	4		0.419	0.009	
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		1	A	1		3	0	
Phytosterols.....mg									
Stigmasterol.....mg	28		1	A	1		63	1	
Campesterol.....mg	33		1	A	1		75	2	
Beta-sitosterol.....mg	82		1	A	1		187	4	
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1396.900	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

NDB No. 04613

Margarine, vegetable oil spread, 60% fat, tub/bottle

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04620

Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	38.13		0	BFZN	4				
Energy.....kcal	531		0	BFZN	4				
Energy.....kj	2221		0	BFZN	4				
Protein (N x 6.25).....g	0.60		0	BFZN	4				
Total lipid (fat).....g	60.00		0	BFZN	4				
Ash.....g	1.30		0	NC	4				
Carbohydrate, by difference.....g	0.00		0	BFZN	4				
Fiber, total dietary.....g	0.0			Z	7				
Sugars, total.....g	0.00		0	BFZN	4				
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	BFZN	4				
Iron, Fe.....mg	0.00		0	BFZN	4				
Magnesium, Mg.....mg	2		0	BFZN	4				
Phosphorus, P.....mg	16		0	BFZN	4				
Potassium, K.....mg	30		0	BFZN	4				
Sodium, Na.....mg	28			BFZN	4				
Zinc, Zn.....mg	0.00		0	BFZN	4				
Copper, Cu.....mg	0.000		0	BFZN	4				
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7				
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	BFZN	4				
Thiamin.....mg	0.007		0	BFZN	4				
Riboflavin.....mg	0.026		0	BFZN	4				
Niacin.....mg	0.016		0	BFZN	4				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.006		0	BFZN	4				
Folate, total.....mcg	1		0	BFZN	4				
Folic acid.....mcg	0		0	Z	7				
Folate, food.....mcg	1		0	BFZN	4				
Folate, DFE.....mcg_DFE	1		0	NC	4				
Vitamin B-12.....mcg	0.07		0	BFZN	4				
Vitamin B-12, added.....mcg	0.00		0	Z	7				
Vitamin A, IU.....IU	3571		0	BFZN	4				
Vitamin A, RAE.....mcg_RAE	819		0	NC	4				
Retinol.....mcg	768		0	BFZN	4				
Vitamin E (alpha-tocopherol).....mg	5.00		0	BFZN	4				
Vitamin E, added.....mg	0.00		0	Z	7				
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1				
Lipids:									
Fatty acids, total saturated.....g	9.685		0	BFZN	4				
4:0.....g	0.000		0	BFZN	4				
6:0.....g	0.000		0	BFZN	4				
8:0.....g	0.000		0	BFZN	4				
10:0.....g	0.000		0	BFZN	4				
12:0.....g	0.000		0	BFZN	4				
13:0.....g									
14:0.....g	0.053		0	BFZN	4				
15:0.....g	0.000		0	BFZN	4				
16:0.....g	5.999		0	BFZN	4				
17:0.....g	0.064		0	BFZN	4				
18:0.....g	3.062		0	BFZN	4				

NDB No. 04620

Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g	0.189		0	BFZN	4				
22:0.....g	0.233		0	BFZN	4				
24:0.....g	0.086		0	BFZN	4				
Fatty acids, total monounsaturated.....g	13.116		0	BFZN	4				
14:1.....g	0.000		0	BFZN	4				
15:1.....g									
16:1 undifferentiated.....g	0.051		0	BFZN	4				
16:1 c.....g	0.051		0	BFZN	4				
16:1 t.....g	0.000		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	13.065		0	BFZN	4				
18:1 c.....g	12.882		0	BFZN	4				
18:1 t.....g	0.183		0	BFZN	4				
20:1.....g	0.087		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g	0.000		0	BFZN	4				
Fatty acids, total polyunsaturated.....g	33.410		0	BFZN	4				
18:2 undifferentiated.....g	29.644		0	BFZN	4				
18:2 n-6 c,c.....g	29.306		0	BFZN	4				
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.338		0	BFZN	4				
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.766		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g	0.614		0	BFZN	4				
20:3 undifferentiated.....g	0.000		0	BFZN	4				
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g	0.183		0	BFZN	4				
Fatty acids, total trans-monoenoic.....g	0.183		0	BFZN	4				
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		0	BFZN	4				
Phytosterols.....mg									
Stigmasterol.....mg	28		0	BFZN	4				
Campesterol.....mg	33		0	BFZN	4				
Beta-sitosterol.....mg	82		0	BFZN	4				
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4				
Carotene, alpha.....mcg	0		0	BFZN	4				
Cryptoxanthin, beta.....mcg	0		0	BFZN	4				
Lycopene.....mcg	0		0	BFZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	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 3.87

Fat 8.84

Carbohydrate 4.27

NDB No. 04620

Margarine, vegetable oil spread, 60% fat, tub/bottle, unsalted

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	38.68		0	RA	4		88.58	5.53	1.86
Energy.....kcal	526		0	RA	4		1204	75	25
Energy.....kj	2199		0	RA	4		5036	315	106
Protein (N x 6.25).....g	0.60		0	RA	4		1.37	0.09	0.03
Total lipid (fat).....g	59.17		0	RA	4		135.49	8.46	2.84
Ash.....g	1.70		0	RA	4		3.89	0.24	0.08
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	RA	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	RA	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	21		0	RA	4		48	3	1
Iron, Fe.....mg	0.00		0	RA	4		0.00	0.00	0.00
Magnesium, Mg.....mg	2		0	RA	4		4	0	0
Phosphorus, P.....mg	16		0	RA	4		37	2	1
Potassium, K.....mg	30		0	RA	4		68	4	1
Sodium, Na.....mg	785		0	RA	4		1798	112	38
Zinc, Zn.....mg	0.00		0	RA	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	RA	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	RA	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	RA	4		0.2	0.0	0.0
Thiamin.....mg	0.007		0	RA	4		0.016	0.001	0.000
Riboflavin.....mg	0.026		0	RA	4		0.060	0.004	0.001
Niacin.....mg	0.016		0	RA	4		0.037	0.002	0.001
Pantothenic acid.....mg	0.030		0	RA	4		0.068	0.004	0.001
Vitamin B-6.....mg	0.006		0	RA	4		0.014	0.001	0.000
Folate, total.....mcg	1		0	RA	4		2	0	0
Folic acid.....mcg	0		0	RA	4		0	0	0
Folate, food.....mcg	1		0	RA	4		2	0	0
Folate, DFE.....mcg_DFE	1		0	NC	4		2	0	0
Vitamin B-12.....mcg	0.07		0	RA	4		0.16	0.01	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	3571		0	RA	4		8178	511	171
Vitamin A, RAE.....mcg_RAE	819		0	NC	4		1876	117	39
Retinol.....mcg	768		0	RA	4		1759	110	37
Vitamin E (alpha-tocopherol).....mg	5.00		0	RA	4		11.45	0.72	0.24
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	101.3	2.657	6	A	1		231.9	14.5	4.9
Lipids:									
Fatty acids, total saturated.....g	10.042		0	RA	4		22.996	1.436	0.482
4:0.....g	0.000		0	RA	4		0.000	0.000	0.000
6:0.....g	0.000		0	RA	4		0.000	0.000	0.000
8:0.....g	0.000		0	RA	4		0.000	0.000	0.000
10:0.....g	0.000		0	RA	4		0.000	0.000	0.000
12:0.....g	0.000		0	RA	4		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.049		0	RA	4		0.113	0.007	0.002
15:0.....g	0.000		0	RA	4		0.000	0.000	0.000
16:0.....g	5.813		0	RA	4		13.313	0.831	0.279
17:0.....g	0.064		0	RA	4		0.147	0.009	0.003
18:0.....g	3.622		0	RA	4		8.295	0.518	0.174
20:0.....g	0.190		0	RA	4		0.435	0.027	0.009

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.220		0	RA	4		0.503	0.031	0.011
24:0.....g	0.084		0	RA	4		0.192	0.012	0.004
Fatty acids, total monounsaturated.....g	20.316		0	RA	4		46.524	2.905	0.975
14:1.....g	0.000		0	RA	4		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.048		0	RA	4		0.110	0.007	0.002
16:1 c.....g	0.048		0	RA	4		0.110	0.007	0.002
16:1 t.....g	0.000		0	RA	4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	20.190		0	RA	4		46.234	2.887	0.969
18:1 c.....g	13.305		0	RA	4		30.467	1.903	0.639
18:1 t.....g	6.885		0	RA	4		15.767	0.985	0.330
20:1.....g	0.078		0	RA	4		0.179	0.011	0.004
22:1 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
24:1 c.....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total polyunsaturated.....g	24.686		0	RA	4		56.531	3.530	1.185
18:2 undifferentiated.....g	21.612		0	RA	4		49.491	3.090	1.037
18:2 n-6 c,c.....g	21.123		0	RA	4		48.372	3.021	1.014
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.489		0	RA	4		1.119	0.070	0.023
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.645		0	RA	4		6.058	0.378	0.127
18:4.....g	0.000		0	RA	4		0.000	0.000	0.000
20:2 n-6 c,c.....g	0.429		0	RA	4		0.982	0.061	0.021
20:3 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
20:4 undifferentiated.....g	0.000		0	RA	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	RA	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	RA	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	RA	4		0.000	0.000	0.000
Fatty acids, total trans.....g	6.885		0	RA	4		15.767	0.985	0.330
Fatty acids, total trans-monoenoic.....g	6.885		0	RA	4		15.767	0.985	0.330
Fatty acids, total trans-polyenoic.....g									
Cholesterol.....mg	1		0	RA	4		2	0	0
Phytosterols.....mg									
Stigmasterol.....mg	25		0	RA	4		56	4	1
Campesterol.....mg	28		0	RA	4		65	4	1
Beta-sitosterol.....mg	74		0	RA	4		170	11	4
Others:									
Alcohol, ethyl.....g	0.0		0	RA	4		0.0	0.0	0.0
Caffeine.....mg	0		0	RA	4		0	0	0
Theobromine.....mg	0		0	RA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	RA	4		1396.900	87.230	29.280
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	RA	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 14.3g: 1 tbsp

Measure 3 = 4.8g: 1 tsp

NDB No. 04614

Margarine, vegetable oil spread, stick/tub/bottle, 60% fat

Calories Factors: Protein 3.87

Fat 8.84

Carbohydrate 4.27

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04585

Margarine-butter blend, 60% corn oil margarine and 40% butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	32.760		0		1		4.652	74.365	1.638
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.743		1		1		0.106	1.687	0.037
17:1.....g									
18:1 undifferentiated.....g	32.016		1		1		4.546	72.676	1.601
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	15.947		0		1		2.264	36.200	0.797
18:2 undifferentiated.....g	15.224		1		1		2.162	34.558	0.761
18:3 undifferentiated.....g	0.723		1		1		0.103	1.641	0.036
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	88		1		1		12	200	4
Phytosterols.....mg	342		1		1		49	776	17
Amino Acids:									
Tryptophan.....g	0.012		0		1		0.002	0.027	0.001
Threonine.....g	0.038		0		1		0.005	0.086	0.002
Isoleucine.....g	0.051		0		1		0.007	0.116	0.003
Leucine.....g	0.082		0		1		0.012	0.186	0.004
Lysine.....g	0.067		0		1		0.010	0.152	0.003
Methionine.....g	0.021		0		1		0.003	0.048	0.001
Cystine.....g	0.008		0		1		0.001	0.018	0.000
Phenylalanine.....g	0.040		0		1		0.006	0.091	0.002
Tyrosine.....g	0.040		0		1		0.006	0.091	0.002
Valine.....g	0.056		0		1		0.008	0.127	0.003
Arginine.....g	0.030		0		1		0.004	0.068	0.002
Histidine.....g	0.023		0		1		0.003	0.052	0.001
Alanine.....g	0.029		0		1		0.004	0.066	0.001
Aspartic acid.....g	0.064		0		1		0.009	0.145	0.003
Glutamic acid.....g	0.176		0		1		0.025	0.400	0.009
Glycine.....g	0.018		0		1		0.003	0.041	0.001
Proline.....g	0.081		0		1		0.012	0.184	0.004
Serine.....g	0.046		0		1		0.007	0.104	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		86.620	1384.700	30.500
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 14.2g: 1 tbsp

NDB No. 04585

Margarine-butter blend, 60% corn oil margarine and 40% butter

Measure 2 = 227g: 1 cup

Measure 3 = 5.0g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04655

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	28.00		0	O	4		3.92		
Energy.....kcal	628		0	NC	4		88		
Energy.....kj	2626		0	NC	4		368		
Protein (N x 6.25).....g	0.00		0	LC	8		0.00		
Total lipid (fat).....g	71.00		1	PAK	1		9.94		
Ash.....g	1.00		0	O	4		0.14		
Carbohydrate, by difference.....g	0.00		0	LC	8		0.00		
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0		
Sugars, total.....g	0.00		0	BFZN	4		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0		
Iron, Fe.....mg	0.00		0	BFZN	4		0.00		
Magnesium, Mg.....mg	0		0	BFZN	4		0		
Phosphorus, P.....mg	0		0	BFZN	4		0		
Potassium, K.....mg	0		0	BFZN	4		0		
Sodium, Na.....mg	864		0	LC	8		121		
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00		
Copper, Cu.....mg	0.000		0	BFZN	4		0.000		
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0		
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0		
Thiamin.....mg	0.000		0	BFZN	4		0.000		
Riboflavin.....mg	0.000		0	BFZN	4		0.000		
Niacin.....mg	0.000		0	BFZN	4		0.000		
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000		
Folate, total.....mcg	0		0	BFZN	4		0		
Folic acid.....mcg	0		0	BFZN	4		0		
Folate, food.....mcg	0		0	BFZN	4		0		
Folate, DFE.....mcg_DFE	0		0	NC	4		0		
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	0		0	LC	8		0		
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0		
Retinol.....mcg	0		0	BFZN	4		0		
Vitamin E (alpha-tocopherol).....mg	0.80		0	BFZN	4		0.11		
Vitamin E, added.....mg	0.00		0	Z	7		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	43.0		0	BFZN	4		6.0		
Lipids:									
Fatty acids, total saturated.....g	22.869		0	NC	4		3.202		
4:0.....g	0.000		1	A	1		0.000		
6:0.....g	0.000		1	A	1		0.000		
8:0.....g	0.000		1	A	1		0.000		
10:0.....g	0.000		1	A	1		0.000		
12:0.....g	0.033		1	A	1		0.005		
13:0.....g									
14:0.....g	0.147		1	A	1		0.021		
15:0.....g	0.034		1	A	1		0.005		
16:0.....g	9.296		1	A	1		1.301		
17:0.....g	0.101		1	A	1		0.014		
18:0.....g	12.754		1	A	1		1.786		
20:0.....g	0.265		1	A	1		0.037		

NDB No. 04655

Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g	0.239		1	A	1		0.033		
24:0.....g									
Fatty acids, total monounsaturated.....g	37.243		0	NC	4		5.214		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.054		0	AS	1		0.008		
16:1 c.....g	0.054		1	A	1		0.008		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	37.189		0	AS	1		5.207		
18:1 c.....g	19.650		1	A	1		2.751		
18:1 t.....g	17.539		1	A	1		2.456		
20:1.....g	0.000		1	A	1		0.000		
22:1 undifferentiated.....g	0.000		1	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.512		0	NC	4		1.052		
18:2 undifferentiated.....g	6.755		0	AS	1		0.946		
18:2 n-6 c,c.....g	5.491		1	A	1		0.769		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	1.265		1	A	1		0.177		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.757		0	AS	1		0.106		
18:4.....g	0.000		1	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000		
20:5 n-3.....g	0.000		1	A	1		0.000		
22:5 n-3.....g	0.000		1	A	1		0.000		
22:6 n-3.....g	0.000		1	A	1		0.000		
Fatty acids, total trans.....g	19.068		0	NC	4		2.669		
Fatty acids, total trans-monoenoic.....g	17.539		0	NC	4		2.456		
Fatty acids, total trans-polyenoic.....g	1.528		0	NC	4		0.214		
Cholesterol.....mg	0		0	LC	8		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04107

Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.500		0		1		33.640	0.696	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.500	0.072	96		1		33.640	0.696	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.300		0		1		37.816	0.782	
18:2 undifferentiated.....g	16.100	0.062	135		1		37.352	0.773	
18:3 undifferentiated.....g	0.200	0.021	133		1		0.464	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	270	87.204	4		1		626	13	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04107

Margarine-like spread, (approximately 40% fat), corn (hydrogenated and regular)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04109

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	16.700		0		1		38.744	0.802	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	16.700		2		1		38.744	0.802	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.800		0		1		32.016	0.662	
18:2 undifferentiated.....g	12.900		2		1		29.928	0.619	
18:3 undifferentiated.....g	0.900		2		1		2.088	0.043	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	190		2		1		441	9	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04109

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04112

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	14.200		0		1		32.944	0.682	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.232	0.005	
17:1.....g									
18:1 undifferentiated.....g	14.200		1		1		32.944	0.682	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.500		0		1		33.640	0.696	
18:2 undifferentiated.....g	14.300		1		1		33.176	0.686	
18:3 undifferentiated.....g	0.200		1		1		0.464	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	70		1		1		162	3	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04112

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04110

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	18.400		0		1		42.688	0.883	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	18.400	1.360	3		1		42.688	0.883	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.400		0		1		26.448	0.547	
18:2 undifferentiated.....g	10.700	1.176	3		1		24.824	0.514	
18:3 undifferentiated.....g	0.700	0.245	3		1		1.624	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	106	13.542	4		1		246	5	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04110

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04108

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and regular)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	14.100		0		1		32.712	0.677	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	14.100	0.102	3		1		32.712	0.677	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.800		0		1		29.696	0.614	
18:2 undifferentiated.....g	12.100	0.493	3		1		28.072	0.581	
18:3 undifferentiated.....g	0.700	0.079	3		1		1.624	0.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	130		2		1		302	6	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.016	0.000	
Threonine.....g	0.023		0		1		0.053	0.001	
Isoleucine.....g	0.031		0		1		0.072	0.001	
Leucine.....g	0.050		0		1		0.116	0.002	
Lysine.....g	0.040		0		1		0.093	0.002	
Methionine.....g	0.013		0		1		0.030	0.001	
Cystine.....g	0.005		0		1		0.012	0.000	
Phenylalanine.....g	0.025		0		1		0.058	0.001	
Tyrosine.....g	0.025		0		1		0.058	0.001	
Valine.....g	0.034		0		1		0.079	0.002	
Arginine.....g	0.018		0		1		0.042	0.001	
Histidine.....g	0.014		0		1		0.032	0.001	
Alanine.....g	0.018		0		1		0.042	0.001	
Aspartic acid.....g	0.039		0		1		0.090	0.002	
Glutamic acid.....g	0.107		0		1		0.248	0.005	
Glycine.....g	0.011		0		1		0.026	0.001	
Proline.....g	0.049		0		1		0.114	0.002	
Serine.....g	0.028		0		1		0.065	0.001	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1415.200	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04108

Margarine-like spread, (approximately 40% fat), soybean (hydrogenated) and palm (hydrogenated and regular)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04128

Margarine-like spread, (approximately 40% fat), unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.700		0		1		0.754	36.424	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.005	0.232	
17:1.....g									
18:1 undifferentiated.....g	15.600	0.834	5		1		0.749	36.192	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.800		0		1		0.662	32.016	
18:2 undifferentiated.....g	13.200	0.906	5		1		0.634	30.624	
18:3 undifferentiated.....g	0.500	0.145	5		1		0.024	1.160	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	150		0		4		7	348	
Amino Acids:									
Tryptophan.....g	0.007		0		1		0.000	0.016	
Threonine.....g	0.023		0		1		0.001	0.053	
Isoleucine.....g	0.031		0		1		0.001	0.072	
Leucine.....g	0.050		0		1		0.002	0.116	
Lysine.....g	0.040		0		1		0.002	0.093	
Methionine.....g	0.013		0		1		0.001	0.030	
Cystine.....g	0.005		0		1		0.000	0.012	
Phenylalanine.....g	0.025		0		1		0.001	0.058	
Tyrosine.....g	0.025		0		1		0.001	0.058	
Valine.....g	0.034		0		1		0.002	0.079	
Arginine.....g	0.018		0		1		0.001	0.042	
Histidine.....g	0.014		0		1		0.001	0.032	
Alanine.....g	0.018		0		1		0.001	0.042	
Aspartic acid.....g	0.039		0		1		0.002	0.090	
Glutamic acid.....g	0.107		0		1		0.005	0.248	
Glycine.....g	0.011		0		1		0.001	0.026	
Proline.....g	0.049		0		1		0.002	0.114	
Serine.....g	0.028		0		1		0.001	0.065	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		29.280	1415.200	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 4.8g: 1 teaspoon

NDB No. 04128

Margarine-like spread, (approximately 40% fat), unspecified oils

Measure 2 = 232g: 1 cup

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42313

Margarine-like spread, 70% fat, liquid, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	33.053		0		4		4.627		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		7		0.000		
17:1.....g									
18:1 undifferentiated.....g	33.053		0		4		4.627		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.226		0		4		3.252		
18:2 undifferentiated.....g	22.667		0		4		3.173		
18:3 undifferentiated.....g	0.489		0		4		0.068		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3.....g	0.000		0		7		0.000		
22:5 n-3.....g	0.000		0		7		0.000		
22:6 n-3.....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		85.400		
Carotene, alpha.....mcg	0		0	CAZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000		
Lycopene.....mcg	0		0	CAZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04674

Margarine-like spread, SMART BALANCE Light Buttery Spread

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.80		0	MC	9		8.51		
Energy.....kcal	337		0	MC	9		47		
Energy.....kj	1410		0	MC	9		197		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	37.20		0	MC	9		5.21		
Ash.....g	1.68		0	MC	9		0.24		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	1		0	MC	9		0		
Potassium, K.....mg	26		0	MC	9		4		
Sodium, Na.....mg	640		0	MC	9		90		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	10.820		0	MC	9		1.515		
Fatty acids, total monounsaturated.....g	14.220		0	MC	9		1.991		
Fatty acids, total polyunsaturated.....g	9.950		0	MC	9		1.393		
Fatty acids, total trans.....g	0.390		0	MC	9		0.055		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 1.571 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04677

Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	27.10		0	MC	9		3.79		
Energy.....kcal	605		0	MC	9		85		
Energy.....kj	2531		0	MC	9		354		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	66.80		0	MC	9		9.35		
Ash.....g	1.96		0	MC	9		0.27		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	23		0	MC	9		3		
Potassium, K.....mg	71		0	MC	9		10		
Sodium, Na.....mg	729		0	MC	9		102		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	19.350		0	MC	9		2.709		
Fatty acids, total monounsaturated.....g	25.310		0	MC	9		3.543		
Fatty acids, total polyunsaturated.....g	18.140		0	MC	9		2.540		
Fatty acids, total trans.....g	0.670		0	MC	9		0.094		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg	3		0	MC	9		0		
Stigmasterol.....mg	0		0	MC	9		0		
Campesterol.....mg	0		0	MC	9		0		
Beta-sitosterol.....mg	3		0	MC	9		0		

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Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 3.982 g omega-3 fatty acids of which 1.071 g are long chain fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04673

Margarine-like spread, SMART BALANCE Regular Buttery Spread

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	30.80		0	MC	9		4.31		
Energy.....kcal	605		0	MC	9		85		
Energy.....kj	2531		0	MC	9		354		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	66.90		0	MC	9		9.37		
Ash.....g	1.29		0	MC	9		0.18		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	4		0	MC	9		1		
Potassium, K.....mg	28		0	MC	9		4		
Sodium, Na.....mg	646		0	MC	9		90		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	19.510		0	MC	9		2.731		
Fatty acids, total monounsaturated.....g	25.640		0	MC	9		3.590		
Fatty acids, total polyunsaturated.....g	17.700		0	MC	9		2.478		
Fatty acids, total trans.....g	0.710		0	MC	9		0.099		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 2.841 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04676

Margarine-like spread, SMART BEAT Smart Squeeze

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	87.91		0	MC	9		12.31		
Energy.....kcal	47		0	MC	9		7		
Energy.....kj	197		0	MC	9		28		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	2.10		0	MC	9		0.29		
Ash.....g	2.45		0	MC	9		0.34		
Carbohydrate, by difference.....g	7.10		0	MC	9		0.99		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	1.00		0	MC	9		0.14		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	26		0	MC	9		4		
Sodium, Na.....mg	829		0	MC	9		116		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.310		0	MC	9		0.043		
Fatty acids, total monounsaturated.....g	0.470		0	MC	9		0.066		
Fatty acids, total polyunsaturated.....g	1.180		0	MC	9		0.165		
Fatty acids, total trans.....g	0.040		0	MC	9		0.006		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 0.164 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04675

Margarine-like spread, SMART BEAT Super Light without saturated fat

GFA Brands

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	80.83		0	MC	9		11.32		
Energy.....kcal	158		0	MC	9		22		
Energy.....kj	661		0	MC	9		93		
Protein (N x 6.38).....g	0.00		0	MC	9		0.00		
Total lipid (fat) (1).....g	17.10		0	MC	9		2.39		
Ash.....g	1.91		0	MC	9		0.27		
Carbohydrate, by difference.....g	0.00		0	MC	9		0.00		
Fiber, total dietary.....g	0.0		0	MC	9		0.0		
Sugars, total.....g	0.00		0	MC	9		0.00		
Starch.....g									
Minerals:									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg	0		0	MC	9		0		
Potassium, K.....mg	12		0	MC	9		2		
Sodium, Na.....mg	755		0	MC	9		106		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Lipids:									
Fatty acids, total saturated.....g	2.220		0	MC	9		0.311		
Fatty acids, total monounsaturated.....g	7.600		0	MC	9		1.064		
Fatty acids, total polyunsaturated.....g	3.980		0	MC	9		0.557		
Fatty acids, total trans.....g	2.450		0	MC	9		0.343		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Footnotes

1 contains 0.779 g omega-3 fatty acids

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04106

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	38.900		0		1		89.081	1.867	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	38.900		2		1		89.081	1.867	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.100		0		1		16.259	0.341	
18:2 undifferentiated.....g	7.000		2		1		16.030	0.336	
18:3 undifferentiated.....g	0.200		2		1		0.458	0.010	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	159		2		1		364	8	
Amino Acids:									
Tryptophan.....g	0.008		0		1		0.018	0.000	
Threonine.....g	0.027		0		1		0.062	0.001	
Isoleucine.....g	0.036		0		1		0.082	0.002	
Leucine.....g	0.059		0		1		0.135	0.003	
Lysine.....g	0.048		0		1		0.110	0.002	
Methionine.....g	0.015		0		1		0.034	0.001	
Cystine.....g	0.006		0		1		0.014	0.000	
Phenylalanine.....g	0.029		0		1		0.066	0.001	
Tyrosine.....g	0.029		0		1		0.066	0.001	
Valine.....g	0.040		0		1		0.092	0.002	
Arginine.....g	0.022		0		1		0.050	0.001	
Histidine.....g	0.016		0		1		0.037	0.001	
Alanine.....g	0.021		0		1		0.048	0.001	
Aspartic acid.....g	0.045		0		1		0.103	0.002	
Glutamic acid.....g	0.126		0		1		0.289	0.006	
Glycine.....g	0.013		0		1		0.030	0.001	
Proline.....g	0.058		0		1		0.133	0.003	
Serine.....g	0.033		0		1		0.076	0.002	
Hydroxyproline.....g									
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		1396.900	29.280	
Carotene, alpha.....mcg	0		0	CAZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000	0.000	
Lycopene.....mcg	0		0	CAZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 229g: 1 cup

Measure 2 = 4.8g: 1 tsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

NDB No. 04106

Margarine-like spread, approximately 60% fat, tub, soybean (hydrogenated) and cottonseed (hydrogenated)

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04624

Margarine-like spread, fat free, liquid, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.740			RA	4		0.111		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002			RA	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	0.737			RA	4		0.111		
20:1.....g	0.000			RA	4		0.000		
22:1 undifferentiated.....g	0.000			RA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.764			RA	4		0.265		
18:2 undifferentiated.....g	1.742			RA	4		0.261		
18:3 undifferentiated.....g	0.001			RA	4		0.000		
18:4.....g	0.000			RA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000		
20:5 n-3.....g	0.000			RA	4		0.000		
22:5 n-3.....g	0.000			RA	4		0.000		
22:6 n-3.....g	0.000			RA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	1			RA	4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		91.500		
Carotene, alpha.....mcg	0		0	CAZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000		
Lycopene.....mcg	0		0	CAZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000		

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

Common Measures:

Measure 1 = 15.0g: 1 tbsp

Calories Factors: Protein 4.27

Fat 8.84

Carbohydrate 3.87

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04626

Margarine-like spread, made with yogurt, stick, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	39.900		0	BFZN	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.700		0	BFZN	4				
17:1.....g									
18:1 undifferentiated.....g	39.200		0	BFZN	4				
20:1.....g	0.000		0	BFZN	4				
22:1 undifferentiated.....g	0.000		0	BFZN	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.000		0	BFZN	4				
18:2 undifferentiated.....g	12.600		0	BFZN	4				
18:3 undifferentiated.....g	1.400		0	BFZN	4				
18:4.....g	0.000		0	BFZN	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4				
20:5 n-3.....g	0.000		0	BFZN	4				
22:5 n-3.....g	0.000		0	BFZN	4				
22:6 n-3.....g	0.000		0	BFZN	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4				
Carotene, alpha.....mcg	0		0	CAZN	4				
Cryptoxanthin, beta.....mcg	0		0	CAZN	4				
Lycopene.....mcg	0		0	CAZN	4				
Lutein + zeaxanthin.....mcg	0		0	CAZN	4				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42310

Margarine-like spread, reduced calorie, 40% fat, stick, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.887		0		4		2.644		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		7		0.000		
17:1.....g									
18:1 undifferentiated.....g	18.887		0		4		2.644		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.272		0		4		1.858		
18:2 undifferentiated.....g	12.953		0		4		1.813		
18:3 undifferentiated.....g	0.279		0		4		0.039		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3.....g	0.000		0		7		0.000		
22:5 n-3.....g	0.000		0		7		0.000		
22:6 n-3.....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		85.400		
Carotene, alpha.....mcg	0		0	CAZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000		
Lycopene.....mcg	0		0	CAZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04627

Margarine-like spread, reduced calorie, about 40% fat, made with yogurt, tub, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.800		0	BFZN	4		1.372		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.350		0	BFZN	4		0.049		
17:1.....g									
18:1 undifferentiated.....g	9.450		0	BFZN	4		1.323		
20:1.....g	0.000		0	BFZN	4		0.000		
22:1 undifferentiated.....g	0.000		0	BFZN	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.800		0	BFZN	4		2.352		
18:2 undifferentiated.....g	15.040		0	BFZN	4		2.106		
18:3 undifferentiated.....g	1.750		0	BFZN	4		0.245		
18:4.....g	0.000		0	BFZN	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	BFZN	4		0.000		
20:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:5 n-3.....g	0.000		0	BFZN	4		0.000		
22:6 n-3.....g	0.000		0	BFZN	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		85.400		
Carotene, alpha.....mcg	0		0	CAZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000		
Lycopene.....mcg	0		0	CAZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42256

Margarine-like spread, stick or tub, sweetened

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	17.000		1		1		2.380		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000		
17:1.....g									
18:1 undifferentiated.....g	16.900		0		4		2.366		
20:1.....g	0.100		0		4		0.014		
22:1 undifferentiated.....g	0.000		0		4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.800		1		1		3.332		
18:2 undifferentiated.....g	20.870		0		4		2.922		
18:3 undifferentiated.....g	2.930		0		4		0.410		
18:4.....g	0.000		0		4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000		
20:5 n-3.....g	0.000		0		7		0.000		
22:5 n-3.....g	0.000		0		7		0.000		
22:6 n-3.....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	CAZN	4		85.400		
Carotene, alpha.....mcg	0		0	CAZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	CAZN	4		0.000		
Lycopene.....mcg	0		0	CAZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	CAZN	4		0.000		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43598

