

NDB No. 22692

ARMOUR Corned Beef Hash, canned entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	66.80		1	A	1		283.90	157.65	
Energy.....kcal	211		0	NC	4		897	498	
Energy.....kj	883				4		3752	2083	
Protein.....g	10.10		1	A	1		42.93	23.84	
Total lipid (fat).....g	16.70		1	A	1		70.98	39.41	
Ash.....g	1.30		1	A	1		5.53	3.07	
Carbohydrate, by difference.....g	5.10		0	NC	4		21.68	12.04	
Fiber, total dietary.....g	0.8		1	A	1		3.4	1.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.93		1	A	1		3.95	2.19	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	362		1	A	1		1539	854	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	6.630		1	A	1		28.178	15.647	
Fatty acids, total monounsaturated.....g	7.390		1	A	1		31.408	17.440	
Fatty acids, total polyunsaturated.....g	0.350		1	A	1		1.488	0.826	
Fatty acids, total trans.....g									
Cholesterol.....mg	41		1	A	1		174	97	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 425g: 1 package yields

Measure 2 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22525

**BANQUET Chicken Pot Pie, frozen entree**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.26		0	MA	12		127.23	127.23	
Energy.....kcal	193		0	NC	4		382	382	
Energy.....kj	808				4		1599	1599	
Protein.....g	5.00		0	MA	12		9.90	9.90	
Total lipid (fat).....g	11.12		0	MA	12		22.02	22.02	
Ash.....g	1.46		0	MA	12		2.89	2.89	
Carbohydrate, by difference.....g	18.16		0	NC	4		35.96	35.96	
Fiber, total dietary.....g	0.5		0	MA	12		1.0	1.0	
Sugars, total.....g	3.00		0	MA	12		5.94	5.94	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0	MA	12		28	28	
Iron, Fe.....mg	0.57		0	MA	12		1.13	1.13	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	479		0	MA	12		948	948	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1417		0	NC	4		2805	2805	
Vitamin A, RAE.....mcg_RAE	71		1	NC	4		140	140	
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.500		0	MA	12		8.910	8.910	
Fatty acids, total monounsaturated.....g	5.260		0	MA	12		10.415	10.415	
Fatty acids, total polyunsaturated.....g	1.360		0	MA	12		2.693	2.693	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	MA	12		40	40	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	720		1	MA	12		1425.600	1425.600	
Carotene, alpha.....mcg	260		1	MA	12		514.800	514.800	
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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**NDB No. 22525**

**BANQUET Chicken Pot Pie, frozen entree**

**Common Measures:**

Measure 1 = 198g: 1 package yields

Measure 2 = 198g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22675

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.81		0	MA	12		343.42	343.42	
Energy.....kcal	135		0	NC	4		612	612	
Energy.....kj	565				4		2559	2559	
Protein.....g	6.42		0	MA	12		29.08	29.08	
Total lipid (fat).....g	8.84		0	MA	12		40.05	40.05	
Ash.....g	1.53		0	MA	12		6.93	6.93	
Carbohydrate, by difference.....g	7.41		0	NC	4		33.57	33.57	
Fiber, total dietary.....g	1.4		0	MA	12		6.3	6.3	
Sugars, total.....g	2.70		0	MA	12		12.23	12.23	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0	MA	12		77	77	
Iron, Fe.....mg	0.87		0	MA	12		3.94	3.94	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	429		0	MA	12		1943	1943	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.7		0	MA	12		7.7	7.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	461		0	MA	12		2088	2088	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.420		0	MA	12		15.493	15.493	
Fatty acids, total monounsaturated.....g	3.820		0	MA	12		17.305	17.305	
Fatty acids, total polyunsaturated.....g	1.600		0	MA	12		7.248	7.248	
Fatty acids, total trans.....g									
Cholesterol.....mg	25		0	MA	12		113	113	
Phytosterols.....mg									

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**Common Measures:**

Measure 1 = 453g: 1 package yields

Measure 2 = 453g: 1 serving

NDB No. 22675

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

Calories Factors: Protein

Fat

Carbohydrate

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

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

NDB No. 22689

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

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.00		0	MA	12		332.28	332.28	
Energy.....kcal	167		0	NC	4		782	782	
Energy.....kj	699				4		3270	3270	
Protein.....g	5.78		0	MA	12		27.05	27.05	
Total lipid (fat).....g	11.57		0	MA	12		54.15	54.15	
Ash.....g	1.59		0	MA	12		7.44	7.44	
Carbohydrate, by difference.....g	10.06		0	NC	4		47.08	47.08	
Fiber, total dietary.....g	1.5		0	MA	12		7.0	7.0	
Sugars, total.....g	1.50		0	MA	12		7.02	7.02	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	24		0	MA	12		112	112	
Iron, Fe.....mg	0.40		0	MA	12		1.87	1.87	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	469		0	MA	12		2195	2195	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.560		0	MA	12		21.341	21.341	
Fatty acids, total monounsaturated.....g	5.450		0	MA	12		25.506	25.506	
Fatty acids, total polyunsaturated.....g	1.560		0	MA	12		7.301	7.301	
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MA	12		131	131	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 468g: 1 package yields

Measure 2 = 468g: 1 serving

NDB No. 22689

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

Calories Factors: Protein

Fat

Carbohydrate

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

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

NDB No. 22711

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
<b>Proximates:</b>									
Water.....g	73.10		1	A	1		196.64	196.64	
Energy.....kcal	148		0	NC	4		398	398	
Energy.....kj	619				4		1666	1666	
Protein.....g	5.70		1	A	1		15.33	15.33	
Total lipid (fat).....g	9.30		1	A	1		25.02	25.02	
Ash.....g	1.60		1	A	1		4.30	4.30	
Carbohydrate, by difference.....g	10.30		0	NC	4		27.71	27.71	
Fiber, total dietary.....g	1.3		1	A	1		3.5	3.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.77		1	A	1		2.07	2.07	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg									
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.170		1	A	1		8.527	8.527	
Fatty acids, total monounsaturated.....g	4.370		1	A	1		11.755	11.755	
Fatty acids, total polyunsaturated.....g	0.490		1	A	1		1.318	1.318	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		51	51	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22691

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.28		0	MA	12		197.06	197.06	
Energy.....kcal	106		0	NC	4		270	270	
Energy.....kj	444				4		1131	1131	
Protein.....g	10.35		0	MA	12		26.39	26.39	
Total lipid (fat).....g	3.94		0	MA	12		10.05	10.05	
Ash.....g	1.06		0	MA	12		2.70	2.70	
Carbohydrate, by difference.....g	7.37		0	NC	4		18.79	18.79	
Fiber, total dietary.....g	1.6		0	MA	12		4.1	4.1	
Sugars, total.....g	4.60		0	MA	12		11.73	11.73	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0	MA	12		46	46	
Iron, Fe.....mg	1.47		0	MA	12		3.75	3.75	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	291		0	MA	12		742	742	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.0		0	MA	12		7.7	7.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	40		0	MA	12		102	102	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.700		0	MA	12		4.335	4.335	
Fatty acids, total monounsaturated.....g	1.940		0	MA	12		4.947	4.947	
Fatty acids, total polyunsaturated.....g	0.300		0	MA	12		0.765	0.765	
Fatty acids, total trans.....g									
Cholesterol.....mg	28		0	MA	12		71	71	
Phytosterols.....mg									

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**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**NDB No. 22691**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22607

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.47		0	MA	12		200.35	200.35	
Energy.....kcal	107		0	NC	4		280	280	
Energy.....kj	448				4		1173	1173	
Protein.....g	5.34		0	MA	12		13.99	13.99	
Total lipid (fat).....g	3.76		0	MA	12		9.85	9.85	
Ash.....g	1.46		0	MA	12		3.83	3.83	
Carbohydrate, by difference.....g	12.97		0	NC	4		33.98	33.98	
Fiber, total dietary.....g	1.1		0	MA	12		2.9	2.9	
Sugars, total.....g	2.50		0	MA	12		6.55	6.55	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0	MA	12		47	47	
Iron, Fe.....mg	0.53		0	MA	12		1.39	1.39	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	405		0	MA	12		1061	1061	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.970		0	MA	12		2.541	2.541	
Fatty acids, total monounsaturated.....g	1.400		0	MA	12		3.668	3.668	
Fatty acids, total polyunsaturated.....g	1.400		0	MA	12		3.668	3.668	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	MA	12		52	52	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 262g: 1 package yields

Measure 2 = 262g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22605

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

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.51		0	MA	12		184.90	184.90	
Energy.....kcal	142		0	NC	4		362	362	
Energy.....kj	594				4		1515	1515	
Protein.....g	4.95		0	MA	12		12.62	12.62	
Total lipid (fat).....g	7.47		0	MA	12		19.05	19.05	
Ash.....g	1.42		0	MA	12		3.62	3.62	
Carbohydrate, by difference.....g	13.66		0	NC	4		34.83	34.83	
Fiber, total dietary.....g	2.6		0	MA	12		6.6	6.6	
Sugars, total.....g	5.90		0	MA	12		15.05	15.05	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	26		0	MA	12		66	66	
Iron, Fe.....mg	0.90		0	MA	12		2.30	2.30	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	378		0	MA	12		964	964	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.9		0	MA	12		27.8	27.8	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	99		0	MA	12		252	252	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.430		0	MA	12		6.197	6.197	
Fatty acids, total monounsaturated.....g	3.670		0	MA	12		9.359	9.359	
Fatty acids, total polyunsaturated.....g	1.360		0	MA	12		3.468	3.468	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		0	MA	12		26	26	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**NDB No. 22605**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22571

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

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.76		0	MA	12		140.81	140.81	
Energy.....kcal	206		0	NC	4		470	470	
Energy.....kj	862				4		1965	1965	
Protein.....g	9.41		0	MA	12		21.45	21.45	
Total lipid (fat).....g	11.86		0	MA	12		27.04	27.04	
Ash.....g	1.57		0	MA	12		3.58	3.58	
Carbohydrate, by difference.....g	15.39		0	NC	4		35.09	35.09	
Fiber, total dietary.....g	0.9		0	MA	12		2.1	2.1	
Sugars, total.....g	1.30		0	MA	12		2.96	2.96	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	17		0	MA	12		39	39	
Iron, Fe.....mg	0.60		0	MA	12		1.37	1.37	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	658		0	MA	12		1500	1500	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.6		0	MA	12		1.4	1.4	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MA	12		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.060		0	MA	12		9.257	9.257	
Fatty acids, total monounsaturated.....g	6.740		0	MA	12		15.367	15.367	
Fatty acids, total polyunsaturated.....g	1.070		0	MA	12		2.440	2.440	
Fatty acids, total trans.....g									
Cholesterol.....mg	39		0	MA	12		89	89	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 228g: 1 package yields