Mayonnaise dressing, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.026		0		4		43.082	2.704	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	18.026		0		4		43.082	2.704	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	45.539		0		4		108.838	6.831	
18:2 undifferentiated.....g	40.569		0		4		96.960	6.085	
18:3 undifferentiated.....g	4.970		0		4		11.878	0.746	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 239g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43355

Mayonnaise, low sodium, low calorie or diet

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.500		0		4		10.080	0.630	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.500		0		4		10.080	0.630	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.600		0		4		23.744	1.484	
18:2 undifferentiated.....g	9.000		0		4		20.160	1.260	
18:3 undifferentiated.....g	1.600		0		4		3.584	0.224	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		0		4		54	3	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 224g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42178
 Mayonnaise, made with tofu

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.246		0	FLM	4		12.591	0.787	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.044		0	FLM	4		0.107	0.007	
17:1.....g									
18:1 undifferentiated.....g	4.887		0	FLM	4		11.728	0.733	
20:1.....g	0.094		0	FLM	4		0.225	0.014	
22:1 undifferentiated.....g	0.221		0	FLM	4		0.531	0.033	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	16.590		0	FLM	4		39.815	2.488	
18:2 undifferentiated.....g	14.578		0	FLM	4		34.988	2.187	
18:3 undifferentiated.....g	2.011		0	FLM	4		4.827	0.302	
18:4.....g	0.000		0	FLM	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLM	4		0	0	
Theobromine.....mg	0		0	FLM	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	23		0	FLM	4		54.344	3.397	
Carotene, alpha.....mcg	0		0	FLM	4		0.032	0.002	
Cryptoxanthin, beta.....mcg	6		0	FLM	4		14.010	0.876	
Lycopene.....mcg	0		0	FLM	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	21		0	FLM	4		51.407	3.213	

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Common Measures:

Measure 1 = 240g: 1 cup
 Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42138

Mayonnaise, reduced-calorie or diet, cholesterol-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.707		0		4		17.803	1.125	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.707		0		4		17.803	1.125	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.500		0		4		45.045	2.847	
18:2 undifferentiated.....g	17.372		0		4		40.129	2.536	
18:3 undifferentiated.....g	2.128		0		4		4.916	0.311	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 231g: 1 cup

Measure 2 = 14.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04606

Meat drippings (lard, beef tallow, mutton tallow)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	41.770			RA	4				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.024			RA	4				
17:1.....g									
18:1 undifferentiated.....g	37.728			RA	4				
20:1.....g	0.427			RA	4				
22:1 undifferentiated.....g	0.000			RA	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.560			RA	4				
18:2 undifferentiated.....g	6.179			RA	4				
18:3 undifferentiated.....g	1.282			RA	4				
18:4.....g	0.000			RA	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4				
20:5 n-3.....g	0.000			RA	4				
22:5 n-3.....g	0.000			RA	4				
22:6 n-3.....g	0.000			RA	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	101			RA	4				
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7				
Caffeine.....mg	0		0	Z	7				
Theobromine.....mg	0		0	Z	7				
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7				
Carotene, alpha.....mcg	0		0	Z	7				
Cryptoxanthin, beta.....mcg	0		0	Z	7				
Lycopene.....mcg	0		0	Z	7				
Lutein + zeaxanthin.....mcg	0		0	Z	7				

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42299
 Oil, canola and soybean

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	55.340				4		120.641	7.526	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200				4		0.436	0.027	
17:1.....g									
18:1 undifferentiated.....g	52.770				4		115.039	7.177	
20:1.....g	1.530				4		3.335	0.208	
22:1 undifferentiated.....g	0.540				4		1.177	0.073	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.430				4		70.697	4.410	
18:2 undifferentiated.....g	23.370				4		50.947	3.178	
18:3 undifferentiated.....g	9.050				4		19.729	1.231	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	RA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	RA	4		0.000	0.000	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	RA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 218g: 1 cup
 Measure 2 = 13.6g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42289
Oil, corn and canola

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 Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points	Code					
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	41.800				1		93.632	5.852	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100				1		0.224	0.014	
17:1.....g									
18:1 undifferentiated.....g	40.500				1		90.720	5.670	
20:1.....g	0.900				1		2.016	0.126	
22:1 undifferentiated.....g	0.300				1		0.672	0.042	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	44.600				1		99.904	6.244	
18:2 undifferentiated.....g	39.500				1		88.480	5.530	
18:3 undifferentiated.....g	5.100				1		11.424	0.714	
18:4.....g	0.000				1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				1		0.000	0.000	
20:5 n-3.....g	0.000				1		0.000	0.000	
22:5 n-3.....g	0.000				1		0.000	0.000	
22:6 n-3.....g	0.000				1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0				7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 224g: 1 cup
Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 44005
Oil, corn, peanut, and olive

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	48.033					4			
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300					4			
17:1.....g									
18:1 undifferentiated.....g	47.167					4			
20:1.....g	0.533					4			
22:1 undifferentiated.....g	0.000					4			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.033					4			
18:2 undifferentiated.....g	32.633					4			
18:3 undifferentiated.....g	0.433					4			
18:4.....g	0.000					4			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000					4			
20:5 n-3.....g	0.000					4			
22:5 n-3.....g	0.000					4			
22:6 n-3.....g	0.000					4			
Fatty acids, total trans.....g									
Cholesterol.....mg	0					7			
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0					7			
Caffeine.....mg	0		0	RA		4			
Theobromine.....mg	0		0	RA		4			
Carotenoids:									
Carotene, beta.....mcg	0		0	RA		4			
Carotene, alpha.....mcg	0		0	RA		4			
Cryptoxanthin, beta.....mcg	0		0	RA		4			
Lycopene.....mcg	0		0	RA		4			
Lutein + zeaxanthin.....mcg	0		0	RA		4			

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

Common Measures:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3766		0	NC	4		512	8209	169
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.10		0	BFZN	4		2.33	37.28	0.77
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02		0	BFZN	4		0.00	0.03	0.00
Tocopherol, gamma.....mg	30.35		0	BFZN	4		4.13	66.16	1.37
Tocopherol, delta.....mg	0.97		0	BFZN	4		0.13	2.11	0.04
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	122.0		0	BFZN	4		16.6	265.9	5.5
Lipids:									
Fatty acids, total saturated.....g	7.615		0	NC	4		1.036	16.600	0.343
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.037		1	A	1		0.005	0.081	0.002
13:0.....g									
14:0.....g	0.066		1	A	1		0.009	0.144	0.003
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	4.134		1	A	1		0.562	9.011	0.186
17:0.....g	0.048		1	A	1		0.006	0.104	0.002
18:0.....g	2.249		1	A	1		0.306	4.903	0.101
20:0.....g	0.727		1	A	1		0.099	1.586	0.033

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.317		1	A	1		0.043	0.691	0.014
24:0.....g									
Fatty acids, total monounsaturated.....g	62.093		0	NC	4		8.445	135.363	2.794
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.218		0	AS	1		0.030	0.475	0.010
16:1 c.....g	0.218		1	A	1		0.030	0.475	0.010
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	60.754		0	AS	1		8.262	132.443	2.734
18:1 c.....g	60.592		1	A	1		8.240	132.090	2.727
18:1 t.....g	0.162		1	A	1		0.022	0.353	0.007
20:1.....g	1.122		1	A	1		0.153	2.445	0.050
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.588		0	NC	4		3.480	55.781	1.151
18:2 undifferentiated.....g	17.915		0	AS	1		2.436	39.054	0.806
18:2 n-6 c,c.....g	17.734		1	A	1		2.412	38.659	0.798
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.181		1	A	1		0.025	0.394	0.008
18:2 t not further defined.....g									
18:3 undifferentiated.....g	6.397		0	AS	1		0.870	13.946	0.288
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	1.618		0	NC	4		0.220	3.528	0.073
Fatty acids, total trans-monoenoic.....g	0.162		0	NC	4		0.022	0.353	0.007
Fatty acids, total trans-polyenoic.....g	1.457		0	NC	4		0.198	3.175	0.066
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat 8.84

Carbohydrate

NDB No. 04643

Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.07		1	A	1		0.01	0.15	0.00
Energy.....kcal	880		0	NC	4		120	1917	40
Energy.....kj	3680		0	NC	4		501	8023	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	99.50		1		1		13.53	216.91	4.48
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	A	1		0	2	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	2		1	A	1		0	4	0
Sodium, Na.....mg	7		1	A	1		1	14	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFZN	4		0.01	0.20	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.20		0	BFZN	4		0.03	0.44	0.01
Tocopherol, delta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFZN	4		0.1	1.1	0.0
Lipids:									
Fatty acids, total saturated.....g	93.536		0	NC	4		12.721	203.908	4.209
4:0.....g	0.060		1	A	1		0.008	0.131	0.003
6:0.....g	0.634		1	A	1		0.086	1.381	0.029
8:0.....g	7.574		1	A	1		1.030	16.511	0.341
10:0.....g	5.539		1	A	1		0.753	12.075	0.249
12:0.....g	44.216		1	A	1		6.013	96.391	1.990
13:0.....g									
14:0.....g	16.411		1	A	1		2.232	35.777	0.739
15:0.....g									
16:0.....g	8.561		1	A	1		1.164	18.664	0.385
17:0.....g									
18:0.....g	10.397		1	A	1		1.414	22.666	0.468
20:0.....g	0.144		1	A	1		0.020	0.313	0.006

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.267		0	NC	4		0.036	0.581	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.267		0	AS	1		0.036	0.581	0.012
18:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 t.....g	0.267		1	A	1		0.036	0.581	0.012
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-monoenoic.....g	0.267		0	NC	4		0.036	0.581	0.012
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04661

Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.04		0	BFZN	4		0.01	0.09	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFZN	4		0.01	0.20	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.20		0	BFZN	4		0.03	0.44	0.01
Tocopherol, delta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFZN	4		0.1	1.1	0.0
Lipids:									
Fatty acids, total saturated.....g	86.002		0	NC	4		11.696	187.485	3.870
4:0.....g	0.060		1	A	1		0.008	0.131	0.003
6:0.....g	0.750		1	A	1		0.102	1.634	0.034
8:0.....g	8.212		1	A	1		1.117	17.902	0.370
10:0.....g	5.594		1	A	1		0.761	12.196	0.252
12:0.....g	43.749		1	A	1		5.950	95.372	1.969
13:0.....g									
14:0.....g	16.760		1	A	1		2.279	36.537	0.754
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	8.400		1	A	1		1.142	18.312	0.378
17:0.....g	0.000		1	A	1		0.000	0.000	0.000
18:0.....g	2.478		1	A	1		0.337	5.402	0.112
20:0.....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	5.935		0	NC	4		0.807	12.939	0.267
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	5.935		0	AS	1		0.807	12.939	0.267
18:1 c.....g	5.935		1	A	1		0.807	12.939	0.267
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.657		0	NC	4		0.225	3.612	0.075
18:2 undifferentiated.....g	1.657		0	AS	1		0.225	3.612	0.075
18:2 n-6 c,c.....g	1.657		1	A	1		0.225	3.612	0.075
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04646

Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	0.08		1	A	1		0.01	0.17	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		1	A	1		0	4	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	1		1	A	1		0	2	0
Sodium, Na.....mg	6		1	A	1		1	12	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	88.209		0	NC	4		11.996	192.296	3.969
4:0.....g	0.063		1	A	1		0.009	0.137	0.003
6:0.....g	0.318		1	A	1		0.043	0.693	0.014
8:0.....g	3.760		1	A	1		0.511	8.196	0.169
10:0.....g	3.291		1	A	1		0.448	7.174	0.148
12:0.....g	44.702		1	A	1		6.079	97.450	2.012
13:0.....g									
14:0.....g	14.094		1	A	1		1.917	30.725	0.634
15:0.....g									
16:0.....g	7.664		1	A	1		1.042	16.707	0.345
17:0.....g									
18:0.....g	14.319		1	A	1		1.947	31.214	0.644
20:0.....g	0.000		1	A	1		0.000	0.000	0.000

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.705		0	NC	4		0.776	12.437	0.257
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.705		0	AS	1		0.776	12.437	0.257
18:1 c.....g	1.047		1	A	1		0.142	2.282	0.047
18:1 t.....g	4.658		1	A	1		0.634	10.155	0.210
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-monoenoic.....g	4.658		0	NC	4		0.634	10.155	0.210
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04663

Oil, industrial, palm kernel (hydrogenated), filling fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4	0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	12.10		0	BFZN	4		1.65	26.38	0.54
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	25.883		0	NC	4		3.520	56.425	1.165
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.037		1	A	1		0.005	0.081	0.002
13:0.....g									
14:0.....g	0.170		1	A	1		0.023	0.370	0.008
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	13.017		1	A	1		1.770	28.378	0.586
17:0.....g	0.133		1	A	1		0.018	0.290	0.006
18:0.....g	11.770		1	A	1		1.601	25.658	0.530
20:0.....g	0.354		1	A	1		0.048	0.772	0.016

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.365		1	A	1		0.050	0.795	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	59.133		0	NC	4		8.042	128.910	2.661
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.076		0	AS	1		0.010	0.165	0.003
16:1 c.....g	0.076		1	A	1		0.010	0.165	0.003
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	59.020		0	AS	1		8.027	128.663	2.656
18:1 c.....g	31.734		1	A	1		4.316	69.181	1.428
18:1 t.....g	27.285		1	A	1		3.711	59.482	1.228
20:1.....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.305		0	NC	4		1.401	22.464	0.464
18:2 undifferentiated.....g	9.610		0	AS	1		1.307	20.949	0.432
18:2 n-6 c,c.....g	6.619		1	A	1		0.900	14.430	0.298
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.991		1	A	1		0.407	6.519	0.135
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.162		0	AS	1		0.022	0.353	0.007
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	30.809		0	NC	4		4.190	67.163	1.386
Fatty acids, total trans-monoenoic.....g	27.285		0	NC	4		3.711	59.482	1.228
Fatty acids, total trans-polyenoic.....g	3.524		0	NC	4		0.479	7.681	0.159
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	152		0	BFZN	4		21	331	7
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04654

Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04053
Oil, olive, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		119	1909	40
Energy.....kj	3699		0	NC	4		499	7989	166
Protein (N x 0).....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0	O	4		13.50	216.00	4.50
Ash.....g	0.00	0.000	4	A	1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	NC	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1	0.189	4	A	1		0	2	0
Iron, Fe.....mg	0.56	0.081	4	A	1		0.08	1.20	0.03
Magnesium, Mg.....mg	0	0.050	4	A	1		0	0	0
Phosphorus, P.....mg	0	0.000	4	A	1		0	0	0
Potassium, K.....mg	1	0.149	4	A	1		0	1	0
Sodium, Na.....mg	2	0.323	4	A	1		0	5	0
Zinc, Zn.....mg	0.00	0.000	4	A	1		0.00	0.00	0.00
Copper, Cu.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000	0.000	4	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		2	A	1		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0		4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	Z	7		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	14.35	1.535	6	A	1		1.94	30.99	0.65
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.11	0.052	6	A	1		0.01	0.24	0.00
Tocopherol, gamma.....mg	0.83	0.184	6	A	1		0.11	1.80	0.04
Tocopherol, delta.....mg	0.00	0.000	6	A	1		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	60.2		2	A	1		8.1	130.0	2.7
Lipids:									
Fatty acids, total saturated.....g	13.808		0	NC	4		1.864	29.825	0.621
4:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	0.000
15:0.....g									
16:0.....g	11.290	0.583	4	A	1		1.524	24.387	0.508
17:0.....g	0.022	0.023	3	A	1		0.003	0.048	0.001
18:0.....g	1.953	0.024	4	A	1		0.264	4.218	0.088
20:0.....g	0.414	0.003	4	A	1		0.056	0.894	0.019

NDB No. 04053

Oil, olive, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
22:0.....g	0.129	0.003	4	A	1	0.017	0.278	0.006	
24:0.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	72.961		0	NC	4	9.850	157.595	3.283	
14:1.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	1.255	0.140	4	A	1	0.169	2.712	0.056	
17:1.....g	0.125	0.014	4	A	1	0.017	0.270	0.006	
18:1 undifferentiated.....g	71.269	1.689	4	A	1	9.621	153.941	3.207	
20:1.....g	0.311	0.017	4	A	1	0.042	0.673	0.014	
22:1 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.523		0	NC	4	1.421	22.730	0.474	
18:2 undifferentiated.....g	9.762	0.720	4	A	1	1.318	21.086	0.439	
18:3 undifferentiated.....g	0.761	0.040	4	A	1	0.103	1.643	0.034	
18:4.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
20:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:5 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4	0	0	0	
Phytosterols.....mg	221	41.923	13		1	30	477	10	
Amino Acids:									
Tryptophan.....g	0.000		0		4	0.000	0.000	0.000	
Threonine.....g	0.000		0		4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0		4	0.000	0.000	0.000	
Leucine.....g	0.000		0		4	0.000	0.000	0.000	
Lysine.....g	0.000		0		4	0.000	0.000	0.000	
Methionine.....g	0.000		0		4	0.000	0.000	0.000	
Cystine.....g	0.000		0		4	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0		4	0.000	0.000	0.000	
Tyrosine.....g	0.000		0		4	0.000	0.000	0.000	
Valine.....g	0.000		0		4	0.000	0.000	0.000	
Arginine.....g	0.000		0		4	0.000	0.000	0.000	
Histidine.....g	0.000		0		4	0.000	0.000	0.000	
Alanine.....g	0.000		0		4	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glycine.....g	0.000		0		4	0.000	0.000	0.000	
Proline.....g	0.000		0		4	0.000	0.000	0.000	
Serine.....g	0.000		0		4	0.000	0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.5g: 1 tablespoon

NDB No. 04053

Oil, olive, salad or cooking

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04042

Oil, peanut, salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		119	1909	40
Energy.....kj	3699		0		4		499	7989	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.50	216.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0	0.024	9		1		0	0	0
Iron, Fe.....mg	0.03	0.004	9		1		0.00	0.06	0.00
Magnesium, Mg.....mg	0	0.017	8		1		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0	0.004	6		1		0	0	0
Sodium, Na.....mg	0	0.037	11		1		0	0	0
Zinc, Zn.....mg	0.01		1		1		0.00	0.02	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	15.69	0.395	6	A	1		2.12	33.90	0.71
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.46	0.036	6	A	1		0.06	0.99	0.02
Tocopherol, gamma.....mg	15.91	0.749	6	A	1		2.15	34.35	0.72
Tocopherol, delta.....mg	1.37	0.166	6	A	1		0.18	2.95	0.06
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		1	A	1		0.1	1.6	0.0
Lipids:									
Fatty acids, total saturated.....g	16.900		0		1		2.282	36.504	0.761
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.100	0.092	4		1		0.014	0.216	0.005
15:0.....g									
16:0.....g	9.500	0.233	15		1		1.283	20.520	0.428
17:0.....g									
18:0.....g	2.200	0.165	15		1		0.297	4.752	0.099
20:0.....g	1.400		0		1		0.189	3.024	0.063

NDB No. 04042

Oil, peanut, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
22:0.....g	2.800		0			1	0.378	6.048	0.126
24:0.....g	0.900		0			1	0.122	1.944	0.041
Fatty acids, total monounsaturated.....g	46.200		0			1	6.237	99.792	2.079
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.072	4			1	0.014	0.216	0.005
17:1.....g									
18:1 undifferentiated.....g	44.800	1.835	15			1	6.048	96.768	2.016
20:1.....g	1.300	0.097	14			1	0.176	2.808	0.059
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.000		0			1	4.320	69.120	1.440
18:2 undifferentiated.....g	32.000	1.744	15			1	4.320	69.120	1.440
18:3 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000
18:4.....g	0.000		0			1	0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000
20:5 n-3.....g	0.000		0			1	0.000	0.000	0.000
22:5 n-3.....g	0.000		0			1	0.000	0.000	0.000
22:6 n-3.....g	0.000		0			1	0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0			4	0	0	0
Phytosterols.....mg	207	43.078	8			1	28	447	9
Amino Acids:									
Tryptophan.....g	0.000		0			4	0.000	0.000	0.000
Threonine.....g	0.000		0			4	0.000	0.000	0.000
Isoleucine.....g	0.000		0			4	0.000	0.000	0.000
Leucine.....g	0.000		0			4	0.000	0.000	0.000
Lysine.....g	0.000		0			4	0.000	0.000	0.000
Methionine.....g	0.000		0			4	0.000	0.000	0.000
Cystine.....g	0.000		0			4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0			4	0.000	0.000	0.000
Tyrosine.....g	0.000		0			4	0.000	0.000	0.000
Valine.....g	0.000		0			4	0.000	0.000	0.000
Arginine.....g	0.000		0			4	0.000	0.000	0.000
Histidine.....g	0.000		0			4	0.000	0.000	0.000
Alanine.....g	0.000		0			4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0			4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0			4	0.000	0.000	0.000
Glycine.....g	0.000		0			4	0.000	0.000	0.000
Proline.....g	0.000		0			4	0.000	0.000	0.000
Serine.....g	0.000		0			4	0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.5g: 1 tablespoon

NDB No. 04042

Oil, peanut, salad or cooking

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04058

Oil, sesame, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code						
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	39.700		0			1	5.399	86.546	1.787	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.200	0.035	32			1	0.027	0.436	0.009	
17:1.....g										
18:1 undifferentiated.....g	39.300	0.659	38			1	5.345	85.674	1.769	
20:1.....g	0.200	0.047	11			1	0.027	0.436	0.009	
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	41.700		0			1	5.671	90.906	1.877	
18:2 undifferentiated.....g	41.300	0.677	38			1	5.617	90.034	1.859	
18:3 undifferentiated.....g	0.300	0.058	23			1	0.041	0.654	0.014	
18:4.....g	0.000		0			1	0.000	0.000	0.000	
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000	
20:5 n-3.....g	0.000		0			1	0.000	0.000	0.000	
22:5 n-3.....g	0.000		0			1	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0			1	0.000	0.000	0.000	
Fatty acids, total trans.....g										
Cholesterol.....mg	0		0			4	0	0	0	
Phytosterols.....mg	865		0			1	118	1886	39	
Amino Acids:										
Tryptophan.....g	0.000		0			4	0.000	0.000	0.000	
Threonine.....g	0.000		0			4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0			4	0.000	0.000	0.000	
Leucine.....g	0.000		0			4	0.000	0.000	0.000	
Lysine.....g	0.000		0			4	0.000	0.000	0.000	
Methionine.....g	0.000		0			4	0.000	0.000	0.000	
Cystine.....g	0.000		0			4	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0			4	0.000	0.000	0.000	
Tyrosine.....g	0.000		0			4	0.000	0.000	0.000	
Valine.....g	0.000		0			4	0.000	0.000	0.000	
Arginine.....g	0.000		0			4	0.000	0.000	0.000	
Histidine.....g	0.000		0			4	0.000	0.000	0.000	
Alanine.....g	0.000		0			4	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0			4	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0			4	0.000	0.000	0.000	
Glycine.....g	0.000		0			4	0.000	0.000	0.000	
Proline.....g	0.000		0			4	0.000	0.000	0.000	
Serine.....g	0.000		0			4	0.000	0.000	0.000	
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0	Z		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z		7	0	0	0	
Theobromine.....mg	0		0	Z		7	0	0	0	
Carotenoids:										
Carotene, beta.....mcg	0		0	Z		7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04058

Oil, sesame, salad or cooking

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04044
Oil, soybean, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	measures of food		
							Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	23.300		0		1	3.169	50.794	1.049	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.045	29		1	0.027	0.436	0.009	
17:1.....g									
18:1 undifferentiated.....g	22.800	0.292	70		1	3.101	49.704	1.026	
20:1.....g	0.200	0.029	18		1	0.027	0.436	0.009	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	57.900		0		1	7.874	126.222	2.606	
18:2 undifferentiated.....g	51.000	0.287	70		1	6.936	111.180	2.295	
18:3 undifferentiated.....g	6.800	0.131	66		1	0.925	14.824	0.306	
18:4.....g	0.000		0		1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
20:5 n-3.....g	0.000		0		1	0.000	0.000	0.000	
22:5 n-3.....g	0.000		0		1	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0		1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4	0	0	0	
Phytosterols.....mg	250	33.841	14		1	34	545	11	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4	0.000	0.000	0.000	
Threonine.....g	0.000		0		4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0		4	0.000	0.000	0.000	
Leucine.....g	0.000		0		4	0.000	0.000	0.000	
Lysine.....g	0.000		0		4	0.000	0.000	0.000	
Methionine.....g	0.000		0		4	0.000	0.000	0.000	
Cystine.....g	0.000		0		4	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0		4	0.000	0.000	0.000	
Tyrosine.....g	0.000		0		4	0.000	0.000	0.000	
Valine.....g	0.000		0		4	0.000	0.000	0.000	
Arginine.....g	0.000		0		4	0.000	0.000	0.000	
Histidine.....g	0.000		0		4	0.000	0.000	0.000	
Alanine.....g	0.000		0		4	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glycine.....g	0.000		0		4	0.000	0.000	0.000	
Proline.....g	0.000		0		4	0.000	0.000	0.000	
Serine.....g	0.000		0		4	0.000	0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04044

Oil, soybean, salad or cooking

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04034

Oil, soybean, salad or cooking, (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	43.000		0		1		5.848	1.935	93.740
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.400	0.143	8		1		0.054	0.018	0.872
17:1.....g									
18:1 undifferentiated.....g	42.500	0.645	43		1		5.780	1.913	92.650
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.600		0		1		5.114	1.692	81.968
18:2 undifferentiated.....g	34.900	0.704	43		1		4.746	1.571	76.082
18:3 undifferentiated.....g	2.600	0.158	39		1		0.354	0.117	5.668
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	132		0		1		18	6	288
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04034

Oil, soybean, salad or cooking, (hydrogenated)

Measure 2 = 4.5g: 1 tsp

Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04543

Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code						
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	29.500		0			1	4.012	64.310	1.328	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.200	0.046	7			1	0.027	0.436	0.009	
17:1.....g										
18:1 undifferentiated.....g	29.300	1.206	16			1	3.985	63.874	1.319	
20:1.....g	0.000		0			1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	48.100		0			1	6.542	104.858	2.165	
18:2 undifferentiated.....g	45.300	0.888	16			1	6.161	98.754	2.039	
18:3 undifferentiated.....g	2.800	0.398	16			1	0.381	6.104	0.126	
18:4.....g	0.000		0			1	0.000	0.000	0.000	
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000	
20:5 n-3.....g	0.000		0			1	0.000	0.000	0.000	
22:5 n-3.....g	0.000		0			1	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0			1	0.000	0.000	0.000	
Fatty acids, total trans.....g										
Cholesterol.....mg	0		0			4	0	0	0	
Phytosterols.....mg	152		0			4	21	331	7	
Amino Acids:										
Tryptophan.....g	0.000		0			4	0.000	0.000	0.000	
Threonine.....g	0.000		0			4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0			4	0.000	0.000	0.000	
Leucine.....g	0.000		0			4	0.000	0.000	0.000	
Lysine.....g	0.000		0			4	0.000	0.000	0.000	
Methionine.....g	0.000		0			4	0.000	0.000	0.000	
Cystine.....g	0.000		0			4	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0			4	0.000	0.000	0.000	
Tyrosine.....g	0.000		0			4	0.000	0.000	0.000	
Valine.....g	0.000		0			4	0.000	0.000	0.000	
Arginine.....g	0.000		0			4	0.000	0.000	0.000	
Histidine.....g	0.000		0			4	0.000	0.000	0.000	
Alanine.....g	0.000		0			4	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0			4	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0			4	0.000	0.000	0.000	
Glycine.....g	0.000		0			4	0.000	0.000	0.000	
Proline.....g	0.000		0			4	0.000	0.000	0.000	
Serine.....g	0.000		0			4	0.000	0.000	0.000	
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0			Z 7	0.0	0.0	0.0	
Caffeine.....mg	0		0			Z 7	0	0	0	
Theobromine.....mg	0		0			Z 7	0	0	0	
Carotenoids:										
Carotene, beta.....mcg	0		0			Z 7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0			Z 7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0			Z 7	0.000	0.000	0.000	
Lycopene.....mcg	0		0			Z 7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0			Z 7	0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04543

Oil, soybean, salad or cooking, (hydrogenated) and cottonseed

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04510

Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.355		0	MA	12		31.294	1.952	0.646
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	14.355		0	MA	12		31.294	1.952	0.646
20:1.....g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	74.623		0	MA	12		162.678	10.149	3.358
18:2 undifferentiated.....g	74.623		0	MA	12		162.678	10.149	3.358
18:3 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
18:4.....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	444		0		1		968	60	20
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 218g: 1 cup

NDB No. 04510

Oil, vegetable safflower, salad or cooking, linoleic, (over 70%)

Measure 2 = 13.6g: 1 tbsp

Measure 3 = 4.5g: 1 1tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04511

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	4.288		0	MA	12		0.583	9.348	0.193
17:0.....g									
18:0.....g	1.915		0	MA	12		0.260	4.175	0.086
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	74.646		0	MA	12		10.152	162.728	3.359
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	74.646		0	MA	12		10.152	162.728	3.359
20:1.....g	0.000		0	MA	12		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.350		0	MA	12		1.952	31.283	0.646
18:2 undifferentiated.....g	14.350		0	MA	12		1.952	31.283	0.646
18:3 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
18:4.....g	0.000		0	MA	12		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	MA	12		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	MA	12		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	444		0		4		60	968	20
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04511

Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)

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

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04678

Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:1 undifferentiated.....g	0.286		0	AS	1		0.040		
16:1 c.....g	0.286		1	A	1		0.040		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	69.970		0	AS	1		9.796		
18:1 c.....g	69.893		175	A	1		9.785		
18:1 t.....g	0.077		1	A	1		0.011		
20:1.....g	1.348		1	A	1		0.189		
22:1 undifferentiated.....g	0.241		1	A	1		0.034		
24:1 c.....g	0.145		1	A	1		0.020		
Fatty acids, total polyunsaturated.....g	17.098		0	NC	4		2.394		
18:2 undifferentiated.....g	14.501		0	AS	1		2.030		
18:2 n-6 c,c.....g	14.339		175	A	1		2.007		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g	0.163		1	A	1		0.023		
18:3 undifferentiated.....g	2.597		0	AS	1		0.364		
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	0.767		0	NC	4		0.107		
Fatty acids, total trans-monoenoic.....g	0.077		0	NC	4		0.011		
Fatty acids, total trans-polyenoic.....g	0.690		0	NC	4		0.097		
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									
Stigmasterol.....mg									
Campesterol.....mg	202		1	A	1		28		
Beta-sitosterol.....mg	426		1	A	1		60		

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Common Measures:

Measure 1 = 14.0g: 1 tbs

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04529
Oil, vegetable, almond