Measure 2 = 228g: 1 serving

NDB No. 22571

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

Calories Factors: Protein

Fat

Carbohydrate

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

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

NDB No. 22575

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	62.10		1	A	1		211.14	104.33	
Energy.....kcal	205		0	NC	4		697	344	
Energy.....kj	858				4		2916	1441	
Protein.....g	15.20		1	A	1		51.68	25.54	
Total lipid (fat).....g	12.20		1	A	1		41.48	20.50	
Ash.....g	1.80		1	A	1		6.12	3.02	
Carbohydrate, by difference.....g	8.70		0	NC	4		29.58	14.62	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	86		1	A	1		292	144	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	449		1	A	1		1527	754	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.390		1	A	1		11.526	5.695	
Fatty acids, total monounsaturated.....g	4.910		1	A	1		16.694	8.249	
Fatty acids, total polyunsaturated.....g	1.930		1	A	1		6.562	3.242	
Fatty acids, total trans.....g									
Cholesterol.....mg	48		1	A	1		163	81	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 340g: 1 package yields

Measure 2 = 168g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22700

BETTY CROCKER, HAMBURGER HELPER, Cheeseburger Macaroni, dry mix

Refuse: 0%

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

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

**Common Measures:**

Measure 1 = 225g: 1 package

Measure 2 = 45g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	57.30		1	A	1		113.45	113.45	
Energy.....kcal	227		0	NC	4		449	449	
Energy.....kj	950				4		1881	1881	
Protein.....g	6.70		1	A	1		13.27	13.27	
Total lipid (fat).....g	12.30		1	A	1		24.35	24.35	
Ash.....g	1.40		1	A	1		2.77	2.77	
Carbohydrate, by difference.....g	22.30		0	NC	4		44.15	44.15	
Fiber, total dietary.....g	1.1		1	A	1		2.2	2.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	372		1	A	1		737	737	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.300		1	A	1		8.514	8.514	
Fatty acids, total monounsaturated.....g	4.890		1	A	1		9.682	9.682	
Fatty acids, total polyunsaturated.....g	1.350		1	A	1		2.673	2.673	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		38	38	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	310		1	A	1		613.800	613.800	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 198g: 1 package yields  
 Measure 2 = 198g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.51	0.120	4	A	1		189.10		
Energy.....kcal	95		0	NC	4		221		
Energy.....kj	399		0	NC	4		925		
Protein.....g	4.94	0.030	4	A	1		11.46		
Total lipid (fat).....g	5.38	0.080	4	A	1		12.48		
Ash.....g	1.47	0.010	4	A	1		3.41		
Carbohydrate, by difference.....g	6.77		0	MC	9		15.71		
Fiber, total dietary.....g	1.5	0.080	4	A	1		3.5		
Sugars, total.....g	0.96		1	A	1		2.23		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0	FLC	4		28		
Iron, Fe.....mg	0.71		0	FLC	4		1.65		
Magnesium, Mg.....mg	14		0	FLC	4		32		
Phosphorus, P.....mg	55		0	FLC	4		128		
Potassium, K.....mg	174		0	FLC	4		404		
Sodium, Na.....mg	408	5.690	3	A	1		947		
Zinc, Zn.....mg	0.82		0	FLC	4		1.90		
Copper, Cu.....mg	0.079		0	FLC	4		0.183		
Manganese, Mn.....mg	0.143		0	FLC	4		0.332		
Selenium, Se.....mcg	0.7		0	FLC	4		1.6		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.4		0	FLC	4		10.2		
Thiamin.....mg	0.072		0	FLC	4		0.167		
Riboflavin.....mg	0.061		0	FLC	4		0.142		
Niacin.....mg	1.231		0	FLC	4		2.856		
Pantothenic acid.....mg	0.214		0	FLC	4		0.496		
Vitamin B-6.....mg	0.129		0	FLC	4		0.299		
Folate, total.....mcg	11		0	FLC	4		26		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	11		0	FLC	4		26		
Folate, DFE.....mcg_DFE	11		0	NC	4		26		
Vitamin B-12.....mcg	0.37		0	FLC	4		0.86		
Vitamin B-12, added.....mcg	0.00		0	FLA	4		0.00		
Vitamin A, IU.....IU	1664	45.460	4	A	1		3860		
Vitamin A, RAE.....mcg_RAE	88		0	FLA	4		203		
Retinol.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.12		0	FLA	4		0.28		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	3.5		0	FLA	4		8.2		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.220	0.030	4	A	1		5.150		
4:0.....g	0.000		0	FLC	4		0.000		
6:0.....g	0.000		0	FLC	4		0.000		
8:0.....g	0.000		0	FLC	4		0.000		
10:0.....g	0.018		0	FLC	4		0.042		
12:0.....g	0.013		0	FLC	4		0.030		
13:0.....g									
14:0.....g	0.168		0	FLC	4		0.390		
15:0.....g	0.000		0	FLA	4		0.000		
16:0.....g	1.280		0	FLC	4		2.970		
17:0.....g	0.000		0	FLA	4		0.000		
18:0.....g	0.634		0	FLC	4		1.471		
20:0.....g	0.000		0	FLA	4		0.000		

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g	0.000		0	FLA	4		0.000		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	2.380	0.040	4	A	1		5.522		
14:1.....g	0.000		0	FLA	4		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.280		0	FLC	4		0.650		
17:1.....g	0.000		0	FLA	4		0.000		
18:1 undifferentiated.....g	2.090		0	FLC	4		4.849		
20:1.....g	0.008		0	FLC	4		0.019		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.220	0.010	4	A	1		0.510		
18:2 undifferentiated.....g	0.156		0	FLC	4		0.362		
18:3 undifferentiated.....g	0.062		0	FLC	4		0.144		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.003		0	FLC	4		0.007		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.000		0	FLC	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	16	0.140	4	A	1		37		
Phytosterols.....mg	0		0	FLA	4		0		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.051		0	FLA	4		0.119		
Threonine.....g	0.199		0	FLA	4		0.461		
Isoleucine.....g	0.205		0	FLA	4		0.475		
Leucine.....g	0.377		0	FLA	4		0.876		
Lysine.....g	0.350		0	FLA	4		0.813		
Methionine.....g	0.110		0	FLA	4		0.256		
Cystine.....g	0.055		0	FLA	4		0.128		
Phenylalanine.....g	0.191		0	FLA	4		0.444		
Tyrosine.....g	0.159		0	FLA	4		0.369		
Valine.....g	0.233		0	FLA	4		0.542		
Arginine.....g	0.291		0	FLA	4		0.676		
Histidine.....g	0.149		0	FLA	4		0.346		
Alanine.....g	0.275		0	FLA	4		0.637		
Aspartic acid.....g	0.496		0	FLA	4		1.152		
Glutamic acid.....g	0.738		0	FLA	4		1.712		
Glycine.....g	0.235		0	FLA	4		0.545		
Proline.....g	0.221		0	FLA	4		0.512		
Serine.....g	0.187		0	FLA	4		0.433		
Hydroxyproline.....g	0.002		0	FLA	4		0.004		
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	811		0	FLA	4		1880.836		
Carotene, alpha.....mcg	356		0	FLA	4		826.650		
Cryptoxanthin, beta.....mcg	19		0	FLA	4		44.188		
Lycopene.....mcg	3		0	FLA	4		6.340		
Lutein + zeaxanthin.....mcg	215		0	FLA	4		498.737		

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

**Common Measures:**

Measure 1 = 232g: 1 serving

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

**Food Group:** 22 Meals, Entrees, and Sidedishes  
USDA National Nutrient Database for Standard Reference, Release 18 (2005)



NDB No. 22908

Beef, corned beef hash, with potato, canned

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

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

**Common Measures:**

**NDB No. 22908**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22679

Breakfast Burrito, Ham & Cheese Flavor, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
<b>Proximates:</b>									
Water.....g	53.80		1	A	1		53.26	53.26	
Energy.....kcal	214		0	NC	4		212	212	
Energy.....kj	895				4		886	886	
Protein.....g	9.70		1	A	1		9.60	9.60	
Total lipid (fat).....g	7.00		1	A	1		6.93	6.93	
Ash.....g	1.40		1	A	1		1.39	1.39	
Carbohydrate, by difference.....g	28.10		0	NC	4		27.82	27.82	
Fiber, total dietary.....g	1.4		1	A	1		1.4	1.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	3.20		1	A	1		3.17	3.17	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	409		1	A	1		405	405	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.010		1	A	1		1.990	1.990	
Fatty acids, total monounsaturated.....g	2.100		1	A	1		2.079	2.079	
Fatty acids, total polyunsaturated.....g	1.820		1	A	1		1.802	1.802	
Fatty acids, total trans.....g									
Cholesterol.....mg	194		1	A	1		192	192	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 99g: 1 package yields

Measure 2 = 99g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22693  
 CASTLEBERRY PREMIUM Beef Stew, canned entree

Refuse: 0%

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			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	75.80		1	A	1	515.44	185.71	
Energy.....kcal	135		0	NC	4	918	331	
Energy.....kj	565				4	3841	1384	
Protein.....g	6.20		1	A	1	42.16	15.19	
Total lipid (fat).....g	8.60		1	A	1	58.48	21.07	
Ash.....g	1.10		1	A	1	7.48	2.70	
Carbohydrate, by difference.....g	8.30		0	NC	4	56.44	20.34	
Fiber, total dietary.....g	0.9		1	A	1	6.1	2.2	
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg								
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	409		1	A	1	2781	1002	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	3.240		1	A	1	22.032	7.938	
Fatty acids, total monounsaturated.....g	3.920		1	A	1	26.656	9.604	
Fatty acids, total polyunsaturated.....g	0.230		1	A	1	1.564	0.564	
Fatty acids, total trans.....g								
Cholesterol.....mg	23		1	A	1	156	56	
Phytosterols.....mg								
<b>Carotenoids:</b>								
Carotene, beta.....mcg	230		1	A	1	1564.000	563.500	
Carotene, alpha.....mcg								
Cryptoxanthin, beta.....mcg								
Lycopene.....mcg								
Lutein + zeaxanthin.....mcg								

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

**Common Measures:**

Measure 1 = 680g: 1 package yields  
 Measure 2 = 245g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22516