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Confidence Code					
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	69.900		0			1	9.506	152.382	3.146	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.600	0.025	89			1	0.082	1.308	0.027	
17:1.....g										
18:1 undifferentiated.....g	69.400	0.426	91			1	9.438	151.292	3.123	
20:1.....g	0.000		0			1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	17.400		0			1	2.366	37.932	0.783	
18:2 undifferentiated.....g	17.400	0.394	91			1	2.366	37.932	0.783	
18:3 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000	
18:4.....g	0.000		0			1	0.000	0.000	0.000	
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000	
20:5 n-3.....g	0.000		0			1	0.000	0.000	0.000	
22:5 n-3.....g	0.000		0			1	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0			1	0.000	0.000	0.000	
Fatty acids, total trans.....g										
Cholesterol.....mg	0		0			4	0	0	0	
Phytosterols.....mg	266		0			4	36	580	12	
<u>Amino Acids:</u>										
Tryptophan.....g	0.000		0			4	0.000	0.000	0.000	
Threonine.....g	0.000		0			4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0			4	0.000	0.000	0.000	
Leucine.....g	0.000		0			4	0.000	0.000	0.000	
Lysine.....g	0.000		0			4	0.000	0.000	0.000	
Methionine.....g	0.000		0			4	0.000	0.000	0.000	
Cystine.....g	0.000		0			4	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0			4	0.000	0.000	0.000	
Tyrosine.....g	0.000		0			4	0.000	0.000	0.000	
Valine.....g	0.000		0			4	0.000	0.000	0.000	
Arginine.....g	0.000		0			4	0.000	0.000	0.000	
Histidine.....g	0.000		0			4	0.000	0.000	0.000	
Alanine.....g	0.000		0			4	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0			4	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0			4	0.000	0.000	0.000	
Glycine.....g	0.000		0			4	0.000	0.000	0.000	
Proline.....g	0.000		0			4	0.000	0.000	0.000	
Serine.....g	0.000		0			4	0.000	0.000	0.000	
Hydroxyproline.....g										
<u>Others:</u>										
Alcohol, ethyl.....g	0.0		0			Z 7	0.0	0.0	0.0	
Caffeine.....mg	0		0			Z 7	0	0	0	
Theobromine.....mg	0		0			Z 7	0	0	0	
<u>Carotenoids:</u>										
Carotene, beta.....mcg	0		0			Z 7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0			Z 7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0			Z 7	0.000	0.000	0.000	
Lycopene.....mcg	0		0			Z 7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0			Z 7	0.000	0.000	0.000	

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

Common Measures:
 Measure 1 = 13.6g: 1 tablespoon

NDB No. 04529

Oil, vegetable, almond

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04530
Oil, vegetable, apricot kernel

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	60.000		0		1		8.160	130.800	2.700
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	1.500	0.071	51		1		0.204	3.270	0.068
17:1.....g									
18:1 undifferentiated.....g	58.500	0.763	54		1		7.956	127.530	2.633
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.300		0		1		3.985	63.874	1.319
18:2 undifferentiated.....g	29.300	0.688	54		1		3.985	63.874	1.319
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	266		0		4		36	580	12
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04530

Oil, vegetable, apricot kernel

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04534
Oil, vegetable, babassu

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	11.400		0		1		1.550	24.852	0.513
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	11.400	0.526	6		1		1.550	24.852	0.513
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.600		0		1		0.218	3.488	0.072
18:2 undifferentiated.....g	1.600	0.284	6		1		0.218	3.488	0.072
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:
 Measure 1 = 13.6g: 1 tbsp
 Measure 2 = 218g: 1 cup
 Measure 3 = 4.5g: 1 tsp

NDB No. 04534
Oil, vegetable, babassu

Calories Factors: Protein

Fat 8.82

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04501

Oil, vegetable, cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Confidence Code					
22:0.....g										
24:0.....g										
Fatty acids, total monounsaturated.....g	32.900		0			1	4.474	71.722	1.481	
14:1.....g										
15:1.....g										
16:1 undifferentiated.....g	0.200	0.019	108			1	0.027	0.436	0.009	
17:1.....g										
18:1 undifferentiated.....g	32.600	0.121	154			1	4.434	71.068	1.467	
20:1.....g	0.000	0.010	21			1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000	
24:1 c.....g										
Fatty acids, total polyunsaturated.....g	3.000		0			1	0.408	6.540	0.135	
18:2 undifferentiated.....g	2.800	0.048	154			1	0.381	6.104	0.126	
18:3 undifferentiated.....g	0.100	0.009	117			1	0.014	0.218	0.005	
18:4.....g	0.000		0			1	0.000	0.000	0.000	
20:2 n-6 c,c.....g										
20:3 undifferentiated.....g										
20:4 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000	
20:5 n-3.....g	0.000		0			1	0.000	0.000	0.000	
22:5 n-3.....g	0.000		0			1	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0			1	0.000	0.000	0.000	
Fatty acids, total trans.....g										
Cholesterol.....mg	0		0			7	0	0	0	
Phytosterols.....mg	201		0			1	27	438	9	
Amino Acids:										
Tryptophan.....g	0.000		0			4	0.000	0.000	0.000	
Threonine.....g	0.000		0			4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0			4	0.000	0.000	0.000	
Leucine.....g	0.000		0			4	0.000	0.000	0.000	
Lysine.....g	0.000		0			4	0.000	0.000	0.000	
Methionine.....g	0.000		0			4	0.000	0.000	0.000	
Cystine.....g	0.000		0			4	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0			4	0.000	0.000	0.000	
Tyrosine.....g	0.000		0			4	0.000	0.000	0.000	
Valine.....g	0.000		0			4	0.000	0.000	0.000	
Arginine.....g	0.000		0			4	0.000	0.000	0.000	
Histidine.....g	0.000		0			4	0.000	0.000	0.000	
Alanine.....g	0.000		0			4	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0			4	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0			4	0.000	0.000	0.000	
Glycine.....g	0.000		0			4	0.000	0.000	0.000	
Proline.....g	0.000		0			4	0.000	0.000	0.000	
Serine.....g	0.000		0			4	0.000	0.000	0.000	
Hydroxyproline.....g										
Others:										
Alcohol, ethyl.....g	0.0		0			Z 7	0.0	0.0	0.0	
Caffeine.....mg	0		0			Z 7	0	0	0	
Theobromine.....mg	0		0			Z 7	0	0	0	
Carotenoids:										
Carotene, beta.....mcg	0		0			Z 7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0			Z 7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0			Z 7	0.000	0.000	0.000	
Lycopene.....mcg	0		0			Z 7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0			Z 7	0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04501

Oil, vegetable, cocoa butter

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04518

Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0		4		503	8063	166
Protein (N x 0).....g	0.00		0		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		0		1		13.60	218.00	4.50
Ash.....g	0.00		0		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0		4		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0		4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	14.30	1.040	46		1		1.94	31.17	0.64
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.9	0.294	13	A	1		0.3	4.2	0.1
Lipids:									
Fatty acids, total saturated.....g	12.948		0	NC	4		1.761	28.227	0.583
4:0.....g	0.000		1	JA	6		0.000	0.000	0.000
6:0.....g	0.000		1	JA	6		0.000	0.000	0.000
8:0.....g	0.000		1	JA	6		0.000	0.000	0.000
10:0.....g	0.000		1	JA	6		0.000	0.000	0.000
12:0.....g	0.000		2	JA	6		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.024		2	JA	6		0.003	0.051	0.001
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.579		2	JA	6		1.439	23.063	0.476
17:0.....g	0.067		1	A	1		0.009	0.145	0.003
18:0.....g	1.848		2	JA	6		0.251	4.029	0.083
20:0.....g	0.431		1	A	1		0.059	0.939	0.019

NDB No. 04518

Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		1	A	1		0.000	0.000	0.000
24:0.....g									
Fatty acids, total monounsaturated.....g	27.576		0	NC	4		3.750	60.116	1.241
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.114		0	AS	1		0.015	0.248	0.005
16:1 c.....g	0.114		1	A	1		0.015	0.248	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	27.333		0	AS	1		3.717	59.586	1.230
18:1 c.....g	27.333		1	A	1		3.717	59.586	1.230
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.129		1	JA	6		0.018	0.282	0.006
22:1 undifferentiated.....g	0.000		1	JA	6		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	54.677		0	NC	4		7.436	119.195	2.460
18:2 undifferentiated.....g	53.515		0	AS	1		7.278	116.663	2.408
18:2 n-6 c,c.....g	53.230		1	A	1		7.239	116.041	2.395
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.286		1	A	1		0.039	0.623	0.013
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.161		0	A	1		0.158	2.532	0.052
18:4.....g	0.000		1	JA	6		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	JA	6		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	JA	6		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	JA	6		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	JA	6		0.000	0.000	0.000
Fatty acids, total trans.....g	0.286		0	NC	4		0.039	0.623	0.013
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.286		0	NC	4		0.039	0.623	0.013
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	968	84.091	8		1		132	2110	44
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000

NDB No. 04518

Oil, vegetable, corn, industrial and retail, all purpose salad or cooking

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04502

Oil, vegetable, cottonseed, salad or cooking

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	17.800		0			1	2.421	38.804	0.801
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.800	0.031	120			1	0.109	1.744	0.036
17:1.....g									
18:1 undifferentiated.....g	17.000	0.259	124			1	2.312	37.060	0.765
20:1.....g	0.000		0			1	0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	51.900		0			1	7.058	113.142	2.336
18:2 undifferentiated.....g	51.500	0.357	123			1	7.004	112.270	2.318
18:3 undifferentiated.....g	0.200	0.030	59			1	0.027	0.436	0.009
18:4.....g	0.000		0			1	0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.100	0.015	48			1	0.014	0.218	0.005
20:5 n-3.....g	0.000		0			1	0.000	0.000	0.000
22:5 n-3.....g	0.000		0			1	0.000	0.000	0.000
22:6 n-3.....g	0.000		0			1	0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0			4	0	0	0
Phytosterols.....mg	324	14.738	9			1	44	706	15
Amino Acids:									
Tryptophan.....g	0.000		0			4	0.000	0.000	0.000
Threonine.....g	0.000		0			4	0.000	0.000	0.000
Isoleucine.....g	0.000		0			4	0.000	0.000	0.000
Leucine.....g	0.000		0			4	0.000	0.000	0.000
Lysine.....g	0.000		0			4	0.000	0.000	0.000
Methionine.....g	0.000		0			4	0.000	0.000	0.000
Cystine.....g	0.000		0			4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0			4	0.000	0.000	0.000
Tyrosine.....g	0.000		0			4	0.000	0.000	0.000
Valine.....g	0.000		0			4	0.000	0.000	0.000
Arginine.....g	0.000		0			4	0.000	0.000	0.000
Histidine.....g	0.000		0			4	0.000	0.000	0.000
Alanine.....g	0.000		0			4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0			4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0			4	0.000	0.000	0.000
Glycine.....g	0.000		0			4	0.000	0.000	0.000
Proline.....g	0.000		0			4	0.000	0.000	0.000
Serine.....g	0.000		0			4	0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04502

Oil, vegetable, cottonseed, salad or cooking

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04541
Oil, vegetable, cupu assu

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	38.700		0		1		5.263	84.366	1.742
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	38.700		1		1		5.263	84.366	1.742
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.800		0		1		0.517	8.284	0.171
18:2 undifferentiated.....g	3.800		1		1		0.517	8.284	0.171
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04541
Oil, vegetable, cupu assu

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04517
Oil, vegetable, grapeseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	16.100		0		1		2.190	35.098	0.725
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.160	3		1		0.041	0.654	0.014
17:1.....g									
18:1 undifferentiated.....g	15.800	0.581	19		1		2.149	34.444	0.711
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	69.900		0		1		9.506	152.382	3.146
18:2 undifferentiated.....g	69.600	0.693	19		1		9.466	151.728	3.132
18:3 undifferentiated.....g	0.100	0.061	13		1		0.014	0.218	0.005
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	180		0		4		24	392	8
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04517
Oil, vegetable, grapeseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04532
 Oil, vegetable, hazelnut

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	78.000		0		1		10.608	170.040	3.510
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.010	104		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	77.800	0.299	111		1		10.581	169.604	3.501
20:1.....g	0.000	0.003	96		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.200		0		1		1.387	22.236	0.459
18:2 undifferentiated.....g	10.100	0.318	111		1		1.374	22.018	0.455
18:3 undifferentiated.....g	0.000	0.006	101		1		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	120		0		4		16	262	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04532
Oil, vegetable, hazelnut

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04645

Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	BFZN	4		120	1927	40
Energy.....kj	3699		0	BFZN	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.10		0	BFZN	4		2.33	37.28	0.77
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	122.0		0	BFZN	4		16.6	265.9	5.5
Lipids:									
Fatty acids, total saturated.....g	10.117		0	NC	4		1.376	22.055	0.455
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.066		1	A	1		0.009	0.144	0.003
15:0.....g	0.047		1	A	1		0.006	0.103	0.002
16:0.....g	5.101		1	A	1		0.694	11.120	0.230
17:0.....g	0.076		1	A	1		0.010	0.166	0.003
18:0.....g	3.831		1	A	1		0.521	8.352	0.172
20:0.....g	0.641		1	A	1		0.087	1.398	0.029

NDB No. 04645

Oil, vegetable, industrial, canola (partially hydrogenated) oil for deep fat frying

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.355		1	A	1		0.048	0.775	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	71.075		0	NC	4		9.666	154.944	3.198
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.218		0	AS	1		0.030	0.475	0.010
16:1 c.....g	0.218		1	A	1		0.030	0.475	0.010
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	70.081		0	AS	1		9.531	152.775	3.154
18:1 c.....g	47.292		1	A	1		6.432	103.097	2.128
18:1 t.....g	22.789		1	A	1		3.099	49.679	1.025
20:1.....g	0.777		1	A	1		0.106	1.693	0.035
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.038		0	NC	4		1.909	30.602	0.632
18:2 undifferentiated.....g	12.543		0	AS	1		1.706	27.344	0.564
18:2 n-6 c,c.....g	8.781		1	A	1		1.194	19.143	0.395
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	3.762		1	A	1		0.512	8.201	0.169
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.028		0	AS	1		0.140	2.241	0.046
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	27.017		0	NC	4		3.674	58.897	1.216
Fatty acids, total trans-monoenoic.....g	22.789		0	NC	4		3.099	49.679	1.025
Fatty acids, total trans-polyenoic.....g	4.228		0	NC	4		0.575	9.218	0.190
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 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04644

Oil, vegetable, industrial, canola for salads, woks and light frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	BFZN	4		120	40	1927
Energy.....kj	3699		0	BFZN	4		503	166	8063
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	4.50	218.00
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.10		0	BFZN	4		2.33	0.77	37.28
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	122.0		0	BFZN	4		16.6	5.5	265.9
Lipids:									
Fatty acids, total saturated.....g	7.758		0	NC	4		1.055	0.349	16.912
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.037		1	A	1		0.005	0.002	0.081
13:0.....g									
14:0.....g	0.066		1	A	1		0.009	0.003	0.144
15:0.....g	0.037		1	A	1		0.005	0.002	0.081
16:0.....g	4.191		1	A	1		0.570	0.189	9.136
17:0.....g	0.057		1	A	1		0.008	0.003	0.124
18:0.....g	2.306		1	A	1		0.314	0.104	5.028
20:0.....g	0.727		1	A	1		0.099	0.033	1.586

NDB No. 04644

Oil, vegetable, industrial, canola for salads, woks and light frying

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04659

Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.08		1	A	1		0.01	0.17	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	2		1	A	1		0	4	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	2		1	A	1		0	4	0
Sodium, Na.....mg	5		1	A	1		1	11	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	0.09		0	BFZN	4		0.01	0.20	0.00
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Tocopherol, gamma.....mg	0.20		0	BFZN	4		0.03	0.44	0.01
Tocopherol, delta.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.5		0	BFZN	4		0.1	1.1	0.0
Lipids:									
Fatty acids, total saturated.....g	86.503		0	NC	4		11.764	188.576	3.893
4:0.....g	0.063		1	A	1		0.009	0.138	0.003
6:0.....g	0.752		1	A	1		0.102	1.638	0.034
8:0.....g	7.889		1	A	1		1.073	17.198	0.355
10:0.....g	5.596		1	A	1		0.761	12.198	0.252
12:0.....g	44.482		1	A	1		6.049	96.970	2.002
13:0.....g									
14:0.....g	16.659		1	A	1		2.266	36.317	0.750
15:0.....g									
16:0.....g	8.182		1	A	1		1.113	17.837	0.368
17:0.....g									
18:0.....g	2.843		1	A	1		0.387	6.198	0.128
20:0.....g	0.037		1	A	1		0.005	0.081	0.002

Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.681		0	NC	4		0.773	12.385	0.256
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.681		0	AS	1		0.773	12.385	0.256
18:1 c.....g	5.681		1	A	1		0.773	12.385	0.256
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.450		0	NC	4		0.197	3.162	0.065
18:2 undifferentiated.....g	1.450		0	AS	1		0.197	3.162	0.065
18:2 n-6 c,c.....g	1.450		1	A	1		0.197	3.162	0.065
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	86		0	BFZN	4		12	187	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04659

Oil, vegetable, industrial, coconut, confection fat, typical basis for ice cream coatings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04642

Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	40	1927
Energy.....kj	3699		0	NC	4		503	166	8063
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	4.50	218.00
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.03		0	BFZN	4		0.00	0.00	0.07
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	41.08		0	BFZN	4		5.59	1.85	89.55
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.4		0	BFZN	4		0.7	0.2	11.8
Lipids:									
Fatty acids, total saturated.....g	9.009		0	NC	4		1.225	0.405	19.640
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.057		1	A	1		0.008	0.003	0.123
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	4.219		1	A	1		0.574	0.190	9.197
17:0.....g	0.037		1	A	1		0.005	0.002	0.081
18:0.....g	3.564		1	A	1		0.485	0.160	7.770
20:0.....g	0.297		1	A	1		0.040	0.013	0.647

NDB No. 04642

Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.836		1	A	1		0.114	0.038	1.821
24:0.....g									
Fatty acids, total monounsaturated.....g	57.334		0	NC	4		7.797	2.580	124.989
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.004	0.206
16:1 c.....g	0.095		1	A	1		0.013	0.004	0.206
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	57.029		0	AS	1		7.756	2.566	124.322
18:1 c.....g	57.029		1	A	1		7.756	2.566	124.322
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.211		1	A	1		0.029	0.009	0.460
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	28.962		0	NC	4		3.939	1.303	63.136
18:2 undifferentiated.....g	28.924		0	AS	1		3.934	1.302	63.055
18:2 n-6 c,c.....g	28.705		1	A	1		3.904	1.292	62.578
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.219		1	A	1		0.030	0.010	0.477
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.037		0	AS	1		0.005	0.002	0.081
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.219		0	NC	4		0.030	0.010	0.477
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.219		0	NC	4		0.030	0.010	0.477
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 4.5g: 1 teaspoon
- Measure 3 = 218g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

NDB No. 04642

Oil, vegetable, industrial, mid-oleic, sunflower, principal uses frying and salad dressings

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04662

Oil, vegetable, industrial, palm and palm kernel, filling fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	0.04		1	A	1		0.01	0.09	0.00
Energy.....kcal	880		0	NC	4		120	1917	40
Energy.....kj	3680		0	NC	4		501	8023	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	99.50		1	A	1		13.53	216.91	4.48
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	A	1		0	2	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	4		1	A	1		1	8	0
Sodium, Na.....mg	6		1	A	1		1	13	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	71.444		0	NC	4		9.716	155.747	3.215
4:0.....g	0.042		1	A	1		0.006	0.092	0.002
6:0.....g	0.236		1	A	1		0.032	0.515	0.011
8:0.....g	2.682		1	A	1		0.365	5.846	0.121
10:0.....g	1.999		1	A	1		0.272	4.357	0.090
12:0.....g	23.231		1	A	1		3.159	50.644	1.045
13:0.....g									
14:0.....g	7.423		1	A	1		1.009	16.181	0.334
15:0.....g									
16:0.....g	29.450		1	A	1		4.005	64.202	1.325
17:0.....g									
18:0.....g	6.080		1	A	1		0.827	13.254	0.274
20:0.....g	0.300		1	A	1		0.041	0.654	0.014

Oil, vegetable, industrial, palm and palm kernel, filling fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	19.702		0	NC	4		2.680	42.951	0.887
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	19.702		0	AS	1		2.680	42.951	0.887
18:1 c.....g	19.702		1	A	1		2.680	42.951	0.887
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.247		0	NC	4		0.442	7.079	0.146
18:2 undifferentiated.....g	3.247		0	AS	1		0.442	7.079	0.146
18:2 n-6 c,c.....g	3.247		1	A	1		0.442	7.079	0.146
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04662

Oil, vegetable, industrial, palm and palm kernel, filling fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04660

Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	0.04		1	A	1		0.01	0.09	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	A	1		0	2	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	2		1	A	1		0	3	0
Sodium, Na.....mg	6		1	A	1		1	12	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	88.965		0	NC	4		12.099	193.943	4.003
4:0.....g	0.073		1	A	1		0.010	0.159	0.003
6:0.....g	0.325		1	A	1		0.044	0.708	0.015
8:0.....g	3.895		1	A	1		0.530	8.491	0.175
10:0.....g	3.322		1	A	1		0.452	7.241	0.149
12:0.....g	45.314		1	A	1		6.163	98.785	2.039
13:0.....g									
14:0.....g	13.916		1	A	1		1.893	30.336	0.626
15:0.....g									
16:0.....g	7.353		1	A	1		1.000	16.030	0.331
17:0.....g									
18:0.....g	14.561		1	A	1		1.980	31.742	0.655
20:0.....g	0.207		1	A	1		0.028	0.450	0.009

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.934		0	NC	4		0.671	10.756	0.222
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.934		0	AS	1		0.671	10.756	0.222
18:1 c.....g	1.254		1	A	1		0.170	2.733	0.056
18:1 t.....g	3.680		1	A	1		0.501	8.023	0.166
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-monoenoic.....g	3.680		0	NC	4		0.501	8.023	0.166
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04660

Oil, vegetable, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04658

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Proximates:									
Water.....g	0.04		1	A	1		0.01	0.09	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	A	1		0	3	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	1		1	A	1		0	2	0
Sodium, Na.....mg	6		1	A	1		1	13	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	92.614		0	NC	4		12.595	201.898	4.168
4:0.....g	0.077		1	A	1		0.011	0.169	0.003
6:0.....g	0.258		1	A	1		0.035	0.563	0.012
8:0.....g	3.260		1	A	1		0.443	7.107	0.147
10:0.....g	3.157		1	A	1		0.429	6.882	0.142
12:0.....g	48.445		1	A	1		6.589	105.611	2.180
13:0.....g									
14:0.....g	16.205		1	A	1		2.204	35.327	0.729
15:0.....g									
16:0.....g	7.696		1	A	1		1.047	16.777	0.346
17:0.....g									
18:0.....g	13.477		1	A	1		1.833	29.380	0.606
20:0.....g	0.037		1	A	1		0.005	0.081	0.002

NDB No. 04658

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.271		0	NC	4		0.173	2.770	0.057
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	1.271		0	AS	1		0.173	2.770	0.057
18:1 c.....g	1.271		1	A	1		0.173	2.770	0.057
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.037		0	NC	4		0.005	0.081	0.002
18:2 undifferentiated.....g	0.037		0	AS	1		0.005	0.081	0.002
18:2 n-6 c,c.....g	0.037		1	A	1		0.005	0.081	0.002
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04658

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04657

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.05		1	A	1		0.01	0.11	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	A	1		0	3	0
Iron, Fe.....mg	0.15		1	A	1		0.02	0.32	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	1		1	A	1		0	2	0
Sodium, Na.....mg	6		1	A	1		1	13	0
Zinc, Zn.....mg	0.08		1	A	1		0.01	0.16	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	93.701		0	NC	4		12.743	204.268	4.217
4:0.....g	0.069		1	A	1		0.009	0.150	0.003
6:0.....g	0.321		1	A	1		0.044	0.700	0.014
8:0.....g	3.873		1	A	1		0.527	8.444	0.174
10:0.....g	3.125		1	A	1		0.425	6.813	0.141
12:0.....g	42.515		1	A	1		5.782	92.682	1.913
13:0.....g									
14:0.....g	14.782		1	A	1		2.010	32.224	0.665
15:0.....g									
16:0.....g	8.173		1	A	1		1.111	17.816	0.368
17:0.....g									
18:0.....g	20.585		1	A	1		2.800	44.875	0.926
20:0.....g	0.258		1	A	1		0.035	0.563	0.012

NDB No. 04657

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.257		0	NC	4		0.035	0.561	0.012
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	0.257		0	AS	1		0.035	0.561	0.012
18:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
18:1 t.....g	0.257		1	A	1		0.035	0.561	0.012
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0	NC	4		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:2 n-6 c,c.....g	0.000		1	A	1		0.000	0.000	0.000
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.257		0	NC	4		0.035	0.561	0.012
Fatty acids, total trans-monoenoic.....g	0.257		0	NC	4		0.035	0.561	0.012
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04657

Oil, vegetable, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04656

Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.05		1	A	1		0.01	0.11	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		1	A	1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.01		1	A	1		0.00	0.03	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	1		1	A	1		0	3	0
Iron, Fe.....mg	0.29		1	A	1		0.04	0.63	0.01
Magnesium, Mg.....mg	0		1	A	1		0	0	0
Phosphorus, P.....mg	0		1	A	1		0	0	0
Potassium, K.....mg	2		1	A	1		0	5	0
Sodium, Na.....mg	6		1	A	1		1	13	0
Zinc, Zn.....mg	0.04		1	A	1		0.01	0.08	0.00
Copper, Cu.....mg	0.000		1	A	1		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		1	A	1		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	3.81		0	BFZN	4		0.52	8.31	0.17
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	87.558		0	NC	4		11.908	190.876	3.940
4:0.....g	0.076		1	A	1		0.010	0.165	0.003
6:0.....g	0.156		1	A	1		0.021	0.341	0.007
8:0.....g	2.493		1	A	1		0.339	5.434	0.112
10:0.....g	3.109		1	A	1		0.423	6.778	0.140
12:0.....g	53.428		1	A	1		7.266	116.472	2.404
13:0.....g									
14:0.....g	18.921		1	A	1		2.573	41.248	0.851
15:0.....g									
16:0.....g	7.472		1	A	1		1.016	16.289	0.336
17:0.....g									
18:0.....g	1.866		1	A	1		0.254	4.069	0.084
20:0.....g	0.037		1	A	1		0.005	0.081	0.002

NDB No. 04656

Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.406		0	NC	4		0.735	11.786	0.243
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	5.406		0	AS	1		0.735	11.786	0.243
18:1 c.....g	5.406		1	A	1		0.735	11.786	0.243
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.834		0	NC	4		0.113	1.817	0.038
18:2 undifferentiated.....g	0.834		0	AS	1		0.113	1.817	0.038
18:2 n-6 c,c.....g	0.834		1	A	1		0.113	1.817	0.038
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g									
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	95		0	BFZN	4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04656

Oil, vegetable, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4	0.000	0.000	0.000	

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04652

Oil, vegetable, industrial, soy (partially hydrogenated), all purpose

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
	Proximates:								
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	24.750		0	NC	4		3.366	53.956	1.114
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.104		1	A	1		0.014	0.226	0.005
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	11.178		1	A	1		1.520	24.368	0.503
17:0.....g	0.124		1	A	1		0.017	0.269	0.006
18:0.....g	12.589		1	A	1		1.712	27.444	0.567
20:0.....g	0.354		1	A	1		0.048	0.772	0.016

NDB No. 04652

Oil, vegetable, industrial, soy (partially hydrogenated), all purpose

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.365		1	A	1		0.050	0.795	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	61.248		0	NC	4		8.330	133.520	2.756
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.085		0	AS	1		0.012	0.186	0.004
16:1 c.....g	0.085		1	A	1		0.012	0.186	0.004
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	61.125		0	AS	1		8.313	133.253	2.751
18:1 c.....g	31.487		1	A	1		4.282	68.641	1.417
18:1 t.....g	29.638		1	A	1		4.031	64.612	1.334
20:1.....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.295		0	NC	4		1.264	20.263	0.418
18:2 undifferentiated.....g	8.591		0	AS	1		1.168	18.727	0.387
18:2 n-6 c,c.....g	4.562		1	A	1		0.620	9.945	0.205
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	4.029		1	A	1		0.548	8.782	0.181
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.209		0	AS	1		0.028	0.456	0.009
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	34.162		0	NC	4		4.646	74.473	1.537
Fatty acids, total trans-monoenoic.....g	29.638		0	NC	4		4.031	64.612	1.334
Fatty acids, total trans-polyenoic.....g	4.524		0	NC	4		0.615	9.861	0.204
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04652

Oil, vegetable, industrial, soy (partially hydrogenated), all purpose

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04653

Oil, vegetable, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	15.341		0	NC	4		2.086	33.443	0.690
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.094		1	A	1		0.013	0.205	0.004
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.154		1	A	1		1.381	22.136	0.457
17:0.....g	0.086		1	A	1		0.012	0.186	0.004
18:0.....g	4.346		1	A	1		0.591	9.473	0.196
20:0.....g	0.325		1	A	1		0.044	0.709	0.015

NDB No. 04653

Oil, vegetable, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.336		1	A	1		0.046	0.733	0.015
24:0.....g									
Fatty acids, total monounsaturated.....g	34.630		0	NC	4		4.710	75.493	1.558
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c.....g	0.095		1	A	1		0.013	0.206	0.004
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	34.535		0	AS	1		4.697	75.287	1.554
18:1 c.....g	26.228		1	A	1		3.567	57.177	1.180
18:1 t.....g	8.308		1	A	1		1.130	18.110	0.374
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	45.228		0	NC	4		6.151	98.596	2.035
18:2 undifferentiated.....g	40.953		0	AS	1		5.570	89.278	1.843
18:2 n-6 c,c.....g	38.944		1	A	1		5.296	84.897	1.752
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.010		1	A	1		0.273	4.381	0.090
18:2 t not further defined.....g									
18:3 undifferentiated.....g	3.837		0	AS	1		0.522	8.364	0.173
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	10.755		0	NC	4		1.463	23.446	0.484
Fatty acids, total trans-monoenoic.....g	8.308		0	NC	4		1.130	18.110	0.374
Fatty acids, total trans-polyenoic.....g	2.447		0	NC	4		0.333	5.335	0.110
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04653

Oil, vegetable, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04664

Oil, vegetable, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein (N x 6.25).....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	28.421		0	NC	4		3.865	61.957	1.279
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.056		1	A	1		0.008	0.122	0.003
13:0.....g									
14:0.....g	0.254		1	A	1		0.035	0.554	0.011
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	15.833		1	A	1		2.153	34.516	0.712
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	11.503		1	A	1		1.564	25.076	0.518
20:0.....g	0.354		1	A	1		0.048	0.772	0.016

NDB No. 04664

Oil, vegetable, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.279		1	A	1		0.038	0.607	0.013
24:0.....g									
Fatty acids, total monounsaturated.....g	59.715		0	NC	4		8.121	130.180	2.687
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c.....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	59.477		0	AS	1		8.089	129.660	2.676
18:1 c.....g	31.134		1	A	1		4.234	67.873	1.401
18:1 t.....g	28.343		1	A	1		3.855	61.787	1.275
20:1.....g	0.134		1	A	1		0.018	0.293	0.006
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.095		0	NC	4		0.965	15.467	0.319
18:2 undifferentiated.....g	6.610		0	AS	1		0.899	14.409	0.297
18:2 n-6 c,c.....g	4.210		1	A	1		0.573	9.177	0.189
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.400		1	A	1		0.326	5.232	0.108
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	31.228		0	NC	4		4.247	68.078	1.405
Fatty acids, total trans-monoenoic.....g	28.343		0	NC	4		3.855	61.787	1.275
Fatty acids, total trans-polyenoic.....g	2.886		0	NC	4		0.392	6.290	0.130
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04664

Oil, vegetable, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
Code	Code	Code	Code	Code	Code	Code	Code	
Carotene, alpha.....mcg	0		0	BFZN	4	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4	0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4	0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04651

Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	18.101		0	NC	4		2.462	39.461	0.815
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.075		1	A	1		0.010	0.164	0.003
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.970		1	A	1		1.492	23.914	0.494
17:0.....g	0.095		1	A	1		0.013	0.207	0.004
18:0.....g	6.156		1	A	1		0.837	13.421	0.277
20:0.....g	0.402		1	A	1		0.055	0.876	0.018

NDB No. 04651

Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.403		1	A	1		0.055	0.879	0.018
24:0.....g									
Fatty acids, total monounsaturated.....g	40.262		0	NC	4		5.476	87.771	1.812
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c.....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	39.928		0	AS	1		5.430	87.042	1.797
18:1 c.....g	30.324		1	A	1		4.124	66.107	1.365
18:1 t.....g	9.603		1	A	1		1.306	20.935	0.432
20:1.....g	0.230		1	A	1		0.031	0.502	0.010
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.847		0	NC	4		5.011	80.327	1.658
18:2 undifferentiated.....g	34.563		0	AS	1		4.701	75.346	1.555
18:2 n-6 c,c.....g	31.791		1	A	1		4.324	69.305	1.431
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.771		1	A	1		0.377	6.042	0.125
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.733		0	AS	1		0.236	3.777	0.078
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	12.927		0	NC	4		1.758	28.180	0.582
Fatty acids, total trans-monoenoic.....g	9.603		0	NC	4		1.306	20.935	0.432
Fatty acids, total trans-polyenoic.....g	3.324		0	NC	4		0.452	7.245	0.150
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04651