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	78.78		1	MA	12	167.01	167.01	
Energy.....kcal	87		0	MC	9	184	184	
Energy.....kj	364				9	772	772	
Protein.....g	3.89		1	MA	12	8.25	8.25	
Total lipid (fat).....g	1.39		1	MA	12	2.95	2.95	
Ash.....g	1.25		0	BFZN	4	2.65	2.65	
Carbohydrate, by difference.....g	14.69		0	MC	9	31.14	31.14	
Fiber, total dietary.....g	1.4		1	MA	12	3.0	3.0	
Sugars, total.....g	2.28		0	BFZN	4	4.83	4.83	
Sucrose.....g	0.02		1	MA	12	0.04	0.04	
Glucose (dextrose).....g	1.06		1	MA	12	2.25	2.25	
Fructose.....g	1.17		1	MA	12	2.48	2.48	
Lactose.....g	0.00		1	MA	12	0.00	0.00	
Maltose.....g	0.03		1	MA	12	0.06	0.06	
Galactose.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	8		1	MA	12	17	17	
Iron, Fe.....mg	0.71		1	MA	12	1.51	1.51	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	377		1	MA	12	799	799	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	0.2		1	MA	12	0.4	0.4	
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	122		1	MA	12	259	259	
Vitamin A, RAE.....mcg_RAE								
Vitamin E (alpha-tocopherol).....mg								
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.560		1	MA	12	1.187	1.187	
Fatty acids, total monounsaturated.....g	0.600		1	MA	12	1.272	1.272	
Fatty acids, total polyunsaturated.....g	0.120		1	MA	12	0.254	0.254	
Fatty acids, total trans.....g								
Cholesterol.....mg	8		1	MA	12	17	17	
Phytosterols.....mg								

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

**NDB No. 22516**

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

**Common Measures:**

Measure 1 = 212g: 1 package yields

Measure 2 = 212g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22515

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.14		1	MA	12		327.85	188.22	
Energy.....kcal	94		0	MC	9		400	229	
Energy.....kj	393				9		1672	960	
Protein.....g	3.43		1	MA	12		14.58	8.37	
Total lipid (fat).....g	2.21		1	MA	12		9.39	5.39	
Ash.....g	2.10		0	BFZN	4		8.93	5.12	
Carbohydrate, by difference.....g	15.12		0	MC	9		64.26	36.89	
Fiber, total dietary.....g	1.5		1	MA	12		6.4	3.7	
Sugars, total.....g	2.15		0	BFZN	4		9.14	5.25	
Sucrose.....g	0.07		1	MA	12		0.30	0.17	
Glucose (dextrose).....g	1.04		1	MA	12		4.42	2.54	
Fructose.....g	0.94		1	MA	12		4.00	2.29	
Lactose.....g	0.00		1	MA	12		0.00	0.00	
Maltose.....g	0.10		1	MA	12		0.43	0.24	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	8		1	MA	12		34	20	
Iron, Fe.....mg	0.99		1	MA	12		4.21	2.42	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg	145		1	MA	12		616	354	
Sodium, Na.....mg	481		1	MA	12		2044	1174	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.1		1	MA	12		0.4	0.2	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	263		1	MA	12		1118	642	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.020		1	MA	12		4.335	2.489	
Fatty acids, total monounsaturated.....g	0.820		1	MA	12		3.485	2.001	
Fatty acids, total polyunsaturated.....g	0.090		1	MA	12		0.383	0.220	
Fatty acids, total trans.....g									
Cholesterol.....mg	6		1	MA	12		26	15	
Phytosterols.....mg									

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

**NDB No. 22515**

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

**Common Measures:**

Measure 1 = 425g: 1 package yields

Measure 2 = 244g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22517

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

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

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Lutein + zeaxanthin.....mcg

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

**Common Measures:**

Measure 1 = 425g: 1 package yields

Measure 2 = 252g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22518

CHEF BOYARDEE Spaghetti & Meatballs in Tomato Sauce, canned entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
<b>Proximates:</b>									
Water.....g	77.09		1	MA	12		327.63	185.02	
Energy.....kcal	104		0	MA	12		442	250	
Energy.....kj	435				12		1849	1044	
Protein.....g	3.78		1	MA	12		16.07	9.07	
Total lipid (fat).....g	3.60		1	MA	12		15.30	8.64	
Ash.....g	1.34		0	BFZN	4		5.70	3.22	
Carbohydrate, by difference.....g	14.19		0	MC	9		60.31	34.06	
Fiber, total dietary.....g	0.9		1	MA	12		3.8	2.2	
Sugars, total.....g	2.75		0	BFZN	4		11.69	6.60	
Sucrose.....g	0.02		1	MA	12		0.09	0.05	
Glucose (dextrose).....g	1.34		1	MA	12		5.70	3.22	
Fructose.....g	1.39		1	MA	12		5.91	3.34	
Lactose.....g	0.00		1	MA	12		0.00	0.00	
Maltose.....g	0.00		1	MA	12		0.00	0.00	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	7		1	MA	12		30	17	
Iron, Fe.....mg	0.74		1	MA	12		3.15	1.78	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	392		1	MA	12		1666	941	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.4		1	MA	12		1.7	1.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	143		1	MA	12		608	343	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.610		1	MA	12		6.843	3.864	
Fatty acids, total monounsaturated.....g	1.530		1	MA	12		6.503	3.672	
Fatty acids, total polyunsaturated.....g	0.160		1	MA	12		0.680	0.384	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	MA	12		38	22	
Phytosterols.....mg									

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

**NDB No. 22518**

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

**Common Measures:**

Measure 1 = 425g: 1 package yields

Measure 2 = 240g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22520

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.88		1	MA	12		160.87	160.87	
Energy.....kcal	107		0	MC	9		227	227	
Energy.....kj	448				9		949	949	
Protein.....g	3.85		1	MA	12		8.16	8.16	
Total lipid (fat).....g	3.19		1	MA	12		6.76	6.76	
Ash.....g	1.25		0	BFZN	4		2.65	2.65	
Carbohydrate, by difference.....g	15.83		0	MC	9		33.56	33.56	
Fiber, total dietary.....g	1.3		1	MA	12		2.8	2.8	
Sugars, total.....g	3.38		0	BFZN	4		7.17	7.17	
Sucrose.....g	0.00		1	MA	12		0.00	0.00	
Glucose (dextrose).....g	1.72		1	MA	12		3.65	3.65	
Fructose.....g	1.66		1	MA	12		3.52	3.52	
Lactose.....g	0.00		1	MA	12		0.00	0.00	
Maltose.....g	0.00		1	MA	12		0.00	0.00	
Galactose.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	10		1	MA	12		21	21	
Iron, Fe.....mg	0.44		1	MA	12		0.93	0.93	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	396		1	MA	12		840	840	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.2		1	MA	12		0.4	0.4	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	131		1	MA	12		278	278	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.410		1	MA	12		2.989	2.989	
Fatty acids, total monounsaturated.....g	1.300		1	MA	12		2.756	2.756	
Fatty acids, total polyunsaturated.....g	0.120		1	MA	12		0.254	0.254	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	MA	12		21	21	
Phytosterols.....mg									

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

**NDB No. 22520**

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

**Common Measures:**

Measure 1 = 212g: 1 package yields

Measure 2 = 212g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22674

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	84.50		1	A	1		214.63		
Energy.....kcal	65		0	NC	4		165		
Energy.....kj	272				4		691		
Protein.....g	2.30		1	A	1		5.84		
Total lipid (fat).....g	0.70		1	A	1		1.78		
Ash.....g									
Carbohydrate, by difference.....g	12.50		0	NC	4		31.75		
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	222		1	A	1		564		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.9		1	A	1		30.2		
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	A	1		0		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g									
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		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 = 254g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

**NDB No. 22674**

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

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

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



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

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
Fatty acids, total monounsaturated.....g	5.750	0.094	6	MA	12		12.478		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.267		0	FLC	4		0.579		
17:1.....g									
18:1 undifferentiated.....g	5.459		0	FLC	4		11.846		
20:1.....g	0.012		0	FLC	4		0.026		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	2.068	0.063	6	MA	12		4.488		
18:2 undifferentiated.....g	1.890		0	FLC	4		4.101		
18:3 undifferentiated.....g	0.114		0	FLC	4		0.247		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.030		0	FLC	4		0.065		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.003		0	FLC	4		0.007		
22:6 n-3.....g	0.009		0	FLC	4		0.020		
Fatty acids, total trans.....g									
Cholesterol.....mg	19	0.698	6	MA	12		41		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 217g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22904

Chili con carne with beans, canned entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.34	0.419	12	A	1		182.87		
Energy.....kcal	121		0	NC	4		299		
Energy.....kj	508		0	NC	4		1250		
Protein.....g	7.09	0.125	12	A	1		17.44		
Total lipid (fat).....g	5.26	0.449	12	A	1		12.94		
Ash.....g	1.88	0.028	12	A	1		4.63		
Carbohydrate, by difference.....g	11.43		0	NC	4		28.12		
Fiber, total dietary.....g	3.9	0.068	12	A	1		9.6		
Sugars, total.....g									
Sucrose.....g	0.95	0.072	6	A	1		2.34		
Glucose (dextrose).....g	0.34	0.075	3	A	1		0.85		
Fructose.....g	0.38	0.047	6	A	1		0.94		
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g	5.53	0.124	6	A	1		13.61		
<b>Minerals:</b>									
Calcium, Ca.....mg	38	1.804	12	A	1		94		
Iron, Fe.....mg	2.61	0.280	12	A	1		6.43		
Magnesium, Mg.....mg	29	0.492	12	A	1		70		
Phosphorus, P.....mg	97	2.409	12	A	1		239		
Potassium, K.....mg	274	6.447	12	A	1		673		
Sodium, Na.....mg	424	11.551	12	A	1		1042		
Zinc, Zn.....mg	1.04	0.085	12	A	1		2.56		
Copper, Cu.....mg	0.271	0.048	12	A	1		0.666		
Manganese, Mn.....mg	0.237	0.026	12	A	1		0.582		
Selenium, Se.....mcg	10.2	2.833	6	A	1		25.0		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.4	0.061	4	A	1		3.5		
Thiamin.....mg	0.052	0.005	12	A	1		0.128		
Riboflavin.....mg	0.100	0.003	12	A	1		0.246		
Niacin.....mg	0.971	0.051	12	A	1		2.389		
Pantothenic acid.....mg	0.164	0.008	10	A	1		0.402		
Vitamin B-6.....mg	0.127	0.003	12	A	1		0.312		
Folate, total.....mcg	26		0	FLC	4		64		
Folic acid.....mcg	0		0	Z	7		0		
Folate, food.....mcg	26		0	FLC	4		64		
Folate, DFE.....mcg_DFE	26		0	NC	4		64		
Vitamin B-12.....mcg	0.65	0.026	12	A	1		1.59		
Vitamin A, IU.....IU	398		2	A	1		979		
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									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.740		0	NC	4		4.280		
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.008	0.002	11	A	1		0.019		
13:0.....g	0.013		1	A	1		0.032		
14:0.....g	0.111	0.015	12	A	1		0.274		
15:0.....g	0.025	0.004	12	A	1		0.060		