Oil, vegetable, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04648

Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	17.683		0	NC	4		2.405	38.548	0.796
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.094		1	A	1		0.013	0.205	0.004
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	10.543		1	A	1		1.434	22.983	0.474
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	6.175		1	A	1		0.840	13.462	0.278
20:0.....g	0.364		1	A	1		0.049	0.793	0.016

NDB No. 04648

Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.365		1	A	1		0.050	0.795	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	41.929		0	NC	4		5.702	91.405	1.887
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.095		0	AS	1		0.013	0.206	0.004
16:1 c.....g	0.095		1	A	1		0.013	0.206	0.004
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	41.633		0	AS	1		5.662	90.760	1.873
18:1 c.....g	31.620		1	A	1		4.300	68.932	1.423
18:1 t.....g	10.013		1	A	1		1.362	21.828	0.451
20:1.....g	0.201		1	A	1		0.027	0.439	0.009
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.638		0	NC	4		4.847	77.690	1.604
18:2 undifferentiated.....g	33.020		0	AS	1		4.491	71.983	1.486
18:2 n-6 c,c.....g	30.153		1	A	1		4.101	65.733	1.357
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.867		1	A	1		0.390	6.249	0.129
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.942		0	AS	1		0.264	4.234	0.087
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	13.555		0	NC	4		1.844	29.551	0.610
Fatty acids, total trans-monoenoic.....g	10.013		0	NC	4		1.362	21.828	0.451
Fatty acids, total trans-polyenoic.....g	3.543		0	NC	4		0.482	7.723	0.159
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04648

Oil, vegetable, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
Code	Code	Code	Code	Code	Code	Code	Code	
Carotene, alpha.....mcg	0		0	BFZN	4	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4	0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4	0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04650

Oil, vegetable, industrial, soy, refined, for woks and light frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	BFZN	4		120	1927	40
Energy.....kj	3699		0	BFZN	4		503	8063	166
Protein.....g	0.00		0	Z	7		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.02		0	BFZN	4		0.00	0.04	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	1	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	9.21		0	BFZN	4		1.25	20.09	0.41
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	197.6		0	BFZN	4		26.9	430.7	8.9
Lipids:									
Fatty acids, total saturated.....g	15.340		0	NC	4		2.086	33.441	0.690
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.094		1	A	1		0.013	0.205	0.004
15:0.....g	0.000		1	A	1		0.000	0.000	0.000
16:0.....g	10.410		1	A	1		1.416	22.694	0.468
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	4.041		1	A	1		0.550	8.809	0.182
20:0.....g	0.335		1	A	1		0.046	0.730	0.015

NDB No. 04650

Oil, vegetable, industrial, soy, refined, for woks and light frying

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.355		1	A	1		0.048	0.775	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	21.701		0	NC	4		2.951	47.308	0.977
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.123		0	AS	1		0.017	0.269	0.006
16:1 c.....g	0.123		1	A	1		0.017	0.269	0.006
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	21.541		0	AS	1		2.930	46.958	0.969
18:1 c.....g	21.541		1	A	1		2.930	46.958	0.969
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.037		1	A	1		0.005	0.081	0.002
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	58.208		0	NC	4		7.916	126.893	2.619
18:2 undifferentiated.....g	51.296		0	AS	1		6.976	111.826	2.308
18:2 n-6 c,c.....g	51.172		1	A	1		6.959	111.556	2.303
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.124		1	A	1		0.017	0.270	0.006
18:2 t not further defined.....g									
18:3 undifferentiated.....g	6.912		0	AS	1		0.940	15.067	0.311
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.124		0	NC	4		0.017	0.270	0.006
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.124		0	NC	4		0.017	0.270	0.006
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04650

Oil, vegetable, industrial, soy, refined, for woks and light frying

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04572
 Oil, vegetable, nutmeg butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	4.800		0		1		0.653	10.464	0.216
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	4.800		1		1		0.653	10.464	0.216
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.000		0		1		0.000	0.000	0.000
18:2 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	0		0		4		0	0	0
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04572
Oil, vegetable, nutmeg butter

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	37.000		0			1	5.032	79.920	1.665
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.300	0.071	7			1	0.041	0.648	0.014
17:1.....g									
18:1 undifferentiated.....g	36.600	0.635	15			1	4.978	79.056	1.647
20:1.....g	0.100	0.072	4			1	0.014	0.216	0.005
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	9.300		0			1	1.265	20.088	0.419
18:2 undifferentiated.....g	9.100	0.419	15			1	1.238	19.656	0.410
18:3 undifferentiated.....g	0.200	0.046	9			1	0.027	0.432	0.009
18:4.....g	0.000		0			1	0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000
20:5 n-3.....g	0.000		0			1	0.000	0.000	0.000
22:5 n-3.....g	0.000		0			1	0.000	0.000	0.000
22:6 n-3.....g	0.000		0			1	0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0			4	0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0			4	0.000	0.000	0.000
Threonine.....g	0.000		0			4	0.000	0.000	0.000
Isoleucine.....g	0.000		0			4	0.000	0.000	0.000
Leucine.....g	0.000		0			4	0.000	0.000	0.000
Lysine.....g	0.000		0			4	0.000	0.000	0.000
Methionine.....g	0.000		0			4	0.000	0.000	0.000
Cystine.....g	0.000		0			4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0			4	0.000	0.000	0.000
Tyrosine.....g	0.000		0			4	0.000	0.000	0.000
Valine.....g	0.000		0			4	0.000	0.000	0.000
Arginine.....g	0.000		0			4	0.000	0.000	0.000
Histidine.....g	0.000		0			4	0.000	0.000	0.000
Alanine.....g	0.000		0			4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0			4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0			4	0.000	0.000	0.000
Glycine.....g	0.000		0			4	0.000	0.000	0.000
Proline.....g	0.000		0			4	0.000	0.000	0.000
Serine.....g	0.000		0			4	0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	0.000

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Common Measures:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04055

Oil, vegetable, palm

Measure 2 = 216g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04514
Oil, vegetable, poppyseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	19.700		0		1		2.679	42.946	0.887
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	19.700		1		1		2.679	42.946	0.887
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	62.400		0		1		8.486	136.032	2.808
18:2 undifferentiated.....g	62.400		1		1		8.486	136.032	2.808
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	276		0		4		38	602	12
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04514
Oil, vegetable, poppyseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04037
Oil, vegetable, rice bran

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	39.300		0		1		5.345	85.674	1.769
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.039	9		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	39.100	0.449	38		1		5.318	85.238	1.760
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	35.000		0		1		4.760	76.300	1.575
18:2 undifferentiated.....g	33.400	0.403	38		1		4.542	72.812	1.503
18:3 undifferentiated.....g	1.600	0.159	34		1		0.218	3.488	0.072
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	1190		2		1		162	2594	54
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04037
Oil, vegetable, rice bran

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04536
Oil, vegetable, sheanut

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	44.000		0		1		5.984	95.920	1.980
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		1		1		0.014	0.218	0.005
17:1.....g									
18:1 undifferentiated.....g	43.500	1.375	4		1		5.916	94.830	1.958
20:1.....g	0.000		2		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.200		0		1		0.707	11.336	0.234
18:2 undifferentiated.....g	4.900	0.547	4		1		0.666	10.682	0.221
18:3 undifferentiated.....g	0.300		2		1		0.041	0.654	0.014
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	357		0		4		49	778	16
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04536
Oil, vegetable, sheanut

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04584

Oil, vegetable, sunflower, high oleic (70% and over)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	1.000		1		1		0.140	2.180	0.045
24:0.....g									
Fatty acids, total monounsaturated.....g	83.594		0		1		11.703	182.235	3.762
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	82.630		7		1		11.568	180.133	3.718
20:1.....g	0.964		6		1		0.135	2.102	0.043
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.798		0		1		0.532	8.280	0.171
18:2 undifferentiated.....g	3.606		7		1		0.505	7.861	0.162
18:3 undifferentiated.....g	0.192		6		1		0.027	0.419	0.009
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 14.0g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04060

Oil, vegetable, sunflower, linoleic (less than 60%)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	45.400		0		1	6.174	98.972	2.043	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200	0.016	27		1	0.027	0.436	0.009	
17:1.....g									
18:1 undifferentiated.....g	45.300	0.777	45		1	6.161	98.754	2.039	
20:1.....g	0.000		0		4	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.100		0		1	5.454	87.418	1.805	
18:2 undifferentiated.....g	39.800	0.751	45		1	5.413	86.764	1.791	
18:3 undifferentiated.....g	0.200	0.024	20		1	0.027	0.436	0.009	
18:4.....g	0.000		0		4	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
20:5 n-3.....g	0.000		0		4	0.000	0.000	0.000	
22:5 n-3.....g	0.000		0		4	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0		4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4	0	0	0	
Phytosterols.....mg	100		0		4	14	218	5	
Amino Acids:									
Tryptophan.....g	0.000		0		4	0.000	0.000	0.000	
Threonine.....g	0.000		0		4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0		4	0.000	0.000	0.000	
Leucine.....g	0.000		0		4	0.000	0.000	0.000	
Lysine.....g	0.000		0		4	0.000	0.000	0.000	
Methionine.....g	0.000		0		4	0.000	0.000	0.000	
Cystine.....g	0.000		0		4	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0		4	0.000	0.000	0.000	
Tyrosine.....g	0.000		0		4	0.000	0.000	0.000	
Valine.....g	0.000		0		4	0.000	0.000	0.000	
Arginine.....g	0.000		0		4	0.000	0.000	0.000	
Histidine.....g	0.000		0		4	0.000	0.000	0.000	
Alanine.....g	0.000		0		4	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glycine.....g	0.000		0		4	0.000	0.000	0.000	
Proline.....g	0.000		0		4	0.000	0.000	0.000	
Serine.....g	0.000		0		4	0.000	0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	0.000	

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Common Measures:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04060

Oil, vegetable, sunflower, linoleic (less than 60%)

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04506

Oil, vegetable, sunflower, linoleic, (approx. 65%)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	19.500		0		1		2.652	42.510	0.878
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	19.500	0.425	177		1		2.652	42.510	0.878
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	65.700		0		1		8.935	143.226	2.957
18:2 undifferentiated.....g	65.700	0.456	177		1		8.935	143.226	2.957
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04506

Oil, vegetable, sunflower, linoleic, (approx. 65%)

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04545

Oil, vegetable, sunflower, linoleic, (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	46.200		0		1	6.283	100.716	2.079	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	46.000	0.115	4		1	6.256	100.280	2.070	
20:1.....g	0.000		0		4	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.400		0		1	4.950	79.352	1.638	
18:2 undifferentiated.....g	35.300	0.366	4		1	4.801	76.954	1.589	
18:3 undifferentiated.....g	0.900	0.102	3		1	0.122	1.962	0.041	
18:4.....g	0.000		0		4	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	0.000	
20:5 n-3.....g	0.000		0		4	0.000	0.000	0.000	
22:5 n-3.....g	0.000		0		4	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0		4	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4	0	0	0	
Phytosterols.....mg	10		0		4	1	22	0	
Amino Acids:									
Tryptophan.....g	0.000		0		4	0.000	0.000	0.000	
Threonine.....g	0.000		0		4	0.000	0.000	0.000	
Isoleucine.....g	0.000		0		4	0.000	0.000	0.000	
Leucine.....g	0.000		0		4	0.000	0.000	0.000	
Lysine.....g	0.000		0		4	0.000	0.000	0.000	
Methionine.....g	0.000		0		4	0.000	0.000	0.000	
Cystine.....g	0.000		0		4	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0		4	0.000	0.000	0.000	
Tyrosine.....g	0.000		0		4	0.000	0.000	0.000	
Valine.....g	0.000		0		4	0.000	0.000	0.000	
Arginine.....g	0.000		0		4	0.000	0.000	0.000	
Histidine.....g	0.000		0		4	0.000	0.000	0.000	
Alanine.....g	0.000		0		4	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0		4	0.000	0.000	0.000	
Glycine.....g	0.000		0		4	0.000	0.000	0.000	
Proline.....g	0.000		0		4	0.000	0.000	0.000	
Serine.....g	0.000		0		4	0.000	0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04545

Oil, vegetable, sunflower, linoleic, (hydrogenated)

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04516
Oil, vegetable, teaseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	51.500		0		1		7.004	112.270	2.318
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.196	3		1		0.068	1.090	0.023
17:1.....g									
18:1 undifferentiated.....g	49.900	1.547	3		1		6.786	108.782	2.246
20:1.....g	1.000		2		1		0.136	2.180	0.045
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.000		0		1		3.128	50.140	1.035
18:2 undifferentiated.....g	22.200	1.993	3		1		3.019	48.396	0.999
18:3 undifferentiated.....g	0.700		1		1		0.095	1.526	0.032
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	102		0		4		14	222	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04516
Oil, vegetable, teaseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04515
Oil, vegetable, tomatoseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	22.800		0		1		3.101	49.704	1.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.090	4		1		0.068	1.090	0.023
17:1.....g									
18:1 undifferentiated.....g	21.900	2.867	5		1		2.978	47.742	0.986
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	53.100		0		1		7.222	115.758	2.390
18:2 undifferentiated.....g	50.800	3.818	5		1		6.909	110.744	2.286
18:3 undifferentiated.....g	2.300	0.237	4		1		0.313	5.014	0.104
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	100		0		4		14	218	5
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

NDB No. 04515
Oil, vegetable, tomatoseed

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04573
Oil, vegetable, ucuhuba butter

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	6.700		0		1		0.911	14.606	0.302
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	6.700		1		1		0.911	14.606	0.302
20:1.....g	0.000		0		4		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.900		0		1		0.394	6.322	0.131
18:2 undifferentiated.....g	2.900		1		1		0.394	6.322	0.131
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
18:4.....g	0.000		0		4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	95		0		4		13	207	4
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

NDB No. 04573
Oil, vegetable, ucuhuba butter

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04528
Oil, vegetable, walnut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	22.800		0			1	49.704	3.101	1.026
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100	0.027	11			1	0.218	0.014	0.005
17:1.....g									
18:1 undifferentiated.....g	22.200	1.264	34			1	48.396	3.019	0.999
20:1.....g	0.400	0.268	6			1	0.872	0.054	0.018
22:1 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	63.300		0			1	137.994	8.609	2.849
18:2 undifferentiated.....g	52.900	1.208	34			1	115.322	7.194	2.381
18:3 undifferentiated.....g	10.400	0.576	32			1	22.672	1.414	0.468
18:4.....g	0.000		0			1	0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0			1	0.000	0.000	0.000
20:5 n-3.....g	0.000		0			1	0.000	0.000	0.000
22:5 n-3.....g	0.000		0			1	0.000	0.000	0.000
22:6 n-3.....g	0.000		0			1	0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0			4	0	0	0
Phytosterols.....mg	176		0			1	384	24	8
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0			4	0.000	0.000	0.000
Threonine.....g	0.000		0			4	0.000	0.000	0.000
Isoleucine.....g	0.000		0			4	0.000	0.000	0.000
Leucine.....g	0.000		0			4	0.000	0.000	0.000
Lysine.....g	0.000		0			4	0.000	0.000	0.000
Methionine.....g	0.000		0			4	0.000	0.000	0.000
Cystine.....g	0.000		0			4	0.000	0.000	0.000
Phenylalanine.....g	0.000		0			4	0.000	0.000	0.000
Tyrosine.....g	0.000		0			4	0.000	0.000	0.000
Valine.....g	0.000		0			4	0.000	0.000	0.000
Arginine.....g	0.000		0			4	0.000	0.000	0.000
Histidine.....g	0.000		0			4	0.000	0.000	0.000
Alanine.....g	0.000		0			4	0.000	0.000	0.000
Aspartic acid.....g	0.000		0			4	0.000	0.000	0.000
Glutamic acid.....g	0.000		0			4	0.000	0.000	0.000
Glycine.....g	0.000		0			4	0.000	0.000	0.000
Proline.....g	0.000		0			4	0.000	0.000	0.000
Serine.....g	0.000		0			4	0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z		7	0.0	0.0	0.0
Caffeine.....mg	0		0	Z		7	0	0	0
Theobromine.....mg	0		0	Z		7	0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z		7	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z		7	0.000	0.000	0.000
Lycopene.....mcg	0		0	Z		7	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z		7	0.000	0.000	0.000

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Common Measures:
Measure 1 = 218g: 1 cup

NDB No. 04528

Oil, vegetable, walnut

Measure 2 = 13.6g: 1 tablespoon

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04038
Oil, wheat germ

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common		
	Mean	Std. Error	Number			Measure 1	Measure 2	Measure 3	
			of Data	Deriv	Source				Confidence
			Points	Code	Code	Code			
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	15.100		0		1		2.054	32.918	0.680
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.500	0.087	13		1		0.068	1.090	0.023
17:1.....g									
18:1 undifferentiated.....g	14.600	0.467	13		1		1.986	31.828	0.657
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	61.700		0		1		8.391	134.506	2.777
18:2 undifferentiated.....g	54.800	0.322	13		1		7.453	119.464	2.466
18:3 undifferentiated.....g	6.900	0.360	13		1		0.938	15.042	0.311
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg	553		0		1		75	1206	25
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	0.000
Threonine.....g	0.000		0		4		0.000	0.000	0.000
Isoleucine.....g	0.000		0		4		0.000	0.000	0.000
Leucine.....g	0.000		0		4		0.000	0.000	0.000
Lysine.....g	0.000		0		4		0.000	0.000	0.000
Methionine.....g	0.000		0		4		0.000	0.000	0.000
Cystine.....g	0.000		0		4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		4		0.000	0.000	0.000
Tyrosine.....g	0.000		0		4		0.000	0.000	0.000
Valine.....g	0.000		0		4		0.000	0.000	0.000
Arginine.....g	0.000		0		4		0.000	0.000	0.000
Histidine.....g	0.000		0		4		0.000	0.000	0.000
Alanine.....g	0.000		0		4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		4		0.000	0.000	0.000
Glycine.....g	0.000		0		4		0.000	0.000	0.000
Proline.....g	0.000		0		4		0.000	0.000	0.000
Serine.....g	0.000		0		4		0.000	0.000	0.000
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04038

Oil, wheat germ

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42230

Salad Dressing, coleslaw dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	37.00		0		4		99.53	6.29	
Energy.....kcal	329		0	NC	4		884	56	
Energy.....kj	1376		0	NC	4		3701	234	
Protein.....g	0.00		0		4		0.00	0.00	
Total lipid (fat).....g	20.00		0		4		53.80	3.40	
Ash.....g	3.00		0	NC	4		8.07	0.51	
Carbohydrate, by difference.....g	40.00		0		4		107.60	6.80	
Fiber, total dietary.....g	0.4		0		4		1.1	0.1	
Sugars, total.....g	38.73		0	FLA	4		104.19	6.58	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	36		0		4		97	6	
Iron, Fe.....mg	0.26		0		4		0.70	0.04	
Magnesium, Mg.....mg	5		0		4		13	1	
Phosphorus, P.....mg	30		0		4		81	5	
Potassium, K.....mg	50		0		4		135	9	
Sodium, Na.....mg	1600		0		4		4304	272	
Zinc, Zn.....mg	0.18		0		4		0.48	0.03	
Copper, Cu.....mg	0.000		0		4		0.000	0.000	
Manganese, Mn.....mg	0.004		0	FLA	4		0.012	0.001	
Selenium, Se.....mcg	1.6		0	CAZN	4		4.3	0.3	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	
Thiamin.....mg	0.010		0		4		0.027	0.002	
Riboflavin.....mg	0.010		0		4		0.027	0.002	
Niacin.....mg	0.250		0		4		0.673	0.043	
Pantothenic acid.....mg	0.001		0	FLA	4		0.004	0.000	
Vitamin B-6.....mg	0.020		0		4		0.054	0.003	
Folate, total.....mcg	0		0	FLA	4		0	0	
Folic acid.....mcg	0		0	FLA	4		0	0	
Folate, food.....mcg	0		0	FLA	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.10		0		4		0.27	0.02	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1		0	NC	4		2	0	
Vitamin A, RAE.....mcg_RAE	0		0	NC	4		1	0	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	1.84		0	FLA	4		4.96	0.31	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	39.5		0	FLA	4		106.2	6.7	
Lipids:									
Fatty acids, total saturated.....g	2.980		0		4		8.016	0.507	
4:0.....g	0.000		0		4		0.000	0.000	
6:0.....g	0.000		0		4		0.000	0.000	
8:0.....g	0.000		0		4		0.000	0.000	
10:0.....g	0.000		0		4		0.000	0.000	
12:0.....g	0.000		0		4		0.000	0.000	
13:0.....g									
14:0.....g	0.020		0		4		0.054	0.003	
15:0.....g									
16:0.....g	1.960		0		4		5.272	0.333	
17:0.....g									
18:0.....g	1.000		0		4		2.690	0.170	

NDB No. 42230

Salad Dressing, coleslaw dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.600		0		4		23.134	1.462	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.080		0		4		0.215	0.014	
17:1.....g									
18:1 undifferentiated.....g	8.500		0		4		22.865	1.445	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.520		0		4		20.229	1.278	
18:2 undifferentiated.....g	6.980		0		4		18.776	1.187	
18:3 undifferentiated.....g	0.520		0		4		1.399	0.088	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	25		0		4		67	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.119	0.008	
Carotene, alpha.....mcg	0		0	FLA	4		0.051	0.003	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.045	0.003	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	1		0	FLA	4		1.471	0.093	

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Common Measures:

Measure 1 = 269g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42193

Salad Dressing, mayonnaise-like, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.887		0	FLM	4		4.831		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
17:1.....g									
18:1 undifferentiated.....g	1.887		0	FLM	4		4.831		
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	0.063		0	FLM	4		0.161		
18:2 undifferentiated.....g	0.043		0	FLM	4		0.111		
18:3 undifferentiated.....g	0.019		0	FLM	4		0.049		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		23		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000		
Lycopene.....mcg	0		0	Z	7		0.000		
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000		

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Common Measures:

Measure 1 = 256g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04121

Salad dressing, KRAFT FREE Fat Free Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.60		0	MC	9		26.93		
Energy.....kcal	62		0	MC	9		20		
Energy.....kj	259				9		86		
Protein.....g	1.40		0	MC	9		0.46		
Total lipid (fat).....g	0.90		0	NR	4		0.30		
Ash.....g	3.60		0	MC	9		1.19		
Carbohydrate, by difference (1).....g	11.00		0	MC	9		3.63		
Fiber, total dietary.....g	0.7		0	MC	9		0.2		
Sugars, total.....g	6.60		0	MC	9		2.18		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	42		0	MC	9		14		
Iron, Fe.....mg	0.24		0	MC	9		0.08		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	205		0	MC	9		68		
Potassium, K.....mg	115		0	MC	9		38		
Sodium, Na.....mg	1302		0	MC	9		430		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.3		0	MC	9		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	158		0	MC	9		52		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.165		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0	MC	9		1		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 33g: 2 tbsp

Footnotes

1 Contains other proximate components.

NDB No. 04121

Salad dressing, KRAFT FREE Fat Free Italian Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04119
 Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.60		0	MC	9		22.26		
Energy.....kcal	138		0	MC	9		48		
Energy.....kj	577				9		202		
Protein.....g	0.70		0	MC	9		0.25		
Total lipid (fat).....g	1.00		0	NR	4		0.35		
Ash.....g	3.00		0	MC	9		1.05		
Carbohydrate, by difference (1).....g	30.60		0	MC	9		10.71		
Fiber, total dietary.....g	0.6		0	MC	9		0.2		
Sugars, total.....g	6.10		0	MC	9		2.14		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0	MC	9		9		
Iron, Fe.....mg	0.06		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	79		0	MC	9		28		
Potassium, K.....mg	88		0	MC	9		31		
Sodium, Na.....mg	1011		0	MC	9		354		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	8		0	MC	9		3		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	0.200		0	MC	9		0.070		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 35g: 2 tsp

Footnotes

1 Contains other proximate components.

NDB No. 04119

Salad dressing, KRAFT FREE Fat Free Ranch Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04118

Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	73.00		0	MC	9		22.63		
Energy.....kcal	170		0	MC	9		53		
Energy.....kj	711				9		220		
Protein.....g	1.10		0	MC	9		0.34		
Total lipid (fat).....g	14.40		0	NR	4		4.46		
Ash.....g	2.10		0	MC	9		0.65		
Carbohydrate, by difference (1).....g	8.00		0	MC	9		2.48		
Fiber, total dietary.....g	1.3		0	MC	9		0.4		
Sugars, total.....g	4.90		0	MC	9		1.52		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	28		0	MC	9		9		
Iron, Fe.....mg	0.33		0	MC	9		0.10		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	25		0	MC	9		8		
Potassium, K.....mg	90		0	MC	9		28		
Sodium, Na.....mg	736		0	MC	9		228		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	1.8		0	MC	9		0.6		
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	179		0	MC	9		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									
Lipids:									
Fatty acids, total saturated.....g	1.300		0	MC	9		0.403		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MC	9		0		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 31g: 2 tsp

Footnotes

1 Contains other proximate components.

NDB No. 04118

Salad dressing, KRAFT LIGHT DONE RIGHT! Italian Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04117

Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	61.30		0	MC	9		18.39		
Energy.....kcal	256		0	MC	9		77		
Energy.....kj	1071				9		321		
Protein.....g	1.20		0	MC	9		0.36		
Total lipid (fat).....g	22.80		0	NR	4		6.84		
Ash.....g	2.70		0	MC	9		0.81		
Carbohydrate, by difference (1).....g	10.50		0	MC	9		3.15		
Fiber, total dietary.....g	0.5		0	MC	9		0.2		
Sugars, total.....g	4.20		0	MC	9		1.26		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	26		0	MC	9		8		
Iron, Fe.....mg	0.19		0	MC	9		0.06		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	155		0	MC	9		47		
Potassium, K.....mg	134		0	MC	9		40		
Sodium, Na.....mg	1009		0	MC	9		303		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.1		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	41		0	MC	9		12		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	1.900		0	MC	9		0.570		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MC	9		8		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 30g: 2 tsp

Footnotes

1 Contains other proximate components.

NDB No. 04117

Salad dressing, KRAFT LIGHT DONE RIGHT! Ranch Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	78.70		0	MC	9		12.59		
Energy.....kcal	84		0	MC	9		13		
Energy.....kj	351				9		56		
Protein.....g	0.20		0	MC	9		0.03		
Total lipid (fat).....g	2.70		0	NR	4		0.43		
Ash.....g	1.90		0	MC	9		0.30		
Carbohydrate, by difference (1).....g	15.50		0	MC	9		2.48		
Fiber, total dietary.....g	1.9		0	MC	9		0.3		
Sugars, total.....g	10.30		0	MC	9		1.65		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0	MC	9		1		
Iron, Fe.....mg	0.12		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	5		0	MC	9		1		
Potassium, K.....mg	49		0	MC	9		8		
Sodium, Na.....mg	788		0	MC	9		126		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	69		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone) (2).....mcg	83.6		0	MC	9		13.4		
Lipids:									
Fatty acids, total saturated.....g	0.600		0	MC	9		0.096		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MC	9		1		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

NDB No. 04014

Salad dressing, KRAFT MIRACLE WHIP FREE Nonfat Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04012
 Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	63.30		0	MC	9		10.13		
Energy.....kcal	231		0	MC	9		37		
Energy.....kj	967				9		155		
Protein.....g	0.60		0	MC	9		0.10		
Total lipid (fat).....g	18.60		0	NR	4		2.98		
Ash.....g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1).....g	14.40		0	MC	9		2.30		
Fiber, total dietary.....g	0.1		0	MC	9		0.0		
Sugars, total.....g	9.90		0	MC	9		1.58		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	5		0	MC	9		1		
Iron, Fe.....mg	0.17		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	13		0	MC	9		2		
Potassium, K.....mg	23		0	MC	9		4		
Sodium, Na.....mg	821		0	MC	9		131		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	34		0	MC	9		5		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone) (2).....mcg	83.6		0	MC	9		13.4		
Lipids:									
Fatty acids, total saturated.....g	2.900		0	MC	9		0.464		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	26		0	MC	9		4		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

NDB No. 04012

Salad dressing, KRAFT MIRACLE WHIP LIGHT Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04013

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	81.80		0	MC	9		13.09		
Energy.....kcal	70		0	MC	9		11		
Energy.....kj	293				9		47		
Protein.....g	0.20		0	MC	9		0.03		
Total lipid (fat).....g	2.70		0	NR	4		0.43		
Ash.....g	2.20		0	MC	9		0.35		
Carbohydrate, by difference (1).....g	12.40		0	MC	9		1.98		
Fiber, total dietary.....g	2.0		0	MC	9		0.3		
Sugars, total.....g	6.80		0	MC	9		1.09		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0	MC	9		1		
Iron, Fe.....mg	0.10		0	MC	9		0.02		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	27		0	MC	9		4		
Potassium, K.....mg	50		0	MC	9		8		
Sodium, Na.....mg	750		0	MC	9		120		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	MC	9		0.0		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	99		0	MC	9		16		
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) (2).....mcg	155.1		0	MC	9		24.8		
Lipids:									
Fatty acids, total saturated.....g	0.500		0	MC	9		0.080		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	MC	9		2		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 16g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

NDB No. 04013

Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	55.40		0	MC	9		8.31		
Energy.....kcal	334		0	MC	9		50		
Energy.....kj	1397				9		210		
Protein.....g	0.60		0	MC	9		0.09		
Total lipid (fat).....g	32.90		0	NR	4		4.94		
Ash.....g	2.10		0	MC	9		0.32		
Carbohydrate, by difference (1).....g	8.50		0	MC	9		1.28		
Fiber, total dietary.....g	0.1		0	MC	9		0.0		
Sugars, total.....g	4.20		0	MC	9		0.63		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	6		0	MC	9		1		
Iron, Fe.....mg	0.20		0	MC	9		0.03		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	58		0	MC	9		9		
Potassium, K.....mg	52		0	MC	9		8		
Sodium, Na.....mg	797		0	MC	9		120		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.3		0	MC	9		0.0		
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	185		0	MC	9		28		
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) (2).....mcg	155.1		0	MC	9		23.3		
Lipids:									
Fatty acids, total saturated.....g	5.000		0	MC	9		0.750		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	35		0	MC	9		5		
Phytosterols.....mg									

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Common Measures:

Measure 1 = 15.0g: 1 tbsp

Footnotes

- 1 Contains other proximate components.
- 2 Added nutrient

NDB No. 04011

Salad dressing, KRAFT Mayo Light Mayonnaise

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04115

Salad dressing, KRAFT Ranch Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	36.80		0	MC	9		10.67		
Energy.....kcal	510		0	MC	9		148		
Energy.....kj	2134				9		619		
Protein.....g	1.40		0	MC	9		0.41		
Total lipid (fat).....g	53.70		0	NR	4		15.57		
Ash.....g	2.60		0	MC	9		0.75		
Carbohydrate, by difference (1).....g	4.60		0	MC	9		1.33		
Fiber, total dietary.....g	0.3		0	MC	9		0.1		
Sugars, total.....g	4.00		0	MC	9		1.16		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	29		0	MC	9		8		
Iron, Fe.....mg	0.18		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	91		0	MC	9		26		
Potassium, K.....mg	49		0	MC	9		14		
Sodium, Na.....mg	990		0	MC	9		287		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.2		0	MC	9		0.1		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	38		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	8.200		0	MC	9		2.378		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MC	9		8		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 29g: 2 tsp

Footnotes

1 Contains other proximate components.

NDB No. 04115

Salad dressing, KRAFT Ranch Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04116