NDB No. 22904

Chili con carne with beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:0.....g	1.002	0.091	12	A	1	2.466			
17:0.....g	0.055	0.007	12	A	1	0.136			
18:0.....g	0.526	0.052	12	A	1	1.293			
20:0.....g	0.010	0.001	11	A	1	0.023			
22:0.....g	0.005	0.001	8	A	1	0.012			
24:0.....g	0.005		2	A	1	0.011			
Fatty acids, total monounsaturated.....g	2.144		0	NC	4	5.275			
14:1.....g	0.041	0.005	12	A	1	0.102			
15:1.....g									
16:1 undifferentiated.....g	0.198	0.020	12	A	1	0.486			
17:1.....g	0.056	0.006	12	A	1	0.139			
18:1 undifferentiated.....g	1.809	0.163	12	A	1	4.451			
20:1.....g	0.037	0.004	12	A	1	0.091			
22:1 undifferentiated.....g	0.006	0.001	5	A	1	0.015			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.427		0	NC	4	1.050			
18:2 undifferentiated.....g	0.319	0.051	12	A	1	0.784			
18:3 undifferentiated.....g	0.103	0.006	12	A	1	0.254			
18:4.....g	0.000		0	FLC	4	0.000			
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.005	0.001	10	A	1	0.012			
20:4 undifferentiated.....g	0.009		1	A	1	0.022			
20:5 n-3.....g	0.000		0	FLC	4	0.000			
22:5 n-3.....g	0.000		0	FLC	4	0.000			
22:6 n-3.....g	0.000		0	FLC	4	0.000			
Fatty acids, total trans.....g									
Cholesterol.....mg	13	0.957	12	A	1	33			
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7	0.0			
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 246g: 1 cup

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22911  
Chili, no beans, canned entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.68	0.898	12	A	1				
Energy.....kcal	118		0	NC	4				
Energy.....kj	495		0	NC	4				
Protein.....g	7.53	0.236	12	A	1				
Total lipid (fat).....g	7.10	0.928	12	A	1				
Ash.....g	1.59	0.043	12	A	1				
Carbohydrate, by difference.....g	6.10		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Sucrose.....g	0.81	0.206	3	A	1				
Glucose (dextrose).....g									
Fructose.....g	0.50	0.101	3	A	1				
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g	3.35	0.340	3	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	30	1.335	12	A	1				
Iron, Fe.....mg	2.01	0.288	12	A	1				
Magnesium, Mg.....mg	20	1.235	12	A	1				
Phosphorus, P.....mg	77	7.320	12	A	1				
Potassium, K.....mg	185	15.440	12	A	1				
Sodium, Na.....mg	389	10.474	12	A	1				
Zinc, Zn.....mg	1.12	0.087	12	A	1				
Copper, Cu.....mg	0.188	0.040	12	A	1				
Manganese, Mn.....mg	0.276	0.041	12	A	1				
Selenium, Se.....mcg	6.5	1.258	6	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.8		2	A	1				
Thiamin.....mg	0.031	0.005	5	A	1				
Riboflavin.....mg	0.111	0.005	6	A	1				
Niacin.....mg	1.245	0.110	6	A	1				
Pantothenic acid.....mg	0.157	0.006	3	A	1				
Vitamin B-6.....mg	0.129	0.011	6	A	1				
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	1.02	0.042	6	A	1				
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.255		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.015	0.005	6	A	1				
13:0.....g									
14:0.....g	0.164	0.031	6	A	1				
15:0.....g	0.030	0.006	6	A	1				
16:0.....g	1.260	0.236	6	A	1				
17:0.....g	0.075	0.015	6	A	1				
18:0.....g	0.687	0.140	6	A	1				

**NDB No. 22911**  
**Chili, no beans, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
20:0.....g	0.011	0.002	6	A	1				
22:0.....g	0.008	0.001	5	A	1				
24:0.....g	0.006		1	A	1				
Fatty acids, total monounsaturated.....g	2.469		0	NC	4				
14:1.....g	0.054	0.010	6	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.241	0.046	6	A	1				
17:1.....g	0.066	0.013	5	A	1				
18:1 undifferentiated.....g	2.057	0.400	5	A	1				
20:1.....g	0.047	0.009	6	A	1				
22:1 undifferentiated.....g	0.004		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.467		0	NC	4				
18:2 undifferentiated.....g	0.408	0.044	6	A	1				
18:3 undifferentiated.....g	0.052	0.007	6	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.007	0.001	6	A	1				
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	21	1.543	6	A	1				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g									
Threonine.....g	0.309		1	A	1				
Isoleucine.....g	0.298		1	A	1				
Leucine.....g	0.559		1	A	1				
Lysine.....g	0.393		1	A	1				
Methionine.....g	0.103		1	A	1				
Cystine.....g									
Phenylalanine.....g	0.284		1	A	1				
Tyrosine.....g	0.188		1	A	1				
Valine.....g	0.378		1	A	1				
Arginine.....g	0.406		1	A	1				
Histidine.....g	0.168		1	A	1				
Alanine.....g	0.522		1	A	1				
Aspartic acid.....g	0.636		1	A	1				
Glutamic acid.....g	1.240		1	A	1				
Glycine.....g	0.625		1	A	1				
Proline.....g	0.457		1	A	1				
Serine.....g	0.332		1	A	1				
Hydroxyproline.....g									

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

**Common Measures:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22592

Cinnamon Swirl French Toast with Sausage, frozen breakfast

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	50.80		1	A	1	79.25	79.25	
Energy.....kcal	266		0	NC	4	415	415	
Energy.....kj	1113				4	1736	1736	
Protein.....g	8.40		1	A	1	13.10	13.10	
Total lipid (fat).....g	14.90		1	A	1	23.24	23.24	
Ash.....g	1.40		1	A	1	2.18	2.18	
Carbohydrate, by difference.....g	24.50		0	NC	4	38.22	38.22	
Fiber, total dietary.....g	1.5		1	A	1	2.3	2.3	
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg								
Iron, Fe.....mg	1.63		1	A	1	2.54	2.54	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	322		1	A	1	502	502	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	4.680		1	A	1	7.301	7.301	
Fatty acids, total monounsaturated.....g	6.040		1	A	1	9.422	9.422	
Fatty acids, total polyunsaturated.....g	2.200		1	A	1	3.432	3.432	
Fatty acids, total trans.....g								
Cholesterol.....mg	63		1	A	1	98	98	
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 156g: 1 package yields