Salad dressing, KRAFT Zesty Italian Dressing

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	52.70		0	MC	9		16.34		
Energy.....kcal	351		0	MC	9		109		
Energy.....kj	1469				9		455		
Protein.....g	0.30		0	MC	9		0.09		
Total lipid (fat).....g	35.90		0	NR	4		11.13		
Ash.....g	4.20		0	MC	9		1.30		
Carbohydrate, by difference (1).....g	5.70		0	MC	9		1.77		
Fiber, total dietary.....g	0.5		0	MC	9		0.2		
Sugars, total.....g	4.30		0	MC	9		1.33		
Starch.....g									
Minerals:									
Calcium, Ca.....mg	4		0	MC	9		1		
Iron, Fe.....mg	0.16		0	MC	9		0.05		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	14		0	MC	9		4		
Potassium, K.....mg	29		0	MC	9		9		
Sodium, Na.....mg	1630		0	MC	9		505		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.5		0	MC	9		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	36		0	MC	9		11		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
Lipids:									
Fatty acids, total saturated.....g	4.000		0	MC	9		1.240		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	MC	9		0		
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 31g: 2 tsp

Footnotes

1 Contains other proximate components.

NDB No. 04116

Salad dressing, KRAFT Zesty Italian Dressing

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.000		0	RKA	1		21.780	1.350	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.000		0	RKA	1		21.780	1.350	
20:1.....g	0.000		0	RKA	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0	RKA	1		43.560	2.700	
18:2 undifferentiated.....g	16.000		0	RKA	1		38.720	2.400	
18:3 undifferentiated.....g	2.000		0	RKA	1		4.840	0.300	
18:4.....g	0.000		0	RKA	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	RKA	1		0.000	0.000	
20:5 n-3.....g	0.000		0	RKA	1		0.000	0.000	
22:5 n-3.....g	0.000		0	RKA	1		0.000	0.000	
22:6 n-3.....g	0.000		0	RKA	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	Z	7		0	0	
Phytosterols.....mg	97		0	RKA	1		235	15	
Amino Acids:									
Tryptophan.....g	0.013		0	RKI	6		0.031	0.002	
Threonine.....g	0.049		0	RKI	6		0.119	0.007	
Isoleucine.....g	0.052		0	RKI	6		0.126	0.008	
Leucine.....g	0.077		0	RKI	6		0.186	0.012	
Lysine.....g	0.061		0	RKI	6		0.148	0.009	
Methionine.....g	0.023		0	RKI	6		0.056	0.003	
Cystine.....g	0.016		0	RKI	6		0.039	0.002	
Phenylalanine.....g	0.039		0	RKI	6		0.094	0.006	
Tyrosine.....g	0.039		0	RKI	6		0.094	0.006	
Valine.....g	0.055		0	RKI	6		0.133	0.008	
Arginine.....g	0.062		0	RKI	6		0.150	0.009	
Histidine.....g	0.022		0	RKI	6		0.053	0.003	
Alanine.....g	0.045		0	RKI	6		0.109	0.007	
Aspartic acid.....g	0.075		0	RKI	6		0.182	0.011	
Glutamic acid.....g	0.110		0	RKI	6		0.266	0.017	
Glycine.....g	0.027		0	RKI	6		0.065	0.004	
Proline.....g	0.037		0	RKI	6		0.090	0.006	
Serine.....g	0.075		0	RKI	6		0.182	0.011	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	RKI	6		0.0	0.0	
Caffeine.....mg	0		0	RKI	6		0	0	
Theobromine.....mg	0		0	RKI	6		0	0	
Carotenoids:									
Carotene, beta.....mcg	94		0	RKI	6		226.955	14.067	
Carotene, alpha.....mcg	1		0	RKI	6		2.991	0.185	
Cryptoxanthin, beta.....mcg	27		0	RKI	6		65.151	4.038	
Lycopene.....mcg	0		0	RKI	6		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	RKI	6		209.561	12.989	

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

Common Measures:

Measure 1 = 242g: 1 cup

NDB No. 43599

Salad dressing, Mayonnaise dressing, diet, no cholesterol

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43331

Salad dressing, bacon and tomato

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	8.415		0		4		20.196	1.262	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.111		0		4		0.266	0.017	
17:1.....g									
18:1 undifferentiated.....g	8.197		0		4		19.673	1.230	
20:1.....g	0.067		0		4		0.161	0.010	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	19.584		0		4		47.002	2.938	
18:2 undifferentiated.....g	17.244		0		4		41.386	2.587	
18:3 undifferentiated.....g	2.304		0		4		5.530	0.346	
18:4.....g	0.003		0		4		0.007	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		0		4		10	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	92		0	BFZN	4		220.000	13.750	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	52		0	BFZN	4		124.800	7.800	
Lycopene.....mcg	2597		0	BFZN	4		6231.600	389.475	
Lutein + zeaxanthin.....mcg	29		0	BFZN	4		69.110	4.319	

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04140

Salad dressing, blue + roquefort cheese, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	17		0		1		3	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 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points					
22:0.....g								
24:0.....g								
Fatty acids, total monounsaturated.....g	12.300		0		1	1.845	30.135	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	0.300		0		1	0.045	0.735	
17:1.....g								
18:1 undifferentiated.....g	11.800		0		1	1.770	28.910	
20:1.....g	0.000		0		1	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	27.800		0		1	4.170	68.110	
18:2 undifferentiated.....g	23.500		0		1	3.525	57.575	
18:3 undifferentiated.....g	3.700		0		1	0.555	9.065	
18:4.....g	0.000		0		1	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	
20:5 n-3.....g	0.000		0		1	0.000	0.000	
22:5 n-3.....g	0.000		0		1	0.000	0.000	
22:6 n-3.....g	0.000		0		1	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	17		0		4	3	42	
Phytosterols.....mg								
Amino Acids:								
Tryptophan.....g	0.070		0		4	0.011	0.172	
Threonine.....g	0.176		0		4	0.026	0.431	
Isoleucine.....g	0.253		0		4	0.038	0.620	
Leucine.....g	0.431		0		4	0.065	1.056	
Lysine.....g	0.416		0		4	0.062	1.019	
Methionine.....g	0.131		0		4	0.020	0.321	
Cystine.....g	0.024		0		4	0.004	0.059	
Phenylalanine.....g	0.244		0		4	0.037	0.598	
Tyrosine.....g	0.290		0		4	0.044	0.711	
Valine.....g	0.349		0		4	0.052	0.855	
Arginine.....g	0.159		0		4	0.024	0.390	
Histidine.....g	0.170		0		4	0.026	0.417	
Alanine.....g	0.144		0		4	0.022	0.353	
Aspartic acid.....g	0.322		0		4	0.048	0.789	
Glutamic acid.....g	1.164		0		4	0.175	2.852	
Glycine.....g	0.091		0		4	0.014	0.223	
Proline.....g	0.472		0		4	0.071	1.156	
Serine.....g	0.256		0		4	0.038	0.627	
Hydroxyproline.....g								
Others:								
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	
Theobromine.....mg	0		0	Z	7	0	0	
Carotenoids:								
Carotene, beta.....mcg	19		0	FLA	4	2.799	45.724	
Carotene, alpha.....mcg	4		0	FLA	4	0.652	10.649	
Cryptoxanthin, beta.....mcg	4		0	FLA	4	0.576	9.415	
Lycopene.....mcg	0		0	FLA	4	0.000	0.000	
Lutein + zeaxanthin.....mcg	126		0	FLA	4	18.889	308.514	

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

Common Measures:

Measure 1 = 15g: 1 tablespoon

NDB No. 04539

Salad dressing, blue or roquefort cheese dressing, commercial, regular

Measure 2 = 245g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42192

Salad dressing, blue or roquefort cheese dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.186		0		4		0.493	0.032	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		0		4		0.005	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.182		0		4		0.482	0.031	
20:1.....g	0.002		0		4		0.005	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.462		0		4		1.224	0.079	
18:2 undifferentiated.....g	0.408		0		4		1.081	0.069	
18:3 undifferentiated.....g	0.054		0		4		0.143	0.009	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	3		0		4		8	1	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		1.616	0.104	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 265g: 1 cup

Measure 2 = 17g: 1 tbsp

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42153

Salad dressing, blue or roquefort cheese dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.092		0		1		2.719	0.175	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.020		0		4		0.050	0.003	
17:1.....g									
18:1 undifferentiated.....g	1.063		0		4		2.647	0.170	
20:1.....g	0.000		0		7		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.855		0		1		2.129	0.137	
18:2 undifferentiated.....g	0.789		0		4		1.965	0.126	
18:3 undifferentiated.....g	0.064		0		4		0.159	0.010	
18:4.....g	0.000		0		7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000	0.000	
20:5 n-3.....g	0.000		0		7		0.000	0.000	
22:5 n-3.....g	0.000		0		7		0.000	0.000	
22:6 n-3.....g	0.000		0		7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0		1		25	2	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	19		0	BFZN	4		46.470	2.986	
Carotene, alpha.....mcg	4		0	BFZN	4		10.823	0.695	
Cryptoxanthin, beta.....mcg	4		0	BFZN	4		9.568	0.615	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	126		0	BFZN	4		313.551	20.148	

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

Common Measures:

Measure 1 = 249g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43020

Salad dressing, blue or roquefort cheese, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.783		0		4		4.368	0.267	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.099		0		4		0.243	0.015	
17:1.....g									
18:1 undifferentiated.....g	1.645		0		4		4.030	0.247	
20:1.....g	0.003		0		4		0.007	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.422		0		4		5.934	0.363	
18:2 undifferentiated.....g	2.117		0		4		5.187	0.318	
18:3 undifferentiated.....g	0.301		0		4		0.737	0.045	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.002		0		4		0.005	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.001		0		4		0.002	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1		1		2	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	FLA	4		4.832	0.296	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43215
Salad dressing, buttermilk, lite

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.015	0.002	3	A	1		0.002		
15:0.....g									
16:0.....g	0.842	0.061	3	A	1		0.126		
17:0.....g	0.003	0.003	3	A	1		0.000		
18:0.....g	0.370	0.037	3	A	1		0.056		
20:0.....g	0.061	0.027	3	A	1		0.009		
22:0.....g	0.036	0.008	3	A	1		0.005		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.422		0	NC	4		0.813		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.022		0	A	1		0.003		
16:1 c.....g	0.022	0.010	3	A	1		0.003		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	5.289		0	A	1		0.793		
18:1 c.....g	5.289	2.617	3	A	1		0.793		
18:1 t.....g	0.000	0.000	3	A	1		0.000		
20:1.....g	0.111	0.055	3	A	1		0.017		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	4.334		0	NC	4		0.650		
18:2 undifferentiated.....g	0.089		0	A	1		0.013		
18:2 n-6 c,c.....g	3.587	0.254	3	A	1		0.538		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.089	0.030	3	A	1		0.013		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	Z	7		0.000		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:6 n-3.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	21	7.740	3	A	1		3		
Phytosterols.....mg									
Stigmasterol.....mg	6	3.350	3	A	1		1		
Campesterol.....mg	30	11.452	3	A	1		5		
Beta-sitosterol.....mg	49	13.175	3	A	1		7		
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		0.618		
Carotene, alpha.....mcg	2		0	FLA	4		0.256		
Cryptoxanthin, beta.....mcg	2		0	FLA	4		0.226		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	49		0	FLA	4		7.412		

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

NDB No. 43215
Salad dressing, buttermilk, lite

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43015

Salad dressing, caesar dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	13.504		0		4		31.734	1.985	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.130		0		4		0.306	0.019	
17:1.....g									
18:1 undifferentiated.....g	13.186		0		4		30.987	1.938	
20:1.....g	0.113		0		4		0.266	0.017	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.857		0		4		77.214	4.830	
18:2 undifferentiated.....g	28.928		0		4		67.981	4.252	
18:3 undifferentiated.....g	3.867		0		4		9.087	0.568	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.002		0		4		0.005	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.003		0		4		0.007	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		0		1		5	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		2.606	0.163	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 235g: 1 cup

Measure 2 = 14.7g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43021

Salad dressing, caesar, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.124		0		4		2.698	0.169	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.014		0		4		0.034	0.002	
17:1.....g									
18:1 undifferentiated.....g	1.009		0		4		2.422	0.151	
20:1.....g	0.024		0		4		0.058	0.004	
22:1 undifferentiated.....g	0.066		0		4		0.158	0.010	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.368		0		4		5.683	0.355	
18:2 undifferentiated.....g	2.060		0		4		4.944	0.309	
18:3 undifferentiated.....g	0.291		0		4		0.698	0.044	
18:4.....g	0.001		0		4		0.002	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.005		0		4		0.012	0.001	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.008		0		4		0.019	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1		1		5	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	1		0	FLA	4		1.678	0.105	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 240g: 1 cup

Measure 2 = 15.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43016
Salad dressing, coleslaw

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.000		1		1		22.500	1.440	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.000		0		4		22.500	1.440	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		1		1		45.000	2.880	
18:2 undifferentiated.....g	16.000		0		4		40.000	2.560	
18:3 undifferentiated.....g	2.000		0		4		5.000	0.320	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		1		1		65	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		1		1		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	4		0	FLA	4		9.615	0.615	
Carotene, alpha.....mcg	2		0	FLA	4		4.107	0.263	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		3.631	0.232	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	48		0	FLA	4		118.992	7.616	

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Common Measures:

Measure 1 = 250g: 1 cup
Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Salad dressing, french dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		2	A	1		0.000	0.000	0.000
15:0.....g									
16:0.....g	4.937		2	A	1		0.790	12.343	0.607
17:0.....g	0.000		2	A	1		0.000	0.000	0.000
18:0.....g	0.420		2	A	1		0.067	1.050	0.052
20:0.....g	0.133		2	A	1		0.021	0.333	0.016
22:0.....g	0.158		2	A	1		0.025	0.394	0.019
24:0.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total monounsaturated.....g	8.433		0	NC	4		1.349	21.081	1.037
14:1.....g	0.000		2	A	1		0.000	0.000	0.000
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	8.284		2	A	1		1.325	20.710	1.019
20:1.....g	0.149		2	A	1		0.024	0.371	0.018
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.029		0	NC	4		3.365	52.571	2.587
18:2 undifferentiated.....g	18.292		2	A	1		2.927	45.730	2.250
18:3 undifferentiated.....g	2.737		2	A	1		0.438	6.841	0.337
18:4.....g	0.000		2	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		2	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.007		0	FLA	4		0.001	0.018	0.001
Threonine.....g	0.016		0	FLA	4		0.003	0.039	0.002
Isoleucine.....g	0.022		0	FLA	4		0.003	0.054	0.003
Leucine.....g	0.034		0	FLA	4		0.005	0.086	0.004
Lysine.....g	0.019		0	FLA	4		0.003	0.048	0.002
Methionine.....g	0.011		0	FLA	4		0.002	0.028	0.001
Cystine.....g	0.006		0	FLA	4		0.001	0.014	0.001
Phenylalanine.....g	0.016		0	FLA	4		0.003	0.040	0.002
Tyrosine.....g	0.007		0	FLA	4		0.001	0.018	0.001
Valine.....g	0.024		0	FLA	4		0.004	0.060	0.003
Arginine.....g	0.056		0	FLA	4		0.009	0.140	0.007
Histidine.....g	0.010		0	FLA	4		0.002	0.026	0.001
Alanine.....g	0.012		0	FLA	4		0.002	0.029	0.001
Aspartic acid.....g	0.043		0	FLA	4		0.007	0.108	0.005
Glutamic acid.....g	0.071		0	FLA	4		0.011	0.178	0.009
Glycine.....g	0.018		0	FLA	4		0.003	0.044	0.002
Proline.....g	0.009		0	FLA	4		0.001	0.022	0.001
Serine.....g	0.017		0	FLA	4		0.003	0.042	0.002
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLA	4		0	0	0
Theobromine.....mg	0		0	FLA	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	232	38.337	5	A	1		37.152	580.500	28.561
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	92	19.705	5	A	1		14.720	230.000	11.316
Lycopene.....mcg	373	297.248	5	A	1		59.712	933.000	45.904
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	0.000

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

NDB No. 04120

Salad dressing, french dressing, commercial, regular

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

food, or similar food.

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 250g: 1 cup

Measure 3 = 12.3g: 1 individual packet

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04141

Salad dressing, french dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	4.937		2	A	1		0.741		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.420		2	A	1		0.063		
20:0.....g	0.133		2	A	1		0.020		
22:0.....g	0.158		2	A	1		0.024		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	8.433		0	NC	4		1.265		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g									
18:1 undifferentiated.....g	8.284		2	A	1		1.243		
20:1.....g	0.149		2	A	1		0.022		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.029		0	NC	4		3.154		
18:2 undifferentiated.....g	18.292		2	A	1		2.744		
18:3 undifferentiated.....g	2.737		2	A	1		0.410		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000		
20:5 n-3.....g	0.000		2	A	1		0.000		
22:5 n-3.....g	0.000		2	A	1		0.000		
22:6 n-3.....g	0.000		2	A	1		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	232	38.337	5	A	1		34.830		
Carotene, alpha.....mcg	0		0	Z	7		0.000		
Cryptoxanthin, beta.....mcg	92	19.705	5	A	1		13.800		
Lycopene.....mcg	373	297.248	5	A	1		55.980		
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000		

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04367

Salad dressing, french dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.002		1	A	1		0.000	0.006	
15:0.....g									
16:0.....g	0.018		1	A	1		0.003	0.047	
17:0.....g									
18:0.....g	0.012		1	A	1		0.002	0.030	
20:0.....g									
22:0.....g									
24:0.....g	0.002		1	A	1		0.000	0.006	
Fatty acids, total monounsaturated.....g	0.141		0	NC	4		0.023	0.361	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.002		1	A	1		0.000	0.006	
17:1.....g	0.009		1	A	1		0.001	0.024	
18:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
20:1.....g	0.032		1	A	1		0.005	0.083	
22:1 undifferentiated.....g	0.049		1	A	1		0.008	0.124	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.062		0	NC	4		0.010	0.160	
18:2 undifferentiated.....g	0.042		1	A	1		0.007	0.106	
18:3 undifferentiated.....g	0.018		1	A	1		0.003	0.047	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g	0.002		1	A	1		0.000	0.006	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	38	4.163	3	A	1		6.080	97.280	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	15		2	A	1		2.320	37.120	
Lycopene.....mcg	319	12.875	3	A	1		51.093	817.493	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 256g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 42171

Salad dressing, french dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.029		0		4		7.875	0.485	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.026		0		4		0.068	0.004	
17:1.....g									
18:1 undifferentiated.....g	2.964		0		4		7.706	0.474	
20:1.....g	0.026		0		4		0.068	0.004	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.527		0		4		19.570	1.204	
18:2 undifferentiated.....g	6.630		0		4		17.238	1.061	
18:3 undifferentiated.....g	0.884		0		4		2.298	0.141	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	120		0	FLA	4		312.858	19.253	
Carotene, alpha.....mcg	4		0	FLA	4		9.926	0.611	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	3843		0	FLA	4		9992.959	614.951	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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Common Measures:

Measure 1 = 260g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04020

Salad dressing, french dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000		0	Z	7				
15:0.....g									
16:0.....g	0.798		1	A	1	0.128	2.075		
17:0.....g									
18:0.....g	0.301		1	A	1	0.048	0.783		
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.898		0	NC	4	0.944	15.335		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000		
17:1.....g									
18:1 undifferentiated.....g	5.753		1	A	1	0.920	14.958		
20:1.....g	0.145		1	A	1	0.023	0.377		
22:1 undifferentiated.....g	0.000		0	Z	7	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.029		0	NC	4	0.805	13.075		
18:2 undifferentiated.....g	3.859		1	A	1	0.617	10.033		
18:3 undifferentiated.....g	1.170		1	A	1	0.187	3.042		
18:4.....g	0.000		0	Z	7	0.000	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7	0.000	0.000		
20:5 n-3.....g	0.000		0	Z	7	0.000	0.000		
22:5 n-3.....g	0.000		0	Z	7	0.000	0.000		
22:6 n-3.....g	0.000		0	Z	7	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4	0	0		
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.003		0	FLA	4	0.001	0.009		
Threonine.....g	0.014		0	FLA	4	0.002	0.036		
Isoleucine.....g	0.010		0	FLA	4	0.002	0.025		
Leucine.....g	0.015		0	FLA	4	0.002	0.039		
Lysine.....g	0.017		0	FLA	4	0.003	0.043		
Methionine.....g	0.002		0	FLA	4	0.000	0.006		
Cystine.....g	0.003		0	FLA	4	0.000	0.007		
Phenylalanine.....g	0.016		0	FLA	4	0.003	0.042		
Tyrosine.....g	0.007		0	FLA	4	0.001	0.018		
Valine.....g	0.010		0	FLA	4	0.002	0.027		
Arginine.....g	0.010		0	FLA	4	0.002	0.027		
Histidine.....g	0.008		0	FLA	4	0.001	0.020		
Alanine.....g	0.026		0	FLA	4	0.004	0.068		
Aspartic acid.....g	0.093		0	FLA	4	0.015	0.243		
Glutamic acid.....g	0.254		0	FLA	4	0.041	0.660		
Glycine.....g	0.008		0	FLA	4	0.001	0.021		
Proline.....g	0.011		0	FLA	4	0.002	0.028		
Serine.....g	0.015		0	FLA	4	0.002	0.038		
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0		
Caffeine.....mg	0		0	FLA	4	0	0		
Theobromine.....mg	0		0	FLA	4	0	0		
Carotenoids:									
Carotene, beta.....mcg	289	20.276	3	A	1	46.293	752.267		
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000		
Cryptoxanthin, beta.....mcg	70	2.333	3	A	1	11.253	182.867		
Lycopene.....mcg	2530	165.125	3	A	1	404.800	6578.000		
Lutein + zeaxanthin.....mcg	124		0	NR	4	19.787	321.534		

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

NDB No. 04020

Salad dressing, french dressing, reduced fat

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

food, or similar food.

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04142

Salad dressing, french dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.798		1	A	1		0.128	2.075	
17:0.....g									
18:0.....g	0.301		1	A	1		0.048	0.783	
20:0.....g									
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.898		0	NC	4		0.944	15.335	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.753		1	A	1		0.920	14.958	
20:1.....g	0.145		1	A	1		0.023	0.377	
22:1 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.029		0	NC	4		0.805	13.075	
18:2 undifferentiated.....g	3.859		1	A	1		0.617	10.033	
18:3 undifferentiated.....g	1.170		1	A	1		0.187	3.042	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		1		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	289	20.276	3	A	1		46.293	752.267	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	70	2.333	3	A	1		11.253	182.867	
Lycopene.....mcg	2530	165.125	3	A	1		404.800	6578.000	
Lutein + zeaxanthin.....mcg	124		0	NR	4		19.787	321.534	

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

Measure 2 = 260g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04146

Salad dressing, french, cottonseed, oil, home recipe

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common</u> <u>measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		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 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04133

Salad dressing, french, home recipe

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	20.700		0		1		2.898	45.540	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		0		1		0.028	0.440	
17:1.....g									
18:1 undifferentiated.....g	20.500		0		1		2.870	45.100	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.700		0		1		4.718	74.140	
18:2 undifferentiated.....g	31.700		0		1		4.438	69.740	
18:3 undifferentiated.....g	1.900		0		1		0.266	4.180	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g									
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	176		0		4		25	387	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

NDB No. 43017

Salad dressing, green goddess, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.423		0	NC	4		23.086	1.413	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.091		0		4		0.222	0.014	
17:1.....g									
18:1 undifferentiated.....g	9.252		0		4		22.668	1.388	
20:1.....g	0.080		0		4		0.196	0.012	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	23.165		0	NC	4		56.755	3.475	
18:2 undifferentiated.....g	20.436		0		4		50.067	3.065	
18:3 undifferentiated.....g	2.730		0		4		6.688	0.409	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	40		0		1		98	6	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	FLA	4		7.714	0.472	
Carotene, alpha.....mcg	1		0	FLA	4		3.295	0.202	
Cryptoxanthin, beta.....mcg	1		0	FLA	4		2.913	0.178	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	39		0	FLA	4		95.468	5.845	

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Common Measures:

Measure 1 = 245g: 1 cup

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Salad dressing, home recipe, cooked

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	3.800		0		1		9.690	0.608	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.255	0.016	
17:1.....g									
18:1 undifferentiated.....g	3.700		0		1		9.435	0.592	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.100		0		1		5.355	0.336	
18:2 undifferentiated.....g	2.000		0		1		5.100	0.320	
18:3 undifferentiated.....g	0.100		0		1		0.255	0.016	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	57		0		4		145	9	
Phytosterols.....mg	24		0		4		61	4	
Amino Acids:									
Tryptophan.....g	0.063		0	NR	4		0.161	0.010	
Threonine.....g	0.183		0	NR	4		0.467	0.029	
Isoleucine.....g	0.259		0	NR	4		0.661	0.041	
Leucine.....g	0.449		0	NR	4		1.146	0.072	
Lysine.....g	0.329		0	NR	4		0.838	0.053	
Methionine.....g	0.132		0	NR	4		0.338	0.021	
Cystine.....g	0.130		0	NR	4		0.332	0.021	
Phenylalanine.....g	0.256		0	NR	4		0.654	0.041	
Tyrosine.....g	0.206		0	NR	4		0.526	0.033	
Valine.....g	0.319		0	NR	4		0.814	0.051	
Arginine.....g	0.241		0	NR	4		0.615	0.039	
Histidine.....g	0.116		0	NR	4		0.295	0.018	
Alanine.....g	0.223		0	NR	4		0.569	0.036	
Aspartic acid.....g	0.459		0	NR	4		1.169	0.073	
Glutamic acid.....g	0.993		0	NR	4		2.533	0.159	
Glycine.....g	0.138		0	NR	4		0.351	0.022	
Proline.....g	0.395		0	NR	4		1.006	0.063	
Serine.....g	0.205		0	NR	4		0.522	0.033	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	RA	4		0	0	
Theobromine.....mg	0		0	RA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	3		0	RA	4		7.650	0.480	
Carotene, alpha.....mcg	0		0	RA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	1		0	RA	4		2.550	0.160	
Lycopene.....mcg	0		0	RA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	50		0	RA	4		127.500	8.000	

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Common Measures:

Measure 1 = 255g: 1 cup

NDB No. 04134

Salad dressing, home recipe, cooked

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04135

Salad dressing, home recipe, vinegar and oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.800		0		1		2.368	37.000	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		0		1		0.016	0.250	
17:1.....g									
18:1 undifferentiated.....g	14.700		0		1		2.352	36.750	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	24.100		0		1		3.856	60.250	
18:2 undifferentiated.....g	22.700		0		1		3.632	56.750	
18:3 undifferentiated.....g	1.400		0		1		0.224	3.500	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	66		0		4		11	165	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	FLC	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLC	4		0.000	0.000	
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLC	4		0.000	0.000	

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

NDB No. 04135

Salad dressing, home recipe, vinegar and oil

Measure 2 = 250g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Salad dressing, italian dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.000	0.000	3	A	1		0.000	0.000	
15:0.....g									
16:0.....g	3.298	0.144	3	A	1		0.485	7.750	
17:0.....g	0.000	0.000	3	A	1		0.000	0.000	
18:0.....g	0.953	0.246	3	A	1		0.140	2.240	
20:0.....g	0.073	0.036	3	A	1		0.011	0.171	
22:0.....g	0.150	0.019	3	A	1		0.022	0.353	
24:0.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.315		0	NC	4		0.928	14.841	
14:1.....g	0.000	0.000	3	A	1		0.000	0.000	
15:1.....g	0.000		2	A	1		0.000	0.000	
16:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
17:1.....g	0.000	0.000	3	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.315	0.130	3	A	1		0.928	14.841	
20:1.....g	0.000	0.000	3	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.941		0	NC	4		1.902	30.411	
18:2 undifferentiated.....g	11.527	1.332	3	A	1		1.695	27.089	
18:3 undifferentiated.....g	1.413	0.356	3	A	1		0.208	3.321	
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	A	1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.000		0	A	1		0.000	0.000	
Aspartic acid.....g	0.000		0	A	1		0.000	0.000	
Glutamic acid.....g	0.056		0	A	1		0.008	0.131	
Glycine.....g	0.000		0	A	1		0.000	0.000	
Proline.....g	0.000		0	A	1		0.000	0.000	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	21	7.719	6	A	1		3.014	48.175	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	2	1.833	6	A	1		0.269	4.308	
Lycopene.....mcg	16	10.172	6	A	1		2.352	37.600	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

NDB No. 04114

Salad dressing, italian dressing, commercial, regular

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

food, or similar food.

Common Measures:

Measure 1 = 14.7g: 1 tbsp

Measure 2 = 235g: 1 cup

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04143

Salad dressing, italian dressing, commercial, regular, without salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	3.298	0.144	3	A	1	0.485	7.750		
17:0.....g	0.000	0.000	3	A	1	0.000	0.000		
18:0.....g	0.953	0.246	3	A	1	0.140	2.240		
20:0.....g	0.073	0.036	3	A	1	0.011	0.171		
22:0.....g	0.150	0.019	3	A	1	0.022	0.353		
24:0.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total monounsaturated.....g	6.315		0	NC	4	0.928	14.841		
14:1.....g	0.000	0.000	3	A	1	0.000	0.000		
15:1.....g	0.000		2	A	1	0.000	0.000		
16:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
17:1.....g	0.000	0.000	3	A	1	0.000	0.000		
18:1 undifferentiated.....g	6.315	0.130	3	A	1	0.928	14.841		
20:1.....g	0.000	0.000	3	A	1	0.000	0.000		
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.941		0	NC	4	1.902	30.411		
18:2 undifferentiated.....g	11.527	1.332	3	A	1	1.695	27.089		
18:3 undifferentiated.....g	1.413	0.356	3	A	1	0.208	3.321		
18:4.....g	0.000	0.000	3	A	1	0.000	0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000	0.000		
20:5 n-3.....g	0.000	0.000	3	A	1	0.000	0.000		
22:5 n-3.....g	0.000	0.000	3	A	1	0.000	0.000		
22:6 n-3.....g	0.000	0.000	3	A	1	0.000	0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	67		0		1	10	157		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0	0.0		
Caffeine.....mg	0		0	FLA	4	0	0		
Theobromine.....mg	0		0	FLA	4	0	0		
Carotenoids:									
Carotene, beta.....mcg	21	7.719	6	A	1	3.014	48.175		
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000		
Cryptoxanthin, beta.....mcg	2	1.833	6	A	1	0.269	4.308		
Lycopene.....mcg	16	10.172	6	A	1	2.352	37.600		
Lutein + zeaxanthin.....mcg	0		0	NR	4	0.000	0.000		

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

Common Measures:

Measure 1 = 14.7g: 1 tablespoon

Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04636

Salad dressing, italian dressing, fat-free

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	85.95	0.925	3	A	1		12.03	198.53	
Energy.....kcal	47		0	NC	4		7	108	
Energy.....kj	195		0	NC	4		27	451	
Protein.....g	0.97	0.178	3	A	1		0.14	2.23	
Total lipid (fat).....g	0.87	0.051	3	A	1		0.12	2.00	
Ash.....g	3.47	0.089	3	A	1		0.49	8.01	
Carbohydrate, by difference.....g	8.75		0	NC	4		1.23	20.22	
Fiber, total dietary.....g	0.6		2	A	1		0.1	1.4	
Sugars, total.....g	8.85		2	A	1		1.24	20.43	
Sucrose.....g	0.29		2	A	1		0.04	0.66	
Glucose (dextrose).....g	2.82		2	A	1		0.39	6.50	
Fructose.....g	5.59		2	A	1		0.78	12.92	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.15		2	A	1		0.02	0.34	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	2.58		2	A	1		0.36	5.96	
Minerals:									
Calcium, Ca.....mg	30	6.854	3	A	1		4	69	
Iron, Fe.....mg	0.40	0.070	3	A	1		0.06	0.92	
Magnesium, Mg.....mg	5	0.291	3	A	1		1	10	
Phosphorus, P.....mg	109	54.871	3	A	1		15	252	
Potassium, K.....mg	102	5.068	3	A	1		14	236	
Sodium, Na.....mg	1129	35.455	3	A	1		158	2608	
Zinc, Zn.....mg	0.36	0.108	3	A	1		0.05	0.82	
Copper, Cu.....mg	0.116	0.036	3	A	1		0.016	0.269	
Manganese, Mn.....mg	0.032	0.012	3	A	1		0.004	0.074	
Selenium, Se.....mcg	2.0		1	A	1		0.3	4.6	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.4		1	A	1		0.1	0.9	
Thiamin.....mg	0.031		1	A	1		0.004	0.072	
Riboflavin.....mg	0.053		1	A	1		0.007	0.122	
Niacin.....mg	0.135		1	A	1		0.019	0.312	
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	
Folate, total.....mcg	12		1	A	1		2	27	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	12		1	A	1		2	27	
Folate, DFE.....mcg_DFE	12		0	NC	4		2	27	
Vitamin B-12.....mcg	0.31		1	A	1		0.04	0.71	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	77		0	NC	4		11	177	
Vitamin A, RAE.....mcg_RAE	4		0	NC	4		1	9	
Retinol.....mcg	0		0	FLA	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.76		0	NR	4		0.11	1.76	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	FLA	4		0.2	3.6	
Lipids:									
Fatty acids, total saturated.....g	0.295		0	NC	4		0.041	0.681	
4:0.....g	0.000		0	Z	7		0.000	0.000	
6:0.....g	0.000		0	Z	7		0.000	0.000	
8:0.....g	0.000		0	Z	7		0.000	0.000	
10:0.....g	0.003		2	A	1		0.000	0.006	
12:0.....g	0.010		2	A	1		0.001	0.022	
13:0.....g	0.001		1	A	1		0.000	0.002	

NDB No. 04636

Salad dressing, italian dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.038		2	A	1		0.005	0.088	
15:0.....g	0.005		2	A	1		0.001	0.012	
16:0.....g	0.151		2	A	1		0.021	0.348	
17:0.....g	0.004		2	A	1		0.001	0.009	
18:0.....g	0.071		2	A	1		0.010	0.164	
20:0.....g	0.011		1	A	1		0.002	0.025	
22:0.....g	0.003		2	A	1		0.000	0.006	
24:0.....g									
Fatty acids, total monounsaturated.....g	0.235		0	NC	4		0.033	0.543	
14:1.....g	0.005		2	A	1		0.001	0.010	
15:1.....g									
16:1 undifferentiated.....g	0.009		2	A	1		0.001	0.020	
17:1.....g	0.009		2	A	1		0.001	0.021	
18:1 undifferentiated.....g	0.210		2	A	1		0.029	0.485	
20:1.....g	0.000		0	Z	7		0.000	0.000	
22:1 undifferentiated.....g	0.003		2	A	1		0.000	0.007	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.192		0	NC	4		0.027	0.444	
18:2 undifferentiated.....g	0.163		2	A	1		0.023	0.377	
18:3 undifferentiated.....g	0.027		2	A	1		0.004	0.062	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.002		1	A	1		0.000	0.005	
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1		0	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	40	11.289	3	A	1		5.647	93.170	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	11	6.064	3	A	1		1.493	24.640	
Lycopene.....mcg	5	5.000	3	A	1		0.700	11.550	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 231g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 42140

Salad dressing, italian dressing, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.660		0		4		10.066	0.652	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.040		0		4		0.086	0.006	
17:1.....g									
18:1 undifferentiated.....g	4.560		0		4		9.850	0.638	
20:1.....g	0.040		0		4		0.086	0.006	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.580		0		8		25.013	1.621	
18:2 undifferentiated.....g	10.200		0		4		22.032	1.428	
18:3 undifferentiated.....g	1.360		0		4		2.938	0.190	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	FLA	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	FLA	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 216g: 1 cup

Measure 2 = 14.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04021

Salad dressing, italian dressing, reduced fat

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				
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g									
16:0.....g	0.318		2	A	1		0.048	0.763	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.133		2	A	1		0.020	0.319	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.190		0	NC	4		0.328	5.255	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.190		2	A	1		0.328	5.255	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.704		0	NC	4		0.256	4.088	
18:2 undifferentiated.....g	1.338		2	A	1		0.201	3.210	
18:3 undifferentiated.....g	0.366		2	A	1		0.055	0.878	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.278	3		1		1	14	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.006		0	FLA	4		0.001	0.014	
Threonine.....g	0.012		0	FLA	4		0.002	0.028	
Isoleucine.....g	0.016		0	FLA	4		0.002	0.040	
Leucine.....g	0.024		0	FLA	4		0.004	0.058	
Lysine.....g	0.018		0	FLA	4		0.003	0.043	
Methionine.....g	0.008		0	FLA	4		0.001	0.018	
Cystine.....g	0.006		0	FLA	4		0.001	0.014	
Phenylalanine.....g	0.013		0	FLA	4		0.002	0.031	
Tyrosine.....g	0.008		0	FLA	4		0.001	0.018	
Valine.....g	0.017		0	FLA	4		0.003	0.040	
Arginine.....g	0.051		0	FLA	4		0.008	0.123	
Histidine.....g	0.008		0	FLA	4		0.001	0.019	
Alanine.....g	0.010		0	FLA	4		0.001	0.024	
Aspartic acid.....g	0.032		0	FLA	4		0.005	0.076	
Glutamic acid.....g	0.068		0	FLA	4		0.010	0.163	
Glycine.....g	0.015		0	FLA	4		0.002	0.036	
Proline.....g	0.011		0	FLA	4		0.002	0.027	
Serine.....g	0.013		0	FLA	4		0.002	0.031	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	7	7.333	3	A	1		1.100	17.600	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

NDB No. 04021

Salad dressing, italian dressing, reduced fat

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

food, or similar food.

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04144

Salad dressing, italian dressing, reduced fat, without salt

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:0.....g	0.318		2	A	1		0.048	0.763	
17:0.....g	0.000		2	A	1		0.000	0.000	
18:0.....g	0.133		2	A	1		0.020	0.319	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	2.190		0	NC	4		0.328	5.255	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	2.190		2	A	1		0.328	5.255	
20:1.....g	0.000		2	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.704		0	NC	4		0.256	4.088	
18:2 undifferentiated.....g	1.338		2	A	1		0.201	3.210	
18:3 undifferentiated.....g	0.366		2	A	1		0.055	0.878	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0		1		1	14	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	7	7.333	3	A	1		1.100	17.600	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Lycopene.....mcg	0	0.000	3	A	1		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43329

Salad dressing, mayonnaise and mayonnaise-type, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.628		0		4		10.737	0.671	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.076		0		4		0.176	0.011	
17:1.....g									
18:1 undifferentiated.....g	4.494		0		4		10.426	0.652	
20:1.....g	0.039		0		4		0.090	0.006	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.396		0		4		24.119	1.507	
18:2 undifferentiated.....g	9.151		0		4		21.230	1.327	
18:3 undifferentiated.....g	1.203		0		4		2.791	0.174	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.019		0		4		0.044	0.003	
20:5 n-3.....g	0.001		0		4		0.002	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.005		0		4		0.012	0.001	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		1		1		60	4	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	94		0	BFZN	4		217.577	13.599	
Carotene, alpha.....mcg	1		0	BFZN	4		2.867	0.179	
Cryptoxanthin, beta.....mcg	27		0	BFZN	4		62.459	3.904	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	BFZN	4		200.901	12.556	

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Common Measures:

Measure 1 = 232g: 1 cup

Measure 2 = 14.5g: 1 tbsp

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	9.000		0		1		1.323	21.150	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	9.000	0.176	73		1		1.323	21.150	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.000		0		1		2.646	42.300	
18:2 undifferentiated.....g	16.000	0.211	127		1		2.352	37.600	
18:3 undifferentiated.....g	2.000	0.050	127		1		0.294	4.700	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2		1		4	61	
Phytosterols.....mg	97		2		1		14	228	
Amino Acids:									
Tryptophan.....g	0.013		0		4		0.002	0.031	
Threonine.....g	0.049		0		4		0.007	0.115	
Isoleucine.....g	0.052		0		4		0.008	0.122	
Leucine.....g	0.077		0		4		0.011	0.181	
Lysine.....g	0.061		0		4		0.009	0.143	
Methionine.....g	0.023		0		4		0.003	0.054	
Cystine.....g	0.016		0		4		0.002	0.038	
Phenylalanine.....g	0.039		0		4		0.006	0.092	
Tyrosine.....g	0.039		0		4		0.006	0.092	
Valine.....g	0.055		0		4		0.008	0.129	
Arginine.....g	0.062		0		4		0.009	0.146	
Histidine.....g	0.022		0		4		0.003	0.052	
Alanine.....g	0.045		0		4		0.007	0.106	
Aspartic acid.....g	0.075		0		4		0.011	0.176	
Glutamic acid.....g	0.110		0		4		0.016	0.259	
Glycine.....g	0.027		0		4		0.004	0.063	
Proline.....g	0.037		0		4		0.005	0.087	
Serine.....g	0.075		0		4		0.011	0.176	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	94		0	FLA	4		13.786	220.390	
Carotene, alpha.....mcg	1		0	FLA	4		0.182	2.904	
Cryptoxanthin, beta.....mcg	27		0	FLA	4		3.958	63.267	
Lycopene.....mcg	0		0	FLA	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	FLA	4		12.730	203.499	

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Common Measures:

Measure 1 = 14.7g: 1 tablespoon

NDB No. 04018

Salad dressing, mayonnaise type, regular, with salt

Measure 2 = 235g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04028

Salad dressing, mayonnaise, imitation, milk cream

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	1.700		0		1		0.255	4.080	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.700		2		1		0.255	4.080	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300		0		1		0.045	0.720	
18:2 undifferentiated.....g	0.200		2		1		0.030	0.480	
18:3 undifferentiated.....g	0.100		2		1		0.015	0.240	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	43		1		1		6	103	
Phytosterols.....mg	6		0		4		1	14	
Amino Acids:									
Tryptophan.....g	0.030		0		4		0.005	0.072	
Threonine.....g	0.095		0		4		0.014	0.228	
Isoleucine.....g	0.127		0		4		0.019	0.305	
Leucine.....g	0.206		0		4		0.031	0.494	
Lysine.....g	0.166		0		4		0.025	0.398	
Methionine.....g	0.053		0		4		0.008	0.127	
Cystine.....g	0.019		0		4		0.003	0.046	
Phenylalanine.....g	0.101		0		4		0.015	0.242	
Tyrosine.....g	0.101		0		4		0.015	0.242	
Valine.....g	0.141		0		4		0.021	0.338	
Arginine.....g	0.076		0		4		0.011	0.182	
Histidine.....g	0.057		0		4		0.009	0.137	
Alanine.....g	0.072		0		4		0.011	0.173	
Aspartic acid.....g	0.159		0		4		0.024	0.382	
Glutamic acid.....g	0.439		0		4		0.066	1.054	
Glycine.....g	0.049		0		4		0.007	0.118	
Proline.....g	0.203		0		4		0.030	0.487	
Serine.....g	0.114		0		4		0.017	0.274	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	

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Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

Salad dressing, mayonnaise, imitation, soybean

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	4.500		0		1		0.675	10.800	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		2		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	4.500	1.146	3		1		0.675	10.800	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.600		0		1		1.590	25.440	
18:2 undifferentiated.....g	9.000	2.351	3		1		1.350	21.600	
18:3 undifferentiated.....g	1.600	0.414	3		1		0.240	3.840	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	24		2		1		4	58	
Phytosterols.....mg	62		2		1		9	149	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 15.0g: 1 tablespoon

NDB No. 04027

Salad dressing, mayonnaise, imitation, soybean

Measure 2 = 240g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.500		0		1		1.481	23.625	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	10.500	0.594	3		1		1.481	23.625	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	27.600		0		1		3.892	62.100	
18:2 undifferentiated.....g	23.000	1.560	3		1		3.243	51.750	
18:3 undifferentiated.....g	4.600	0.362	3		1		0.649	10.350	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		2		1		0	0	
Phytosterols.....mg	216		2		1		30	486	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 14.1g: 1 tablespoon

NDB No. 04029

Salad dressing, mayonnaise, imitation, soybean without cholesterol

Measure 2 = 225g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Salad dressing, mayonnaise, light

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	3.483	0.046	3	A	1		0.523		
17:0.....g	0.036	0.005	3	A	1		0.005		
18:0.....g	1.389	0.028	3	A	1		0.208		
20:0.....g	0.159	0.041	3	A	1		0.024		
22:0.....g	0.113	0.002	3	A	1		0.017		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	8.135		0	NC	4		1.220		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.052		0	AS	1		0.008		
16:1 c.....g	0.052	0.003	3	A	1		0.008		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	8.015		0	AS	1		1.202		
18:1 c.....g	8.015	0.341	3	A	1		1.202		
18:1 t.....g	0.000	0.000	3	A	1		0.000		
20:1.....g	0.068	0.016	3	A	1		0.010		
22:1 undifferentiated.....g									
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	17.953		0	NC	4		2.693		
18:2 undifferentiated.....g	16.035		0	AS	1		2.405		
18:2 n-6 c,c.....g	15.791	0.329	3	A	1		2.369		
18:2 CLAs.....g	0.137	0.042	3	A	1		0.020		
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.107	0.041	3	A	1		0.016		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.918		0	AS	1		0.288		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:6 n-3.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.107		0	NC	4		0.016		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.107		0	NC	4		0.016		
Cholesterol.....mg	35	2.470	3	A	1		5		
Phytosterols.....mg									
Stigmasterol.....mg	21	1.237	3	A	1		3		
Campesterol.....mg	19	1.885	3	A	1		3		
Beta-sitosterol.....mg	48	3.036	3	A	1		7		
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
Carotenoids:									
Carotene, beta.....mcg	94		0	BFZN	4		14.067		
Carotene, alpha.....mcg	1		0	BFZN	4		0.185		
Cryptoxanthin, beta.....mcg	27		0	BFZN	4		4.038		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	87		0	BFZN	4		12.989		

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

NDB No. 04641

Salad dressing, mayonnaise, light

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.38

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	13.000		0		1		1.794	28.600	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	13.000		2		1		1.794	28.600	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	55.000		0		1		7.590	121.000	
18:2 undifferentiated.....g	52.000		2		1		7.176	114.400	
18:3 undifferentiated.....g	3.000		2		1		0.414	6.600	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		4		8	130	
Phytosterols.....mg	347		0		4		48	763	
Amino Acids:									
Tryptophan.....g	0.017		0		1		0.002	0.037	
Threonine.....g	0.055		0		1		0.008	0.121	
Isoleucine.....g	0.065		0		1		0.009	0.143	
Leucine.....g	0.095		0		1		0.013	0.209	
Lysine.....g	0.072		0		1		0.010	0.158	
Methionine.....g	0.035		0		1		0.005	0.077	
Cystine.....g	0.023		0		1		0.003	0.051	
Phenylalanine.....g	0.057		0		1		0.008	0.125	
Tyrosine.....g	0.046		0		1		0.006	0.101	
Valine.....g	0.074		0		1		0.010	0.163	
Arginine.....g	0.072		0		1		0.010	0.158	
Histidine.....g	0.026		0		1		0.004	0.057	
Alanine.....g	0.061		0		1		0.008	0.134	
Aspartic acid.....g	0.094		0		1		0.013	0.207	
Glutamic acid.....g	0.143		0		1		0.020	0.315	
Glycine.....g	0.037		0		1		0.005	0.081	
Proline.....g	0.044		0		1		0.006	0.097	
Serine.....g	0.088		0		1		0.012	0.194	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

NDB No. 04026

Salad dressing, mayonnaise, soybean and safflower oil, with salt

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	15.30	0.395	25		1		2.11	33.66	2.14
Energy.....kcal	717		0	NC	4		99	1577	100
Energy.....kj	2999		0		4		414	6598	420
Protein (N x 6.25).....g	1.10	0.000	25		1		0.15	2.42	0.15
Total lipid (fat).....g	78.20	0.554	6	A	1		10.79	172.05	10.95
Ash.....g	1.50	0.053	25		1		0.21	3.30	0.21
Carbohydrate, by difference.....g	3.90		0	NC	4		0.54	8.57	0.55
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.48		0	FLA	4		0.07	1.05	0.07
Starch.....g									
Minerals:									
Calcium, Ca.....mg	18		0		1		2	40	3
Iron, Fe.....mg	0.50		0		1		0.07	1.10	0.07
Magnesium, Mg.....mg	1		0		4		0	2	0
Phosphorus, P.....mg	28		0		1		4	62	4
Potassium, K.....mg	34		0		1		5	75	5
Sodium, Na.....mg	568	2.424	408		1		78	1250	80
Zinc, Zn.....mg	0.16		1		4		0.02	0.35	0.02
Copper, Cu.....mg	0.010		0		4		0.001	0.022	0.001
Manganese, Mn.....mg									
Selenium, Se.....mcg	1.7	0.431	15	A	1		0.2	3.7	0.2
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		1		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		1		0.000	0.000	0.000
Niacin.....mg	0.005		0		4		0.001	0.011	0.001
Pantothenic acid.....mg	0.217		0		4		0.030	0.477	0.030
Vitamin B-6.....mg	0.577		0		4		0.080	1.269	0.081
Folate, total.....mcg	8		0		4		1	17	1
Folic acid.....mcg	0		0	FLA	4		0	0	0
Folate, food.....mcg	8		0		4		1	17	1
Folate, DFE.....mcg_DFE	8		0	NC	4		1	17	1
Vitamin B-12.....mcg	0.26		0		4		0.04	0.56	0.04
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	280		0		1		39	616	39
Vitamin A, RAE.....mcg_RAE	81		0	NC	4		11	177	11
Retinol.....mcg	80		0	FLC	4		11	176	11
Vitamin E (alpha-tocopherol).....mg	5.22	0.372	6	A	1		0.72	11.49	0.73
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.32	0.022	6	A	1		0.04	0.70	0.04
Tocopherol, gamma.....mg	35.24	2.256	6	A	1		4.86	77.52	4.93
Tocopherol, delta.....mg	7.54	0.531	6	A	1		1.04	16.60	1.06
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	42.2		2	A	1		5.8	92.7	5.9
Lipids:									
Fatty acids, total saturated.....g	11.885		0	NC	4		1.640	26.146	1.664
4:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
6:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
8:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
10:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
12:0.....g	0.000	0.000	6	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.068	0.003	6	A	1		0.009	0.150	0.010
15:0.....g									
16:0.....g	7.905	0.083	6	A	1		1.091	17.391	1.107
17:0.....g	0.074	0.015	6	A	1		0.010	0.163	0.010
18:0.....g	3.254	0.043	6	A	1		0.449	7.159	0.456
20:0.....g	0.292	0.011	6	A	1		0.040	0.642	0.041

Salad dressing, mayonnaise, soybean oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
22:0.....g	0.291	0.005	6	A	1	0.040	0.640	0.041	
24:0.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total monounsaturated.....g	19.598		0	NC	4	2.705	43.116	2.744	
14:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.110		0	AS	1	0.015	0.243	0.015	
16:1 c.....g	0.110	0.006	6	A	1	0.015	0.243	0.015	
16:1 t.....g									
17:1.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:1 undifferentiated.....g	19.385		0	AS	1	2.675	42.647	2.714	
18:1 c.....g	19.385	0.673	6	A	1	2.675	42.647	2.714	
18:1 t.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:1.....g	0.103	0.035	6	A	1	0.014	0.226	0.014	
22:1 undifferentiated.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
24:1 c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total polyunsaturated.....g	42.674		0	NC	4	5.889	93.884	5.974	
18:2 undifferentiated.....g	37.678		0	AS	1	5.200	82.891	5.275	
18:2 n-6 c,c.....g	37.404	0.421	6	A	1	5.162	82.289	5.237	
18:2 CLAs.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.274	0.089	6	A	1	0.038	0.603	0.038	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	4.997		0	AS	1	0.690	10.993	0.700	
18:3 n-6 c,c,c.....g									
18:3i.....g									
18:4.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:2 n-6 c,c.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 undifferentiated.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:3 n-3.....g									
20:3 n-6.....g									
20:4 undifferentiated.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
20:4 n-3.....g									
20:4 n-6.....g									
20:5 n-3.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
21:5.....g									
22:4.....g									
22:5 n-3.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
22:6 n-3.....g	0.000	0.000	6	A	1	0.000	0.000	0.000	
Fatty acids, total trans.....g	0.274		0	NC	4	0.038	0.603	0.038	
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4	0.000	0.000	0.000	
Fatty acids, total trans-polyenoic.....g	0.274		0	NC	4	0.038	0.603	0.038	
Cholesterol.....mg	38	4.380	3	A	1	5	83	5	
Phytosterols.....mg	223	20.000	10		31	31	491	31	
Stigmasterol.....mg	39	1.600	3	A	1	5	85	5	
Campesterol.....mg	39	4.671	3	A	1	5	86	5	
Beta-sitosterol.....mg	102	6.657	3	A	1	14	225	14	
Amino Acids:									
Tryptophan.....g	0.017		0		1	0.002	0.037	0.002	
Threonine.....g	0.055		0		1	0.008	0.121	0.008	
Isoleucine.....g	0.065		0		1	0.009	0.143	0.009	
Leucine.....g	0.095		0		1	0.013	0.209	0.013	
Lysine.....g	0.072		0		1	0.010	0.158	0.010	
Methionine.....g	0.035		0		1	0.005	0.077	0.005	
Cystine.....g	0.023		0		1	0.003	0.051	0.003	
Phenylalanine.....g	0.057		0		1	0.008	0.125	0.008	
Tyrosine.....g	0.046		0		1	0.006	0.101	0.006	
Valine.....g	0.074		0		1	0.010	0.163	0.010	
Arginine.....g	0.072		0		1	0.010	0.158	0.010	
Histidine.....g	0.026		0		1	0.004	0.057	0.004	
Alanine.....g	0.061		0		1	0.008	0.134	0.009	
Aspartic acid.....g	0.094		0		1	0.013	0.207	0.013	
Glutamic acid.....g	0.143		0		1	0.020	0.315	0.020	

NDB No. 04025

Salad dressing, mayonnaise, soybean oil, with salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Glycine.....g	0.037		0		1		0.005	0.081	0.005
Proline.....g	0.044		0		1		0.006	0.097	0.006
Serine.....g	0.088		0		1		0.012	0.194	0.012
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	FLC	4		0	0	0
Theobromine.....mg	0		0	FLC	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	6		0	FLC	4		0.802	12.787	0.814
Carotene, alpha.....mcg	0		0	FLC	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	5		0	FLC	4		0.710	11.314	0.720
Lycopene.....mcg	0		0	FLC	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	190		0	FLC	4		26.284	419.024	26.665

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

Common Measures:

- Measure 1 = 13.8g: 1 tablespoon
- Measure 2 = 220g: 1 cup
- Measure 3 = 14.0g: 1 tbsp

Calories Factors: Protein 4.36 Fat 8.85 Carbohydrate 3.68

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04145

Salad dressing, mayonnaise, soybean oil, without salt

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	59		0		1		8	130	
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 = 13.8g: 1 tablespoon

Measure 2 = 220g: 1 cup

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42137

Salad dressing, peppercorn dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	14.840		1		1		1.989	3.858	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.229		0		4		0.031	0.060	
17:1.....g									
18:1 undifferentiated.....g	14.386		0		4		1.928	3.740	
20:1.....g	0.120		0		4		0.016	0.031	
22:1 undifferentiated.....g	0.001		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	32.972		1		1		4.418	8.573	
18:2 undifferentiated.....g	29.006		0		4		3.887	7.542	
18:3 undifferentiated.....g	3.861		0		4		0.517	1.004	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.037		0		4		0.005	0.010	
20:5 n-3.....g	0.001		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.010		0		4		0.001	0.003	
Fatty acids, total trans.....g									
Cholesterol.....mg	49		1		1		7	13	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	2		0	BFZN	4		0.315	0.610	
Carotene, alpha.....mcg	1		0	BFZN	4		0.134	0.261	
Cryptoxanthin, beta.....mcg	1		0	BFZN	4		0.119	0.230	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	29		0	BFZN	4		3.891	7.550	

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

Common Measures:

Measure 1 = 13.4g: 1 tbsp

Measure 2 = 26.0g: 1 fl oz

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04639

Salad dressing, ranch dressing, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	5.321	0.558	3	A	1	0.798			
17:0.....g	0.059	0.006	3	A	1	0.009			
18:0.....g	2.248	0.252	3	A	1	0.337			
20:0.....g	0.168	0.020	3	A	1	0.025			
22:0.....g	0.177	0.021	3	A	1	0.027			
24:0.....g	0.000	0.000	3	A	1	0.000			
Fatty acids, total monounsaturated.....g									
14:1.....g	0.000	0.000	3	A	1	0.000			
15:1.....g									
16:1 undifferentiated.....g	0.065		0	A	1	0.010			
16:1 c.....g	0.065	0.005	3	A	1	0.010			
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	10.987		0	A	1	1.648			
18:1 c.....g	10.987	1.161	3	A	1	1.648			
18:1 t.....g	0.000	0.000	3	A	1	0.000			
20:1.....g	0.343	0.102	3	A	1	0.051			
22:1 undifferentiated.....g	0.000	0.000	3	A	1	0.000			
24:1 c.....g	0.000	0.000	3	A	1	0.000			
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.380		0	A	1	0.057			
18:2 n-6 c,c.....g	24.887	2.569	3	A	1	3.733			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.380	0.207	3	A	1	0.057			
18:2 t not further defined.....g									
18:3 undifferentiated.....g									
18:4.....g	0.000	0.000	3	A	1	0.000			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000			
20:5 n-3.....g	0.000	0.000	3	A	1	0.000			
22:5 n-3.....g	0.000	0.000	3	A	1	0.000			
22:6 n-3.....g	0.000	0.000	3	A	1	0.000			
Fatty acids, total trans.....g									
Cholesterol.....mg	33	1.931	3	A	1	5			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0			
Caffeine.....mg	0		0	FLA	4	0			
Theobromine.....mg	0		0	FLA	4	0			
Carotenoids:									

NDB No. 04639

Salad dressing, ranch dressing, commercial, regular

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, beta.....mcg	2		0	FLA	4		0.352		
Carotene, alpha.....mcg	1		0	FLA	4		0.150		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.133		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	29		0	FLA	4		4.356		

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

Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04638

Salad dressing, ranch dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	0.413	0.098	3	A	1	0.058			
17:0.....g	0.010	0.003	3	A	1	0.001			
18:0.....g	0.258	0.120	3	A	1	0.036			
20:0.....g	0.009	0.001	3	A	1	0.001			
22:0.....g	0.007	0.004	3	A	1	0.001			
24:0.....g	0.000	0.000	3	A	1	0.000			
Fatty acids, total monounsaturated.....g									
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.010		0	A	1	0.001			
16:1 c.....g	0.010	0.005	3	A	1	0.001			
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	0.628		0	A	1	0.088			
18:1 c.....g	0.608	0.087	3	A	1	0.085			
18:1 t.....g	0.019	0.011	3	A	1	0.003			
20:1.....g	0.013	0.005	3	A	1	0.002			
22:1 undifferentiated.....g	0.007	0.007	3	A	1	0.001			
24:1 c.....g	0.000	0.000	3	A	1	0.000			
Fatty acids, total polyunsaturated.....g									
18:2 undifferentiated.....g	0.017		0	A	1	0.002			
18:2 n-6 c,c.....g	1.038	0.198	3	A	1	0.145			
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.017	0.006	3	A	1	0.002			
18:2 t not further defined.....g									
18:3 undifferentiated.....g									
18:4.....g	0.000	0.000	3	A	1	0.000			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1	0.000			
20:5 n-3.....g	0.000	0.000	3	A	1	0.000			
22:5 n-3.....g	0.000	0.000	3	A	1	0.000			
22:6 n-3.....g	0.000	0.000	3	A	1	0.000			
Fatty acids, total trans.....g									
Cholesterol.....mg	7	4.389	3	A	1	1			
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g									
Threonine.....g									
Isoleucine.....g									
Leucine.....g									
Lysine.....g									
Methionine.....g									
Cystine.....g									
Phenylalanine.....g									
Tyrosine.....g									
Valine.....g									
Arginine.....g									
Histidine.....g									
Alanine.....g									
Aspartic acid.....g									
Glutamic acid.....g									
Glycine.....g									
Proline.....g									
Serine.....g									
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4	0.0			
Caffeine.....mg	0		0	FLA	4	0			
Theobromine.....mg	0		0	FLA	4	0			
Carotenoids:									

NDB No. 04638

Salad dressing, ranch dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Carotene, beta.....mcg	0		0	FLA	4		0.019		
Carotene, alpha.....mcg	0		0	FLA	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.017		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	4		0	FLA	4		0.596		

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Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:0.....g	0.842	0.061	3	A	1		0.126		
17:0.....g	0.003	0.003	3	A	1		0.000		
18:0.....g	0.370	0.037	3	A	1		0.056		
20:0.....g	0.061	0.027	3	A	1		0.009		
22:0.....g	0.036	0.008	3	A	1		0.005		
24:0.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total monounsaturated.....g	5.422		0	NC	4		0.813		
14:1.....g	0.000	0.000	3	A	1		0.000		
15:1.....g									
16:1 undifferentiated.....g	0.022		0	AS	1		0.003		
16:1 c.....g	0.022	0.010	3	A	1		0.003		
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	5.289		0	AS	1		0.793		
18:1 c.....g	5.289	2.617	3	A	1		0.793		
18:1 t.....g	0.000	0.000	3	A	1		0.000		
20:1.....g	0.111	0.055	3	A	1		0.017		
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
24:1 c.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total polyunsaturated.....g	4.334		0	NC	4		0.650		
18:2 undifferentiated.....g	3.676		0	AS	1		0.551		
18:2 n-6 c,c.....g	3.587	0.254	3	A	1		0.538		
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.089	0.030	3	A	1		0.013		
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.658		0	AS	1		0.099		
18:4.....g	0.000	0.000	3	A	1		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000		
20:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:5 n-3.....g	0.000	0.000	3	A	1		0.000		
22:6 n-3.....g	0.000	0.000	3	A	1		0.000		
Fatty acids, total trans.....g	0.089		0	NC	4		0.013		
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000		
Fatty acids, total trans-polyenoic.....g	0.089		0	NC	4		0.013		
Cholesterol.....mg	21	7.740	3	A	1		3		
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0	A	1		0.000		
Threonine.....g	0.046		0	A	1		0.007		
Isoleucine.....g	0.041		0	A	1		0.006		
Leucine.....g	0.080		0	A	1		0.012		
Lysine.....g	0.084		0	A	1		0.013		
Methionine.....g	0.031		0	A	1		0.005		
Cystine.....g	0.000		0	A	1		0.000		
Phenylalanine.....g	0.067		0	A	1		0.010		
Tyrosine.....g									
Valine.....g	0.038		0	A	1		0.006		
Arginine.....g	0.063		0	A	1		0.010		
Histidine.....g	0.027		0	A	1		0.004		
Alanine.....g	0.034		0	A	1		0.005		
Aspartic acid.....g	0.078		0	A	1		0.012		
Glutamic acid.....g	0.326		0	A	1		0.049		
Glycine.....g	0.021		0	A	1		0.003		
Proline.....g	0.080		0	A	1		0.012		
Serine.....g	0.044		0	A	1		0.007		
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		

NDB No. 04640

Salad dressing, ranch dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<u>Carotenoids:</u>									
Carotene, beta.....mcg	4		0	FLA	4		0.618		
Carotene, alpha.....mcg	2		0	FLA	4		0.256		
Cryptoxanthin, beta.....mcg	2		0	FLA	4		0.226		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	49		0	FLA	4		7.412		

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Common Measures:

Measure 1 = 15.0g: 1 tablespoon

Calories Factors: Protein 4.36

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Salad dressing, russian dressing

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.928		0	FLC	4		14.524	0.889	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.053		0	FLC	4		0.129	0.008	
17:1.....g									
18:1 undifferentiated.....g	5.824		0	FLC	4		14.270	0.874	
20:1.....g	0.051		0	FLC	4		0.125	0.008	
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.830		0	FLC	4		36.334	2.225	
18:2 undifferentiated.....g	13.089		0	FLC	4		32.067	1.963	
18:3 undifferentiated.....g	1.741		0	FLC	4		4.266	0.261	
18:4.....g	0.000		0	FLC	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLC	4		0.000	0.000	
20:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:5 n-3.....g	0.000		0	FLC	4		0.000	0.000	
22:6 n-3.....g	0.000		0	FLC	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0	FLC	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.005		0	FLC	4		0.011	0.001	
Threonine.....g	0.015		0	FLC	4		0.038	0.002	
Isoleucine.....g	0.013		0	FLC	4		0.031	0.002	
Leucine.....g	0.018		0	FLC	4		0.045	0.003	
Lysine.....g	0.021		0	FLC	4		0.053	0.003	
Methionine.....g	0.003		0	FLC	4		0.008	0.001	
Cystine.....g	0.005		0	FLC	4		0.012	0.001	
Phenylalanine.....g	0.018		0	FLC	4		0.045	0.003	
Tyrosine.....g	0.009		0	FLC	4		0.023	0.001	
Valine.....g	0.012		0	FLC	4		0.031	0.002	
Arginine.....g	0.027		0	FLC	4		0.066	0.004	
Histidine.....g	0.009		0	FLC	4		0.022	0.001	
Alanine.....g	0.027		0	FLC	4		0.066	0.004	
Aspartic acid.....g	0.093		0	FLC	4		0.229	0.014	
Glutamic acid.....g	0.260		0	FLC	4		0.638	0.039	
Glycine.....g	0.012		0	FLC	4		0.029	0.002	
Proline.....g	0.015		0	FLC	4		0.038	0.002	
Serine.....g	0.017		0	FLC	4		0.041	0.003	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0	0.0	
Caffeine.....mg	0		0	FLC	4		0	0	
Theobromine.....mg	0		0	FLC	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	475		0	FLC	4		1164.868	71.318	
Carotene, alpha.....mcg	4		0	FLC	4		8.726	0.534	
Cryptoxanthin, beta.....mcg	104		0	FLC	4		255.759	15.659	
Lycopene.....mcg	3576		0	FLC	4		8762.376	536.472	
Lutein + zeaxanthin.....mcg	173		0	FLC	4		423.695	25.941	

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Common Measures:

Measure 1 = 245g: 1 cup

NDB No. 04015

Salad dressing, russian dressing

Measure 2 = 15g: 1 tbsp

Calories Factors: Protein 3.4

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04022

Salad dressing, russian dressing, low calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	0.900		0		1		0.144	2.340	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	0.900		0		1		0.144	2.340	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.300		0		1		0.368	5.980	
18:2 undifferentiated.....g	2.000		0		1		0.320	5.200	
18:3 undifferentiated.....g	0.300		0		1		0.048	0.780	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	6	0.324	3		1		1	16	
Phytosterols.....mg	10		0		4		2	26	
Amino Acids:									
Tryptophan.....g	0.007		0		4		0.001	0.018	
Threonine.....g	0.027		0		4		0.004	0.070	
Isoleucine.....g	0.029		0		4		0.005	0.075	
Leucine.....g	0.043		0		4		0.007	0.112	
Lysine.....g	0.034		0		4		0.005	0.088	
Methionine.....g	0.013		0		4		0.002	0.034	
Cystine.....g	0.009		0		4		0.001	0.023	
Phenylalanine.....g	0.022		0		4		0.004	0.057	
Tyrosine.....g	0.022		0		4		0.004	0.057	
Valine.....g	0.030		0		4		0.005	0.078	
Arginine.....g	0.035		0		4		0.006	0.091	
Histidine.....g	0.012		0		4		0.002	0.031	
Alanine.....g	0.025		0		4		0.004	0.065	
Aspartic acid.....g	0.042		0		4		0.007	0.109	
Glutamic acid.....g	0.061		0		4		0.010	0.159	
Glycine.....g	0.015		0		4		0.002	0.039	
Proline.....g	0.021		0		4		0.003	0.055	
Serine.....g	0.041		0		4		0.007	0.107	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	20		0	FLA	4		3.148	51.157	
Carotene, alpha.....mcg	1		0	FLA	4		0.100	1.623	
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.000	0.000	
Lycopene.....mcg	628		0	FLA	4		100.553	1633.989	
Lutein + zeaxanthin.....mcg	0		0	FLA	4		0.000	0.000	

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

Common Measures:

Measure 1 = 16g: 1 tablespoon

NDB No. 04022

Salad dressing, russian dressing, low calorie

Measure 2 = 260g: 1 cup

Calories Factors: Protein 2.44

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04016

Salad dressing, sesame seed dressing, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.900		0		1		1.785	29.155	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	11.900	1.343	6		1		1.785	29.155	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	25.100		0		1		3.765	61.495	
18:2 undifferentiated.....g	23.200	2.518	6		1		3.480	56.840	
18:3 undifferentiated.....g	2.000	0.312	6		1		0.300	4.900	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0	0.000	6		1		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.047		0		4		0.007	0.115	
Threonine.....g	0.049		0		4		0.007	0.120	
Isoleucine.....g	0.047		0		4		0.007	0.115	
Leucine.....g	0.082		0		4		0.012	0.201	
Lysine.....g	0.142		0		4		0.021	0.348	
Methionine.....g	0.029		0		4		0.004	0.071	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.086		0		4		0.013	0.211	
Tyrosine.....g	0.102		0		4		0.015	0.250	
Valine.....g	0.068		0		4		0.010	0.167	
Arginine.....g	0.399		0		4		0.060	0.978	
Histidine.....g	0.031		0		4		0.005	0.076	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.461		0		4		0.069	1.129	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	21		0	BFZN	4		3.075	50.225	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	2		0	BFZN	4		0.275	4.492	
Lycopene.....mcg	16		0	BFZN	4		2.400	39.200	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 15g: 1 tablespoon

NDB No. 04016

Salad dressing, sesame seed dressing, regular

Measure 2 = 245g: 1 cup

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 43019
Salad dressing, sweet and sour

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

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

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04635

Salad dressing, thousand island dressing, fat-free

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.002		1	A	1		0.000	0.005	
15:0.....g									
16:0.....g	0.129		1	A	1		0.021	0.330	
17:0.....g	0.002		1	A	1		0.000	0.005	
18:0.....g	0.052		1	A	1		0.008	0.133	
20:0.....g	0.006		1	A	1		0.001	0.015	
22:0.....g	0.004		1	A	1		0.001	0.010	
24:0.....g	0.002		1	A	1		0.000	0.005	
Fatty acids, total monounsaturated.....g	0.342		0	NC	4		0.055	0.876	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.007		1	A	1		0.001	0.018	
17:1.....g	0.009		1	A	1		0.001	0.023	
18:1 undifferentiated.....g	0.285		1	A	1		0.046	0.730	
20:1.....g	0.018		1	A	1		0.003	0.046	
22:1 undifferentiated.....g	0.023		1	A	1		0.004	0.059	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.630		0	NC	4		0.101	1.613	
18:2 undifferentiated.....g	0.538		1	A	1		0.086	1.377	
18:3 undifferentiated.....g	0.088		1	A	1		0.014	0.225	
18:4.....g	0.000		0	Z	7		0.000	0.000	
20:2 n-6 c,c.....g	0.004		1	A	1		0.001	0.010	
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	Z	7		0.000	0.000	
20:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:5 n-3.....g	0.000		0	Z	7		0.000	0.000	
22:6 n-3.....g	0.000		0	Z	7		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		1	12	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0	0.000	3	A	1		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	13	6.557	3	A	1		2.080	33.280	
Lycopene.....mcg	1587	77.983	3	A	1		253.920	4062.720	
Lutein + zeaxanthin.....mcg	0		0	NR	4		0.000	0.000	

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

Common Measures:

Measure 1 = 16g: 1 tbsp
 Measure 2 = 256g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	60.73	0.139	3	A	1		9.11	148.78	
Energy.....kcal	204		0	NC	4		31	500	
Energy.....kj	853		0	NC	4		128	2091	
Protein (N x 6.25).....g	0.87	0.262	3	A	1		0.13	2.14	
Total lipid (fat).....g	13.15	0.179	3	A	1		1.97	32.22	
Ash.....g	3.07	0.004	3	A	1		0.46	7.51	
Carbohydrate, by difference.....g	22.19		0	NC	4		3.33	54.36	
Fiber, total dietary.....g	1.3		2	A	1		0.2	3.2	
Sugars, total.....g	17.31		2	A	1		2.60	42.42	
Sucrose.....g	0.80		2	A	1		0.12	1.96	
Glucose (dextrose).....g	9.11		2	A	1		1.37	22.32	
Fructose.....g	6.90		2	A	1		1.03	16.90	
Lactose.....g	0.00		2	A	1		0.00	0.00	
Maltose.....g	0.50		2	A	1		0.08	1.23	
Galactose.....g	0.00		2	A	1		0.00	0.00	
Starch.....g	4.92		2	A	1		0.74	12.05	
Minerals:									
Calcium, Ca.....mg	16	0.536	3	A	1		2	40	
Iron, Fe.....mg	0.93	0.154	3	A	1		0.14	2.28	
Magnesium, Mg.....mg	7	0.100	3	A	1		1	18	
Phosphorus, P.....mg	14	0.593	3	A	1		2	35	
Potassium, K.....mg	202	3.374	3	A	1		30	495	
Sodium, Na.....mg	831	19.801	3	A	1		125	2036	
Zinc, Zn.....mg	0.19	0.031	3	A	1		0.03	0.47	
Copper, Cu.....mg	0.000	0.000	3	A	1		0.000	0.000	
Manganese, Mn.....mg	0.120	0.006	3	A	1		0.018	0.294	
Selenium, Se.....mcg	0.0		2	A	1		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg	0.049		2	A	1		0.007	0.119	
Riboflavin.....mg	0.043		2	A	1		0.006	0.104	
Niacin.....mg	0.437		2	A	1		0.066	1.071	
Pantothenic acid.....mg	0.000		1	A	1		0.000	0.000	
Vitamin B-6.....mg	0.000		1	A	1		0.000	0.000	
Folate, total.....mcg	0		1	A	1		0	0	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	0		1	A	1		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		1	A	1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	311		0	NC	4		47	762	
Vitamin A, RAE.....mcg_RAE	16		0	NC	4		2	38	
Retinol.....mcg	0		0	FLA	4		0	1	
Vitamin E (alpha-tocopherol).....mg	1.00		0	NC	4		0.15	2.45	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	27.7		0	FLA	4		4.1	67.7	
Lipids:									
Fatty acids, total saturated.....g	0.746		0	NC	4		0.112	1.828	
4:0.....g	0.000		2	A	1		0.000	0.000	
6:0.....g	0.000		2	A	1		0.000	0.000	
8:0.....g	0.000		2	A	1		0.000	0.000	
10:0.....g	0.000		2	A	1		0.000	0.000	
12:0.....g	0.000		2	A	1		0.000	0.000	

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
12:0.....g	0.000			A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		2	A	1		0.000	0.000	
15:0.....g									
16:0.....g	0.524		2	A	1		0.079	1.283	
17:0.....g	0.000		1	A	1		0.000	0.000	
18:0.....g	0.223		2	A	1		0.033	0.545	
20:0.....g	0.000		2	A	1		0.000	0.000	
22:0.....g	0.000		2	A	1		0.000	0.000	
24:0.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	6.468		0	NC	4		0.970	15.845	
14:1.....g	0.000		2	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
17:1.....g	0.000		2	A	1		0.000	0.000	
18:1 undifferentiated.....g	6.285		2	A	1		0.943	15.398	
20:1.....g	0.183		2	A	1		0.027	0.447	
22:1 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.692		0	NC	4		0.404	6.594	
18:2 undifferentiated.....g	1.955		2	A	1		0.293	4.789	
18:3 undifferentiated.....g	0.737		2	A	1		0.111	1.806	
18:4.....g	0.000		2	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		2	A	1		0.000	0.000	
20:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:5 n-3.....g	0.000		2	A	1		0.000	0.000	
22:6 n-3.....g	0.000		2	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		1	A	1		0	3	
Phytosterols.....mg									
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.000		0	A	1		0.000	0.000	
Aspartic acid.....g	0.000		0	A	1		0.000	0.000	
Glutamic acid.....g	0.142		0	A	1		0.021	0.349	
Glycine.....g	0.000		0	A	1		0.000	0.000	
Proline.....g	0.000		0	A	1		0.000	0.000	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	154		2	A	1		23.025	376.075	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	65		2	A	1		9.750	159.250	
Lycopene.....mcg	3097		2	A	1		464.475	7586.425	
Lutein + zeaxanthin.....mcg	100		0	NR	4		14.925	243.775	

NDB No. 04023

Salad dressing, thousand island dressing, reduced fat

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

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

Common Measures:

Measure 1 = 15g: 1 tablespoon

Measure 2 = 245g: 1 cup

Calories Factors: Protein 3.9

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Salad dressing, thousand island, commercial, regular

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.000	0.000	4	A	1		0.000	0.000	
15:0.....g									
16:0.....g	3.516	0.087	4	A	1		8.789	0.562	
17:0.....g	0.000	0.000	4	A	1		0.000	0.000	
18:0.....g	1.341	0.029	4	A	1		3.351	0.214	
20:0.....g	0.122	0.004	4	A	1		0.304	0.019	
22:0.....g	0.114	0.002	4	A	1		0.285	0.018	
24:0.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total monounsaturated.....g	7.881		0	NC	4		19.703	1.261	
14:1.....g	0.000	0.000	4	A	1		0.000	0.000	
15:1.....g									
16:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
17:1.....g	0.000	0.000	4	A	1		0.000	0.000	
18:1 undifferentiated.....g	7.727	0.344	4	A	1		19.318	1.236	
20:1.....g	0.154	0.004	4	A	1		0.385	0.025	
22:1 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	18.220		0	NC	4		45.549	2.915	
18:2 undifferentiated.....g	15.869	0.348	4	A	1		39.672	2.539	
18:3 undifferentiated.....g	2.351	0.063	4	A	1		5.877	0.376	
18:4.....g	0.000	0.000	4	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1		0.000	0.000	
20:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:5 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
22:6 n-3.....g	0.000	0.000	4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		2	A	1		65	4	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	A	1		0.000	0.000	
Threonine.....g	0.000		0	A	1		0.000	0.000	
Isoleucine.....g	0.000		0	A	1		0.000	0.000	
Leucine.....g	0.000		0	A	1		0.000	0.000	
Lysine.....g	0.000		0	A	1		0.000	0.000	
Methionine.....g	0.000		0	A	1		0.000	0.000	
Cystine.....g	0.000		0	A	1		0.000	0.000	
Phenylalanine.....g	0.000		0	A	1		0.000	0.000	
Tyrosine.....g	0.000		0	A	1		0.000	0.000	
Valine.....g	0.000		0	A	1		0.000	0.000	
Arginine.....g	0.000		0	A	1		0.000	0.000	
Histidine.....g	0.000		0	A	1		0.000	0.000	
Alanine.....g	0.000		0	A	1		0.000	0.000	
Aspartic acid.....g	0.110		0	A	1		0.275	0.018	
Glutamic acid.....g	0.250		0	A	1		0.626	0.040	
Glycine.....g	0.000		0	A	1		0.000	0.000	
Proline.....g	0.000		0	A	1		0.000	0.000	
Serine.....g	0.000		0	A	1		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0	0.0	
Caffeine.....mg	0		0	FLA	4		0	0	
Theobromine.....mg	0		0	FLA	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	92	6.726	6	A	1		229.167	14.667	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	52	3.276	6	A	1		130.000	8.320	
Lycopene.....mcg	2597	163.390	6	A	1		6491.250	415.440	
Lutein + zeaxanthin.....mcg	29		0	FLA	4		71.990	4.607	

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

NDB No. 04017

Salad dressing, thousand island, commercial, regular

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

food, or similar food.

Common Measures:

Measure 1 = 250g: 1 cup

Measure 2 = 16g: 1 tbsp

Calories Factors: Protein 4.03

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	7.400		0		1		1.110	18.130	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	7.400	0.364	8		1		1.110	18.130	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	20.000		0		1		3.000	49.000	
18:2 undifferentiated.....g	18.100	0.848	8		1		2.715	44.345	
18:3 undifferentiated.....g	1.900	0.188	8		1		0.285	4.655	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	76	5.857	7		1		11	186	
Phytosterols.....mg	75		0		4		11	184	
Amino Acids:									
Tryptophan.....g	0.013		0		4		0.002	0.032	
Threonine.....g	0.049		0		4		0.007	0.120	
Isoleucine.....g	0.052		0		4		0.008	0.127	
Leucine.....g	0.077		0		4		0.012	0.189	
Lysine.....g	0.061		0		4		0.009	0.149	
Methionine.....g	0.023		0		4		0.003	0.056	
Cystine.....g	0.016		0		4		0.002	0.039	
Phenylalanine.....g	0.039		0		4		0.006	0.096	
Tyrosine.....g	0.039		0		4		0.006	0.096	
Valine.....g	0.055		0		4		0.008	0.135	
Arginine.....g	0.062		0		4		0.009	0.152	
Histidine.....g	0.022		0		4		0.003	0.054	
Alanine.....g	0.045		0		4		0.007	0.110	
Aspartic acid.....g	0.075		0		4		0.011	0.184	
Glutamic acid.....g	0.110		0		4		0.017	0.270	
Glycine.....g	0.027		0		4		0.004	0.066	
Proline.....g	0.037		0		4		0.006	0.091	
Serine.....g	0.075		0		4		0.011	0.184	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	94		0	BFZN	4		14.067	229.769	
Carotene, alpha.....mcg	1		0	BFZN	4		0.185	3.028	
Cryptoxanthin, beta.....mcg	27		0	BFZN	4		4.038	65.959	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	87		0	BFZN	4		12.989	212.159	

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Common Measures:

Measure 1 = 15g: 1 tablespoon

NDB No. 04030

Sandwich spread, with chopped pickle, regular, unspecified oils

Measure 2 = 245g: 1 cup

Calories Factors: Protein 3.92

Fat 8.84

Carbohydrate 3.8

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04546

Shortening bread, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	33.000		0		1		4.224	67.650	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	33.000	3.373	7		1		4.224	67.650	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.600		0		1		5.197	83.230	
18:2 undifferentiated.....g	36.700	2.189	7		1		4.698	75.235	
18:3 undifferentiated.....g	4.000	0.641	7		1		0.512	8.200	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

Common Measures:

Measure 1 = 12.8g: 1 tablespoon

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

NDB No. 04546

Shortening bread, soybean (hydrogenated) and cottonseed

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	54.200		0		1		6.938	111.110	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	54.200	1.609	3		1		6.938	111.110	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.100		0		1		1.805	28.905	
18:2 undifferentiated.....g	13.100	1.124	3		1		1.677	26.855	
18:3 undifferentiated.....g	1.100		1		1		0.141	2.255	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04548

Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.82

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	2.200		0		1		0.282	4.510	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	2.200	0.316	3		1		0.282	4.510	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.000		0		1		0.128	2.050	
18:2 undifferentiated.....g	1.000		1		1		0.128	2.050	
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	86		0		4		11	176	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04551

Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04550

Shortening frying (heavy duty), beef tallow and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	38.500		0		1		4.928	78.925	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	4.300		1		1		0.550	8.815	
17:1.....g									
18:1 undifferentiated.....g	34.200		1		1		4.378	70.110	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	8.800		0		1		1.126	18.040	
18:2 undifferentiated.....g	8.300		1		1		1.062	17.015	
18:3 undifferentiated.....g	0.500		1		1		0.064	1.025	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	100		0		4		13	205	
Phytosterols.....mg	32		0		4		4	66	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04556

Shortening frying (heavy duty), palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	40.600		0		1		5.197	83.230	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	40.600	1.714	4		1		5.197	83.230	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.500		0		1		0.960	15.375	
18:2 undifferentiated.....g	7.500	2.186	4		1		0.960	15.375	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	49		0		4		6	100	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	43.700		0		1		5.594	89.585	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	43.700	0.519	8		1		5.594	89.585	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	33.500		0		1		4.288	68.675	
18:2 undifferentiated.....g	31.100	0.453	8		1		3.981	63.755	
18:3 undifferentiated.....g	2.400	0.213	8		1		0.307	4.920	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	132		0		4		17	271	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04552

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (30%) stabilizers with silicon

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	73.700		0		1		9.434	151.085	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	73.700		1		1		9.434	151.085	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.400		0		1		0.051	0.820	
18:2 undifferentiated.....g	0.300		1		1		0.038	0.615	
18:3 undifferentiated.....g	0.100		1		1		0.013	0.205	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	181		0		4		23	371	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04560

Shortening frying (heavy duty), soybean (hydrogenated), linoleic (less than 1%)

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04547

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	58.200		0		1		7.450	119.310	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	58.200	1.657	7		1		7.450	119.310	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	22.000		0		1		2.816	45.100	
18:2 undifferentiated.....g	21.200	1.898	7		1		2.714	43.460	
18:3 undifferentiated.....g	0.800	0.230	5		1		0.102	1.640	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
<u>Amino Acids:</u>									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
<u>Others:</u>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
<u>Carotenoids:</u>									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 12.8g: 1 tablespoon

NDB No. 04547

Shortening frying (regular), soybean (hydrogenated) and cottonseed (hydrogenated)

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04559

Shortening household soybean (hydrogenated) and palm

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	42.510		0		1		5.441	87.146	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.100		2		1		0.013	0.205	
17:1.....g									
18:1 undifferentiated.....g	42.220		2		1		5.404	86.551	
20:1.....g	0.190		2		1		0.024	0.390	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.640		0		1		3.410	54.612	
18:2 undifferentiated.....g	25.160		2		1		3.220	51.578	
18:3 undifferentiated.....g	1.480		2		1		0.189	3.034	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	148		1		1		19	303	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04549

Shortening industrial, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
Fatty acids, total monounsaturated.....g	40.700		0		1	5.210	83.435	
14:1.....g								
15:1.....g								
16:1 undifferentiated.....g	1.400		2		1	0.179	2.870	
17:1.....g								
18:1 undifferentiated.....g	38.000	1.934	3		1	4.864	77.900	
20:1.....g	0.600		2		1	0.077	1.230	
22:1 undifferentiated.....g	0.000		0		4	0.000	0.000	
24:1 c.....g								
Fatty acids, total polyunsaturated.....g	19.200		0		1	2.458	39.360	
18:2 undifferentiated.....g	18.100	0.683	3		1	2.317	37.105	
18:3 undifferentiated.....g	1.000		2		1	0.128	2.050	
18:4.....g	0.000		0		4	0.000	0.000	
20:2 n-6 c,c.....g								
20:3 undifferentiated.....g								
20:4 undifferentiated.....g	0.000		0		4	0.000	0.000	
20:5 n-3.....g	0.000		0		4	0.000	0.000	
22:5 n-3.....g	0.000		0		4	0.000	0.000	
22:6 n-3.....g	0.000		0		4	0.000	0.000	
Fatty acids, total trans.....g								
Cholesterol.....mg	56		0		4	7	115	
Phytosterols.....mg	13		0		4	2	27	
Amino Acids:								
Tryptophan.....g	0.000		0		4	0.000	0.000	
Threonine.....g	0.000		0		4	0.000	0.000	
Isoleucine.....g	0.000		0		4	0.000	0.000	
Leucine.....g	0.000		0		4	0.000	0.000	
Lysine.....g	0.000		0		4	0.000	0.000	
Methionine.....g	0.000		0		4	0.000	0.000	
Cystine.....g	0.000		0		4	0.000	0.000	
Phenylalanine.....g	0.000		0		4	0.000	0.000	
Tyrosine.....g	0.000		0		4	0.000	0.000	
Valine.....g	0.000		0		4	0.000	0.000	
Arginine.....g	0.000		0		4	0.000	0.000	
Histidine.....g	0.000		0		4	0.000	0.000	
Alanine.....g	0.000		0		4	0.000	0.000	
Aspartic acid.....g	0.000		0		4	0.000	0.000	
Glutamic acid.....g	0.000		0		4	0.000	0.000	
Glycine.....g	0.000		0		4	0.000	0.000	
Proline.....g	0.000		0		4	0.000	0.000	
Serine.....g	0.000		0		4	0.000	0.000	
Hydroxyproline.....g								

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Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

Shortening industrial, soybean (hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	58.000		0		1		7.424	118.900	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	58.000	1.046	22		1		7.424	118.900	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.000		0		1		1.536	24.600	
18:2 undifferentiated.....g	11.400	1.028	22		1		1.459	23.370	
18:3 undifferentiated.....g	0.600	0.171	10		1		0.077	1.230	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		26	410	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 12.8g: 1 tbsp

NDB No. 04554

Shortening industrial, soybean (hydrogenated) and cottonseed

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04570

Shortening, confectionery, fractionated palm

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	29.600		0		1		4.026	64.528	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	29.300		1		1		3.985	63.874	
20:1.....g	0.000		0		4		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.500		0		1		0.068	1.090	
18:2 undifferentiated.....g	0.500		1		1		0.068	1.090	
18:3 undifferentiated.....g	0.000		0		4		0.000	0.000	
18:4.....g	0.000		0		4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		4		0.000	0.000	
20:5 n-3.....g	0.000		0		4		0.000	0.000	
22:5 n-3.....g	0.000		0		4		0.000	0.000	
22:6 n-3.....g	0.000		0		4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	49		0		4		7	107	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									

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Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04615

Shortening, household, composite

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	44.620			RA	4		5.711	91.471	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.170			RA	4		0.022	0.349	
17:1.....g									
18:1 undifferentiated.....g	44.280			RA	4		5.668	90.774	
20:1.....g	0.085			RA	4		0.011	0.174	
22:1 undifferentiated.....g	0.030			RA	4		0.004	0.062	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	30.875			RA	4		3.952	63.294	
18:2 undifferentiated.....g	28.450			RA	4		3.642	58.323	
18:3 undifferentiated.....g	2.385			RA	4		0.305	4.889	
18:4.....g	0.000			RA	4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			RA	4		0.000	0.000	
20:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:5 n-3.....g	0.000			RA	4		0.000	0.000	
22:6 n-3.....g	0.000			RA	4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			Z	7		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Shortening, household, lard and vegetable oil

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	44.400		0		1		5.683	91.020	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	3.100	0.226	14		1		0.397	6.355	
17:1.....g									
18:1 undifferentiated.....g	40.900	0.793	20		1		5.235	83.845	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	10.900		0		1		1.395	22.345	
18:2 undifferentiated.....g	9.700	0.476	20		1		1.242	19.885	
18:3 undifferentiated.....g	1.100	0.131	12		1		0.141	2.255	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	56		0		4		7	115	
Phytosterols.....mg	13		0		4		2	27	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 12.8g: 1 tablespoon

NDB No. 04544

Shortening, household, lard and vegetable oil

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 9.02

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04031

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	44.500		0		1		91.225	5.696	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	44.500	1.002	19		1		91.225	5.696	
20:1.....g	0.000		0		1		0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	26.100		0		1		53.505	3.341	
18:2 undifferentiated.....g	24.500	1.106	19		1		50.225	3.136	
18:3 undifferentiated.....g	1.600	0.189	17		1		3.280	0.205	
18:4.....g	0.000		0		1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	
20:5 n-3.....g	0.000		0		1		0.000	0.000	
22:5 n-3.....g	0.000		0		1		0.000	0.000	
22:6 n-3.....g	0.000		0		1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg	200		0		4		410	26	
Amino Acids:									
Tryptophan.....g	0.000		0		4		0.000	0.000	
Threonine.....g	0.000		0		4		0.000	0.000	
Isoleucine.....g	0.000		0		4		0.000	0.000	
Leucine.....g	0.000		0		4		0.000	0.000	
Lysine.....g	0.000		0		4		0.000	0.000	
Methionine.....g	0.000		0		4		0.000	0.000	
Cystine.....g	0.000		0		4		0.000	0.000	
Phenylalanine.....g	0.000		0		4		0.000	0.000	
Tyrosine.....g	0.000		0		4		0.000	0.000	
Valine.....g	0.000		0		4		0.000	0.000	
Arginine.....g	0.000		0		4		0.000	0.000	
Histidine.....g	0.000		0		4		0.000	0.000	
Alanine.....g	0.000		0		4		0.000	0.000	
Aspartic acid.....g	0.000		0		4		0.000	0.000	
Glutamic acid.....g	0.000		0		4		0.000	0.000	
Glycine.....g	0.000		0		4		0.000	0.000	
Proline.....g	0.000		0		4		0.000	0.000	
Serine.....g	0.000		0		4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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Common Measures:

Measure 1 = 205g: 1 cup

NDB No. 04031

Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	
Energy.....kcal	884		0	BFZN	4		113	1812	
Energy.....kj	3699		0	BFZN	4		473	7582	
Protein (N x 0).....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat).....g	100.00		1	PAK	1		12.80	205.00	
Ash.....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	
Phosphorus, P.....mg	0		0	BFZN	4		0	0	
Potassium, K.....mg	0		0	BFZN	4		0	0	
Sodium, Na.....mg	0		0	BFZN	4		0	0	
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total.....mcg	0		0	BFZN	4		0	0	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	0		0	BFZN	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	
Retinol.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.80		0	BFZN	4		0.10	1.65	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma.....mg	29.44		0	BFZN	4		3.77	60.36	
Tocopherol, delta.....mg	16.68		0	BFZN	4		2.14	34.20	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	43.0		0	BFZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated.....g	17.416		0	NC	4		2.229	35.703	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.075		1	A	1		0.010	0.154	
15:0.....g	0.037		1	A	1		0.005	0.076	
16:0.....g	10.439		1	A	1		1.336	21.399	
17:0.....g	0.095		1	A	1		0.012	0.195	
18:0.....g	6.090		1	A	1		0.779	12.484	
20:0.....g	0.392		1	A	1		0.050	0.804	

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.288		1	A	1		0.037	0.591	
24:0.....g									
Fatty acids, total monounsaturated.....g	40.824		0	NC	4		5.225	83.688	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.133		0	AS	1		0.017	0.272	
16:1 c.....g	0.133		1	A	1		0.017	0.272	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	40.490		0	AS	1		5.183	83.004	
18:1 c.....g	30.744		1	A	1		3.935	63.024	
18:1 t.....g	9.746		1	A	1		1.248	19.980	
20:1.....g	0.201		1	A	1		0.026	0.413	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	36.038		0	NC	4		4.613	73.877	
18:2 undifferentiated.....g	33.715		0	AS	1		4.316	69.116	
18:2 n-6 c,c.....g	30.372		1	A	1		3.888	62.263	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	3.343		1	A	1		0.428	6.853	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	1.628		0	AS	1		0.208	3.337	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	13.784		0	NC	4		1.764	28.257	
Fatty acids, total trans-monoenoic.....g	9.746		0	NC	4		1.248	19.980	
Fatty acids, total trans-polyenoic.....g	4.038		0	NC	4		0.517	8.277	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg	200		0	BFZN	4		26	410	
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	
Valine.....g	0.000		0	BFZN	4		0.000	0.000	
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	
Proline.....g	0.000		0	BFZN	4		0.000	0.000	
Serine.....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	

NDB No. 04666

Shortening, industrial, soy (partially hydrogenated) and corn for frying

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	
Energy.....kcal	884		0	BFZN	4		113	1812	
Energy.....kj	3699		0	BFZN	4		473	7582	
Protein (N x 0).....g	0.00		0	BFZN	4		0.00	0.00	
Total lipid (fat).....g	100.00		1	PAK	1		12.80	205.00	
Ash.....g	0.00		0	BFZN	4		0.00	0.00	
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	
Phosphorus, P.....mg	0		0	BFZN	4		0	0	
Potassium, K.....mg	0		0	BFZN	4		0	0	
Sodium, Na.....mg	0		0	BFZN	4		0	0	
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	
Folate, total.....mcg	0		0	BFZN	4		0	0	
Folic acid.....mcg	0		0	BFZN	4		0	0	
Folate, food.....mcg	0		0	BFZN	4		0	0	
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	
Retinol.....mcg	0		0	BFZN	4		0	0	
Vitamin E (alpha-tocopherol).....mg	0.80		0	BFZN	4		0.10	1.65	
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	
Tocopherol, beta.....mg	0.00		0	BFZN	4		0.00	0.00	
Tocopherol, gamma.....mg	29.44		0	BFZN	4		3.77	60.36	
Tocopherol, delta.....mg	16.68		0	BFZN	4		2.14	34.20	
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	43.0		0	BFZN	4		5.5	88.2	
Lipids:									
Fatty acids, total saturated.....g	18.788		0	NC	4		2.405	38.516	
4:0.....g	0.000		1	A	1		0.000	0.000	
6:0.....g	0.000		1	A	1		0.000	0.000	
8:0.....g	0.000		1	A	1		0.000	0.000	
10:0.....g	0.000		1	A	1		0.000	0.000	
12:0.....g	0.000		1	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.094		1	A	1		0.012	0.193	
15:0.....g	0.000		1	A	1		0.000	0.000	
16:0.....g	10.638		1	A	1		1.362	21.807	
17:0.....g	0.114		1	A	1		0.015	0.234	
18:0.....g	7.281		1	A	1		0.932	14.926	
20:0.....g	0.316		1	A	1		0.040	0.647	

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.346		1	A	1		0.044	0.709	
24:0.....g									
Fatty acids, total monounsaturated.....g	71.023		0	NC	4		9.091	145.598	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.057		0	AS	1		0.007	0.116	
16:1 c.....g	0.057		1	A	1		0.007	0.116	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	70.967		0	AS	1		9.084	145.481	
18:1 c.....g	30.848		1	A	1		3.949	63.239	
18:1 t.....g	40.118		1	A	1		5.135	82.242	
20:1.....g	0.000		1	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	5.400		0	NC	4		0.691	11.070	
18:2 undifferentiated.....g	5.000		0	AS	1		0.640	10.250	
18:2 n-6 c,c.....g	2.667		1	A	1		0.341	5.467	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.333		1	A	1		0.299	4.783	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	42.851		0	NC	4		5.485	87.845	
Fatty acids, total trans-monoenoic.....g	40.118		0	NC	4		5.135	82.242	
Fatty acids, total trans-polyenoic.....g	2.733		0	NC	4		0.350	5.603	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg	200		0	BFZN	4		26	410	
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	
Valine.....g	0.000		0	BFZN	4		0.000	0.000	
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	
Proline.....g	0.000		0	BFZN	4		0.000	0.000	
Serine.....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	

NDB No. 04667

Shortening, industrial, soy (partially hydrogenated) for baking and confections

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		120	1927	40
Energy.....kj	3699		0	NC	4		503	8063	166
Protein.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1	PAK	1		13.60	218.00	4.50
Ash.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	BFZN	4		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0	BFZN	4		0	0	0
Iron, Fe.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0	BFZN	4		0	0	0
Phosphorus, P.....mg	0		0	BFZN	4		0	0	0
Potassium, K.....mg	0		0	BFZN	4		0	0	0
Sodium, Na.....mg	0		0	BFZN	4		0	0	0
Zinc, Zn.....mg	0.00		0	BFZN	4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Manganese, Mn.....mg									
Selenium, Se.....mcg	0.0		0	BFZN	4		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0	BFZN	4		0.0	0.0	0.0
Thiamin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Niacin.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0	BFZN	4		0.000	0.000	0.000
Folate, total.....mcg	0		0	BFZN	4		0	0	0
Folic acid.....mcg	0		0	BFZN	4		0	0	0
Folate, food.....mcg	0		0	BFZN	4		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0	BFZN	4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	BFZN	4		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	BFZN	4		0	0	0
Retinol.....mcg	0		0	BFZN	4		0	0	0
Vitamin E (alpha-tocopherol).....mg	8.10		0	BFZN	4		1.10	17.66	0.36
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	24.7		0	BFZN	4		3.4	53.9	1.1
Lipids:									
Fatty acids, total saturated.....g	18.358		0	NC	4		2.497	40.021	0.826
4:0.....g	0.000		1	A	1		0.000	0.000	0.000
6:0.....g	0.000		1	A	1		0.000	0.000	0.000
8:0.....g	0.000		1	A	1		0.000	0.000	0.000
10:0.....g	0.000		1	A	1		0.000	0.000	0.000
12:0.....g	0.000		1	A	1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.085		1	A	1		0.012	0.185	0.004
15:0.....g	0.037		1	A	1		0.005	0.081	0.002
16:0.....g	10.714		1	A	1		1.457	23.355	0.482
17:0.....g	0.105		1	A	1		0.014	0.228	0.005
18:0.....g	6.709		1	A	1		0.912	14.626	0.302
20:0.....g	0.354		1	A	1		0.048	0.772	0.016

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.355		1	A	1		0.048	0.775	0.016
24:0.....g									
Fatty acids, total monounsaturated.....g	38.870		0	NC	4		5.286	84.737	1.749
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.104		0	AS	1		0.014	0.227	0.005
16:1 c.....g	0.104		1	A	1		0.014	0.227	0.005
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	38.603		0	AS	1		5.250	84.155	1.737
18:1 c.....g	29.315		1	A	1		3.987	63.906	1.319
18:1 t.....g	9.289		1	A	1		1.263	20.250	0.418
20:1.....g	0.163		1	A	1		0.022	0.355	0.007
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	38.009		0	NC	4		5.169	82.859	1.710
18:2 undifferentiated.....g	34.829		0	AS	1		4.737	75.928	1.567
18:2 n-6 c,c.....g	32.239		1	A	1		4.384	70.280	1.451
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.591		1	A	1		0.352	5.647	0.117
18:2 t not further defined.....g									
18:3 undifferentiated.....g	2.485		0	AS	1		0.338	5.417	0.112
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	12.574		0	NC	4		1.710	27.412	0.566
Fatty acids, total trans-monoenoic.....g	9.289		0	NC	4		1.263	20.250	0.418
Fatty acids, total trans-polyenoic.....g	3.285		0	NC	4		0.447	7.162	0.148
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	132		0	BFZN	4		18	288	6
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04649

Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Measure 1	Measure 2	Measure 3
			of Data	Code	Code			
Code	Code	Code	Code	Code	Code	Code	Code	
Carotene, alpha.....mcg	0		0	BFZN	4	0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4	0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4	0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4	0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04616

Shortening, institutional, composite

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	59.560			A	1		7.624	122.098	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.050			A	1		0.006	0.103	
17:1.....g									
18:1 undifferentiated.....g	59.440			A	1		7.608	121.852	
20:1.....g	0.040			A	1		0.005	0.082	
22:1 undifferentiated.....g	0.000			A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.090			A	1		1.548	24.785	
18:2 undifferentiated.....g	11.950			A	1		1.530	24.498	
18:3 undifferentiated.....g	0.140			A	1		0.018	0.287	
18:4.....g	0.000			A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000			A	1		0.000	0.000	
20:5 n-3.....g	0.000			A	1		0.000	0.000	
22:5 n-3.....g	0.000			A	1		0.000	0.000	
22:6 n-3.....g	0.000			A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0			RA	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0			Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 12.8g: 1 tbs

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04595

Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	50.973		0		1		6.525	104.495	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	50.973		1		1		6.525	104.495	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	14.204		0		1		1.818	29.118	
18:2 undifferentiated.....g	13.600		1		1		1.741	27.880	
18:3 undifferentiated.....g	0.604		1		1		0.077	1.238	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04587

Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	29.583		0		1		3.787	60.645	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.230		1		1		0.029	0.472	
17:1.....g									
18:1 undifferentiated.....g	29.353		1		1		3.757	60.174	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.174		0		1		4.758	76.207	
18:2 undifferentiated.....g	33.984		1		1		4.350	69.667	
18:3 undifferentiated.....g	3.190		1		1		0.408	6.540	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04586

Shortening, special purpose for cakes and frostings, soybean (hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	36.555		0		1		4.679	74.938	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g									
17:1.....g									
18:1 undifferentiated.....g	36.555		1		1		4.679	74.938	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	37.991		0		1		4.863	77.882	
18:2 undifferentiated.....g	35.790		1		1		4.581	73.370	
18:3 undifferentiated.....g	2.201		1		1		0.282	4.512	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg	0		0	Z	7		0	0	
Theobromine.....mg	0		0	Z	7		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	
Lycopene.....mcg	0		0	Z	7		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	

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

Common Measures:

Measure 1 = 12.8g: 1 tbsp

Measure 2 = 205g: 1 cup

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Fatty acids, total monounsaturated.....g	22.730		0	NC	4		3.091	49.552	1.023
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0	AS	1		0.000	0.000	0.000
16:1 c.....g	0.000		1	A	1		0.000	0.000	0.000
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	22.730		0	AS	1		3.091	49.552	1.023
18:1 c.....g	22.730		1	A	1		3.091	49.552	1.023
18:1 t.....g	0.000		1	A	1		0.000	0.000	0.000
20:1.....g	0.000		1	A	1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	65.138		0	NC	4		8.859	142.001	2.931
18:2 undifferentiated.....g	57.733		0	AS	1		7.852	125.857	2.598
18:2 n-6 c,c.....g	56.601		1	A	1		7.698	123.390	2.547
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	1.131		1	A	1		0.154	2.466	0.051
18:2 t not further defined.....g									
18:3 undifferentiated.....g	7.406		0	A	1		1.007	16.144	0.333
18:4.....g	0.000		1	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		1	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	2.577		0	NC	4		0.351	5.619	0.116
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	2.577		0	NC	4		0.351	5.619	0.116
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04670

USDA Commodity Food, oil, vegetable, low saturated fat

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>					<u>Amount in edible portion of common measures of food</u>			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4	0.000	0.000	0.000	

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

Common Measures:

Measure 1 = 13.6g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
Fatty acids, total monounsaturated.....g	22.727		0	NC	4		3.091	49.544	1.023
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.025		0	AS	1		0.003	0.054	0.001
16:1 c.....g	0.025	0.012	3	A	1		0.003	0.054	0.001
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	22.571		0	AS	1		3.070	49.206	1.016
18:1 c.....g	22.571	0.484	3	A	1		3.070	49.206	1.016
18:1 t.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:1.....g	0.131	0.047	3	A	1		0.018	0.285	0.006
22:1 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	57.333		0	NC	4		7.797	124.987	2.580
18:2 undifferentiated.....g	50.299		0	AS	1		6.841	109.652	2.263
18:2 n-6 c,c.....g	50.118	0.539	3	A	1		6.816	109.258	2.255
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	0.181	0.143	3	A	1		0.025	0.394	0.008
18:2 t not further defined.....g									
18:3 undifferentiated.....g	7.034		0	A	1		0.957	15.335	0.317
18:4.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
20:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:5 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
22:6 n-3.....g	0.000	0.000	3	A	1		0.000	0.000	0.000
Fatty acids, total trans.....g	0.678		0	NC	4		0.092	1.478	0.031
Fatty acids, total trans-monoenoic.....g	0.000		0	NC	4		0.000	0.000	0.000
Fatty acids, total trans-polyenoic.....g	0.678		0	NC	4		0.092	1.478	0.031
Cholesterol.....mg	0		0	BFZN	4		0	0	0
Phytosterols.....mg	250		0	BFZN	4		34	545	11
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Valine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Proline.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Serine.....g	0.000		0	BFZN	4		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	0.0
Caffeine.....mg	0		0	BFZN	4		0	0	0
Theobromine.....mg	0		0	BFZN	4		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000

NDB No. 04669

USDA Commodity Food, oil, vegetable, soybean, refined

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

Measure 1 = 13.6g: 1 tablespoon

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 teaspoon

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	64.431		0	NC	4		132.084	8.247	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.066		0	AS	1		0.136	0.008	
16:1 c.....g	0.066		1	A	1		0.136	0.008	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	64.231		0	AS	1		131.673	8.222	
18:1 c.....g	33.364		1	A	1		68.395	4.271	
18:1 t.....g	30.867		1	A	1		63.278	3.951	
20:1.....g	0.134		1	A	1		0.275	0.017	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	6.968		0	NC	4		14.284	0.892	
18:2 undifferentiated.....g	6.931		0	AS	1		14.208	0.887	
18:2 n-6 c,c.....g	4.381		1	A	1		8.981	0.561	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.550		1	A	1		5.226	0.326	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	0.037		0	A	1		0.076	0.005	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	33.417		0	NC	4		68.505	4.277	
Fatty acids, total trans-monoenoic.....g	30.867		0	NC	4		63.278	3.951	
Fatty acids, total trans-polyenoic.....g	2.550		0	NC	4		5.226	0.326	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Amino Acids:									
Tryptophan.....g	0.000		0	BFZN	4		0.000	0.000	
Threonine.....g	0.000		0	BFZN	4		0.000	0.000	
Isoleucine.....g	0.000		0	BFZN	4		0.000	0.000	
Leucine.....g	0.000		0	BFZN	4		0.000	0.000	
Lysine.....g	0.000		0	BFZN	4		0.000	0.000	
Methionine.....g	0.000		0	BFZN	4		0.000	0.000	
Cystine.....g	0.000		0	BFZN	4		0.000	0.000	
Phenylalanine.....g	0.000		0	BFZN	4		0.000	0.000	
Tyrosine.....g	0.000		0	BFZN	4		0.000	0.000	
Valine.....g	0.000		0	BFZN	4		0.000	0.000	
Arginine.....g	0.000		0	BFZN	4		0.000	0.000	
Histidine.....g	0.000		0	BFZN	4		0.000	0.000	
Alanine.....g	0.000		0	BFZN	4		0.000	0.000	
Aspartic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glutamic acid.....g	0.000		0	BFZN	4		0.000	0.000	
Glycine.....g	0.000		0	BFZN	4		0.000	0.000	
Proline.....g	0.000		0	BFZN	4		0.000	0.000	
Serine.....g	0.000		0	BFZN	4		0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	

NDB No. 04672

USDA Commodity Food, shortening, all purpose, soybean (partially hydrogenated) and cottonseed

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 205g: 1 cup

Measure 2 = 12.8g: 1 tbsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04671

USDA Commodity Food, shortening, type III, creamy liquid, soybean and soybean (partially hydrogenated)

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	32.666		0	NC	4		66.966	4.181	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.037		0	AS	1		0.076	0.005	
16:1 c.....g	0.037		1	A	1		0.076	0.005	
16:1 t.....g									
17:1.....g									
18:1 undifferentiated.....g	32.592		0	AS	1		66.813	4.172	
18:1 c.....g	24.751		1	A	1		50.740	3.168	
18:1 t.....g	7.841		1	A	1		16.073	1.004	
20:1.....g	0.037		1	A	1		0.076	0.005	
22:1 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	45.209		0	NC	4		92.679	5.787	
18:2 undifferentiated.....g	40.200		0	AS	1		82.409	5.146	
18:2 n-6 c,c.....g	38.010		1	A	1		77.921	4.865	
18:2 CLAs.....g									
18:2 c,t.....g									
18:2 t,c.....g									
18:2 t,t.....g									
18:2 i.....g	2.190		1	A	1		4.488	0.280	
18:2 t not further defined.....g									
18:3 undifferentiated.....g	5.009		0	A	1		10.269	0.641	
18:4.....g	0.000		1	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		1	A	1		0.000	0.000	
20:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:5 n-3.....g	0.000		1	A	1		0.000	0.000	
22:6 n-3.....g	0.000		1	A	1		0.000	0.000	
Fatty acids, total trans.....g	10.613		0	NC	4		21.756	1.358	
Fatty acids, total trans-monoenoic.....g	7.841		0	NC	4		16.073	1.004	
Fatty acids, total trans-polyenoic.....g	2.772		0	NC	4		5.683	0.355	
Cholesterol.....mg	0		0	BFZN	4		0	0	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	BFZN	4		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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

Common Measures:

Measure 1 = 205g: 1 tablespoon

Measure 2 = 12.8g: 1 cup

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04581
Vegetable oil, avocado

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	70.554		0		1		9.878	153.808	3.175
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	2.665		2		1		0.373	5.810	0.120
17:1.....g									
18:1 undifferentiated.....g	67.889		2		1		9.504	147.998	3.055
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	13.486		0		1		1.888	29.399	0.607
18:2 undifferentiated.....g	12.530		2		1		1.754	27.315	0.564
18:3 undifferentiated.....g	0.957		2		1		0.134	2.086	0.043
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

Common Measures:

Measure 1 = 14.0g: 1 tbsp

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04582
Vegetable oil, canola

low erucic acid rapeseed oil
 Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Proximates:									
Water.....g	0.00		1		1		0.00	0.00	0.00
Energy.....kcal	884		0	NC	4		124	1927	40
Energy.....kj	3699		0	NC	4		518	8063	166
Protein (N x 0).....g	0.00		1		1		0.00	0.00	0.00
Total lipid (fat).....g	100.00		1		1		14.00	218.00	4.50
Ash.....g	0.00		1		1		0.00	0.00	0.00
Carbohydrate, by difference.....g	0.00		0		1		0.00	0.00	0.00
Fiber, total dietary.....g	0.0		0		4		0.0	0.0	0.0
Sugars, total.....g	0.00		0	Z	7		0.00	0.00	0.00
Starch.....g									
Minerals:									
Calcium, Ca.....mg	0		0		4		0	0	0
Iron, Fe.....mg	0.00		0		4		0.00	0.00	0.00
Magnesium, Mg.....mg	0		0		4		0	0	0
Phosphorus, P.....mg	0		0		4		0	0	0
Potassium, K.....mg	0		0		4		0	0	0
Sodium, Na.....mg	0		0		4		0	0	0
Zinc, Zn.....mg	0.00		0		4		0.00	0.00	0.00
Copper, Cu.....mg	0.000		0		4		0.000	0.000	0.000
Manganese, Mn.....mg	0.000		0		4		0.000	0.000	0.000
Selenium, Se.....mcg	0.0		0	Z	7		0.0	0.0	0.0
Vitamins:									
Vitamin C, total ascorbic acid.....mg	0.0		0		4		0.0	0.0	0.0
Thiamin.....mg	0.000		0		4		0.000	0.000	0.000
Riboflavin.....mg	0.000		0		4		0.000	0.000	0.000
Niacin.....mg	0.000		0		4		0.000	0.000	0.000
Pantothenic acid.....mg	0.000		0		4		0.000	0.000	0.000
Vitamin B-6.....mg	0.000		0		4		0.000	0.000	0.000
Folate, total.....mcg	0		0	Z	7		0	0	0
Folic acid.....mcg	0		0	Z	7		0	0	0
Folate, food.....mcg	0		0	Z	7		0	0	0
Folate, DFE.....mcg_DFE	0		0	NC	4		0	0	0
Vitamin B-12.....mcg	0.00		0		4		0.00	0.00	0.00
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	0.00
Vitamin A, IU.....IU	0		0	AS	1		0	0	0
Vitamin A, RAE.....mcg_RAE	0		0	AS	1		0	0	0
Retinol.....mcg	0		0	Z	7		0	0	0
Vitamin E (alpha-tocopherol).....mg	17.10	1.506	7	A	1		2.39	37.28	0.77
Vitamin E, added.....mg	0.00		0	Z	7		0.00	0.00	0.00
Tocopherol, beta.....mg	0.02	0.016	7	A	1		0.00	0.03	0.00
Tocopherol, gamma.....mg	30.35	3.104	7	A	1		4.25	66.16	1.37
Tocopherol, delta.....mg	0.97	0.098	7	A	1		0.14	2.11	0.04
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	122.0	3.157	4	A	1		17.1	265.9	5.5
Lipids:									
Fatty acids, total saturated.....g	7.100		0		1		0.994	15.478	0.320
4:0.....g	0.000		0		1		0.000	0.000	0.000
6:0.....g	0.000		0		1		0.000	0.000	0.000
8:0.....g	0.000		0		1		0.000	0.000	0.000
10:0.....g	0.000		0		1		0.000	0.000	0.000
12:0.....g	0.000		0		1		0.000	0.000	0.000
13:0.....g									
14:0.....g	0.000		0		1		0.000	0.000	0.000
15:0.....g									
16:0.....g	4.000		45		1		0.560	8.720	0.180
17:0.....g									
18:0.....g	1.800		45		1		0.252	3.924	0.081
20:0.....g	0.700		1		1		0.098	1.526	0.032

NDB No. 04582
Vegetable oil, canola

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.400		1		1		0.056	0.872	0.018
24:0.....g	0.200		1		1		0.028	0.436	0.009
Fatty acids, total monounsaturated.....g	58.900		0		1		8.246	128.402	2.651
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		22		1		0.028	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	56.100		45		1		7.854	122.298	2.525
20:1.....g	1.700		22		1		0.238	3.706	0.077
22:1 undifferentiated.....g	0.600		45		1		0.084	1.308	0.027
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	29.600		0		1		4.144	64.528	1.332
18:2 undifferentiated.....g	20.300		45		1		2.842	44.254	0.914
18:3 undifferentiated.....g	9.300		45		1		1.302	20.274	0.419
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 14.0g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

Vegetable oil, coconut

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	5.800		0		1	0.789	12.644	0.261	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	5.800		19		1	0.789	12.644	0.261	
20:1.....g	0.000		0		1	0.000	0.000	0.000	
22:1 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.800		0		1	0.245	3.924	0.081	
18:2 undifferentiated.....g	1.800		19		1	0.245	3.924	0.081	
18:3 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
18:4.....g	0.000		0		1	0.000	0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1	0.000	0.000	0.000	
20:5 n-3.....g	0.000		0		1	0.000	0.000	0.000	
22:5 n-3.....g	0.000		0		1	0.000	0.000	0.000	
22:6 n-3.....g	0.000		0		1	0.000	0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1	0	0	0	
Phytosterols.....mg	86	1.561	19		1	12	187	4	
Amino Acids:									
Tryptophan.....g	0.000		0		1	0.000	0.000	0.000	
Threonine.....g	0.000		0		1	0.000	0.000	0.000	
Isoleucine.....g	0.000		0		1	0.000	0.000	0.000	
Leucine.....g	0.000		0		1	0.000	0.000	0.000	
Lysine.....g	0.000		0		1	0.000	0.000	0.000	
Methionine.....g	0.000		0		1	0.000	0.000	0.000	
Cystine.....g	0.000		0		1	0.000	0.000	0.000	
Phenylalanine.....g	0.000		0		1	0.000	0.000	0.000	
Tyrosine.....g	0.000		0		1	0.000	0.000	0.000	
Valine.....g	0.000		0		1	0.000	0.000	0.000	
Arginine.....g	0.000		0		1	0.000	0.000	0.000	
Histidine.....g	0.000		0		1	0.000	0.000	0.000	
Alanine.....g	0.000		0		1	0.000	0.000	0.000	
Aspartic acid.....g	0.000		0		1	0.000	0.000	0.000	
Glutamic acid.....g	0.000		0		1	0.000	0.000	0.000	
Glycine.....g	0.000		0		1	0.000	0.000	0.000	
Proline.....g	0.000		0		1	0.000	0.000	0.000	
Serine.....g	0.000		0		1	0.000	0.000	0.000	
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0		7	0.0	0.0	0.0	
Caffeine.....mg	0		0	Z	7	0	0	0	
Theobromine.....mg	0		0	Z	7	0	0	0	
Carotenoids:									
Carotene, beta.....mcg	0		1	A	1	0.000	0.000	0.000	
Carotene, alpha.....mcg	0		0	Z	7	0.000	0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lycopene.....mcg	0		0	Z	7	0.000	0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	Z	7	0.000	0.000	0.000	

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Common Measures:

Measure 1 = 13.6g: 1 tbsp

NDB No. 04047

Vegetable oil, coconut

Measure 2 = 218g: 1 cup

Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04583
Vegetable oil, mustard

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
Fatty acids, total monounsaturated.....g	59.187		0		1		8.286	129.028	2.663
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.216		2		1		0.030	0.471	0.010
17:1.....g									
18:1 undifferentiated.....g	11.607		2		1		1.625	25.303	0.522
20:1.....g	6.190		2		1		0.867	13.494	0.279
22:1 undifferentiated.....g	41.175		2		1		5.765	89.762	1.853
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	21.230		0		1		2.972	46.281	0.955
18:2 undifferentiated.....g	15.332		2		1		2.146	33.424	0.690
18:3 undifferentiated.....g	5.899		2		1		0.826	12.860	0.265
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									
Phytosterols.....mg									

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

Common Measures:

- Measure 1 = 14.0g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04588
Vegetable oil, oat

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	35.110		0		1		4.775	76.540	1.580
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.200		238		1		0.027	0.436	0.009
17:1.....g									
18:1 undifferentiated.....g	34.900		238		1		4.746	76.082	1.571
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	40.870		0		1		5.558	89.097	1.839
18:2 undifferentiated.....g	39.080		238		1		5.315	85.194	1.759
18:3 undifferentiated.....g	1.790		238		1		0.243	3.902	0.081
18:4.....g									
20:2 n-6 c.c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

- Measure 1 = 13.6g: 1 tbsp
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 8.84

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04513
Vegetable oil, palm kernel

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				
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	11.400		0		1		1.550	24.852	3.078
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
17:1.....g									
18:1 undifferentiated.....g	11.400		14		1		1.550	24.852	3.078
20:1.....g	0.000		0		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	1.600		0		1		0.218	3.488	0.432
18:2 undifferentiated.....g	1.600		14		1		0.218	3.488	0.432
18:3 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg	95	0.000	14		1		13	207	26
Amino Acids:									
Tryptophan.....g	0.000		0		1		0.000	0.000	0.000
Threonine.....g	0.000		0		1		0.000	0.000	0.000
Isoleucine.....g	0.000		0		1		0.000	0.000	0.000
Leucine.....g	0.000		0		1		0.000	0.000	0.000
Lysine.....g	0.000		0		1		0.000	0.000	0.000
Methionine.....g	0.000		0		1		0.000	0.000	0.000
Cystine.....g	0.000		0		1		0.000	0.000	0.000
Phenylalanine.....g	0.000		0		1		0.000	0.000	0.000
Tyrosine.....g	0.000		0		1		0.000	0.000	0.000
Valine.....g	0.000		0		1		0.000	0.000	0.000
Arginine.....g	0.000		0		1		0.000	0.000	0.000
Histidine.....g	0.000		0		1		0.000	0.000	0.000
Alanine.....g	0.000		0		1		0.000	0.000	0.000
Aspartic acid.....g	0.000		0		1		0.000	0.000	0.000
Glutamic acid.....g	0.000		0		1		0.000	0.000	0.000
Glycine.....g	0.000		0		1		0.000	0.000	0.000
Proline.....g	0.000		0		1		0.000	0.000	0.000
Serine.....g	0.000		0		1		0.000	0.000	0.000
Hydroxyproline.....g									
Others:									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	Z	7		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	Z	7		0.000	0.000	0.000
Lycopene.....mcg	0		0	Z	7		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	Z	7		0.000	0.000	0.000

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Common Measures:

Measure 1 = 13.6g: 1 tablespoon

NDB No. 04513

Vegetable oil, palm kernel

Measure 2 = 218g: 1 cup

Measure 3 = 27g: 2 tbsp (1/8 cup)

Calories Factors: Protein

Fat 8.62

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 04531
Vegetable oil, soybean lecithin

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	10.977		0		1		1.493	23.930	0.494
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.403		4		1		0.055	0.879	0.018
17:1.....g									
18:1 undifferentiated.....g	10.574		4		1		1.438	23.051	0.476
20:1.....g	0.000		4		1		0.000	0.000	0.000
22:1 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	45.318		0		1		6.163	98.793	2.039
18:2 undifferentiated.....g	40.182		4		1		5.465	87.597	1.808
18:3 undifferentiated.....g	5.136		4		1		0.698	11.196	0.231
18:4.....g	0.000		0		1		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		1		0.000	0.000	0.000
20:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:5 n-3.....g	0.000		0		1		0.000	0.000	0.000
22:6 n-3.....g	0.000		0		1		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	0		1		1		0	0	0
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0	0.0	0.0
Caffeine.....mg	0		0	Z	7		0	0	0
Theobromine.....mg	0		0	Z	7		0	0	0
Carotenoids:									
Carotene, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	0.000
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	0.000

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

Common Measures:

- Measure 1 = 13.6g: 1 tablespoon
- Measure 2 = 218g: 1 cup
- Measure 3 = 4.5g: 1 tsp

Calories Factors: Protein

Fat 7.63

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42151

Vegetable oil-butter spread, reduced calorie

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	20.770				4		42.994	2.700	
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.410				4		0.849	0.053	
17:1.....g									
18:1 undifferentiated.....g	20.160				4		41.731	2.621	
20:1.....g	0.000				4		0.000	0.000	
22:1 undifferentiated.....g	0.000				4		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.150				4		23.081	1.450	
18:2 undifferentiated.....g	10.690				4		22.128	1.390	
18:3 undifferentiated.....g	0.460				4		0.952	0.060	
18:4.....g	0.000				4		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000				4		0.000	0.000	
20:5 n-3.....g	0.000				4		0.000	0.000	
22:5 n-3.....g	0.000				4		0.000	0.000	
22:6 n-3.....g	0.000				4		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	54				1		112	7	
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0				7		0.0	0.0	
Caffeine.....mg	0		0	BFZN	4		0	0	
Theobromine.....mg	0		0	BFZN	4		0	0	
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4		1262.700	79.300	
Carotene, alpha.....mcg	0		0	BFZN	4		0.000	0.000	
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000	0.000	
Lycopene.....mcg	0		0	BFZN	4		0.000	0.000	
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000	0.000	

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Common Measures:

Measure 1 = 207g: 1 cup

Measure 2 = 13.0g: 1 tbsp

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

USDA National Nutrient Database for Standard Reference, Release 18 (2005)

NDB No. 42309

Vegetable oil-butter spread, reduced calorie, tub, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	19.722		0		4		2.761		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.361		0		4		0.051		
17:1.....g									
18:1 undifferentiated.....g	19.128		0		4		2.678		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	11.299		0		4		1.582		
18:2 undifferentiated.....g	10.601		0		4		1.484		
18:3 undifferentiated.....g	0.698		0		4		0.098		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3.....g	0.000		0		7		0.000		
22:5 n-3.....g	0.000		0		7		0.000		
22:6 n-3.....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	71		0		4		10		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4		85.400		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils

NDB No. 04600

Vegetable oil-butter spread, tub, salted

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	18.438		0		4		2.581		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.018		0		4		0.003		
17:1.....g									
18:1 undifferentiated.....g	18.408		0		4		2.577		
20:1.....g	0.000		0		7		0.000		
22:1 undifferentiated.....g	0.000		0		7		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	12.573		0		4		1.760		
18:2 undifferentiated.....g	12.025		0		4		1.684		
18:3 undifferentiated.....g	0.549		0		4		0.077		
18:4.....g	0.000		0		7		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0		7		0.000		
20:5 n-3.....g	0.000		0		7		0.000		
22:5 n-3.....g	0.000		0		7		0.000		
22:6 n-3.....g	0.000		0		7		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		0		4		0		
Phytosterols.....mg									
Others:									
Alcohol, ethyl.....g	0.0		0		7		0.0		
Caffeine.....mg	0		0	BFZN	4		0		
Theobromine.....mg	0		0	BFZN	4		0		
Carotenoids:									
Carotene, beta.....mcg	610		0	BFZN	4		85.400		
Carotene, alpha.....mcg	0		0	BFZN	4		0.000		
Cryptoxanthin, beta.....mcg	0		0	BFZN	4		0.000		
Lycopene.....mcg	0		0	BFZN	4		0.000		
Lutein + zeaxanthin.....mcg	0		0	BFZN	4		0.000		

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

Common Measures:

Measure 1 = 14.0g: 1 tablespoon

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 04 Fats and Oils