Measure 2 = 156g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.90		1	A	1		335.33	205.93	
Energy.....kcal	117		0	NC	4		497	305	
Energy.....kj	490				4		2080	1278	
Protein.....g	5.80		1	A	1		24.65	15.14	
Total lipid (fat).....g	7.70		1	A	1		32.73	20.10	
Ash.....g	1.40		1	A	1		5.95	3.65	
Carbohydrate, by difference.....g	6.20		0	NC	4		26.35	16.18	
Fiber, total dietary.....g	1.4		1	A	1		6.0	3.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.69		1	A	1		7.18	4.41	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	311		1	A	1		1322	812	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.860		1	A	1		12.155	7.465	
Fatty acids, total monounsaturated.....g	3.370		1	A	1		14.323	8.796	
Fatty acids, total polyunsaturated.....g	0.300		1	A	1		1.275	0.783	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		81	50	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	110		1	A	1		467.500	287.100	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 425g: 1 package yields  
 Measure 2 = 261g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22682

FIESTA CAFE Beef & Bean Chimichanga, frozen

Refuse: 0%

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			Measure 1	Measure 2	Measure 3
			of Data Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	58.30		1	A	1	132.34	132.34	
Energy.....kcal	186		0	NC	4	422	422	
Energy.....kj	778				4	1767	1767	
Protein.....g	10.60		1	A	1	24.06	24.06	
Total lipid (fat).....g	5.10		1	A	1	11.58	11.58	
Ash.....g	1.50		1	A	1	3.41	3.41	
Carbohydrate, by difference.....g	24.50		0	NC	4	55.62	55.62	
Fiber, total dietary.....g	2.7		1	A	1	6.1	6.1	
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg								
Iron, Fe.....mg	3.00		1	A	1	6.81	6.81	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	354		1	A	1	804	804	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Vitamins:</b>								
Vitamin C, total ascorbic acid.....mg	2.6		1	A	1	5.9	5.9	
Thiamin.....mg								
Riboflavin.....mg								
Niacin.....mg								
Pantothenic acid.....mg								
Vitamin B-6.....mg								
Folate, total.....mcg								
Folate, DFE.....mcg_DFE								
Vitamin B-12.....mcg								
Vitamin A, IU.....IU	0		1	A	1	0	0	
Vitamin A, RAE.....mcg_RAE								
Vitamin E (alpha-tocopherol).....mg								
Tocopherol, beta.....mg								
Tocopherol, gamma.....mg								
Tocopherol, delta.....mg								
Vitamin D.....IU								
Vitamin K (phylloquinone).....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.950		1	A	1	2.157	2.157	
Fatty acids, total monounsaturated.....g	1.710		1	A	1	3.882	3.882	
Fatty acids, total polyunsaturated.....g	1.530		1	A	1	3.473	3.473	
Fatty acids, total trans.....g								
Cholesterol.....mg	16		1	A	1	36	36	
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 227g: 1 package yields

Measure 2 = 227g: 1 serving

NDB No. 22682

FIESTA CAFE Beef & Bean Chimichanga, frozen

Calories Factors: Protein

Fat

Carbohydrate

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

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



NDB No. 22710

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

Refuse: 0%

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			Confidence	Measure 1	Measure 2	Measure 3
			of Data	Deriv	Source				
			Points	Code	Code	Code			
<b>Proximates:</b>									
Water.....g	81.20		1	A	1		207.06	207.06	
Energy.....kcal	81		0	NC	4		207	207	
Energy.....kj	339				4		864	864	
Protein.....g	6.00		1	A	1		15.30	15.30	
Total lipid (fat).....g	1.90		1	A	1		4.85	4.85	
Ash.....g	0.90		1	A	1		2.30	2.30	
Carbohydrate, by difference.....g	10.00		0	NC	4		25.50	25.50	
Fiber, total dietary.....g	1.4		1	A	1		3.6	3.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	254		1	A	1		648	648	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.510		1	A	1		1.301	1.301	
Fatty acids, total monounsaturated.....g	0.490		1	A	1		1.250	1.250	
Fatty acids, total polyunsaturated.....g	0.670		1	A	1		1.709	1.709	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	A	1		31	31	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1930		1	A	1		4921.500	4921.500	
Carotene, alpha.....mcg	1120		1	A	1		2856.000	2856.000	
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22600

GREEN GIANT, Broccoli in Cheese Flavored Sauce, frozen

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

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

**Common Measures:**

- Measure 1 = 168g: 1 cup
- Measure 2 = 280g: 1 package
- Measure 3 = 112g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22601

HANOVER, STIR FRY 2, White Rice and Vegetables with Oriental Soy Sauce, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.00		1	A	1		102.75	369.75	102.75
Energy.....kcal	95		0	NC	4		130	467	130
Energy.....kj	396				4		543	1953	543
Protein.....g	3.30		1	A	1		4.52	16.27	4.52
Total lipid (fat).....g	0.30		1	A	1		0.41	1.48	0.41
Ash.....g	1.70		1	A	1		2.33	8.38	2.33
Carbohydrate, by difference.....g	19.70		0	NC	4		26.99	97.12	26.99
Fiber, total dietary.....g	1.8		1	A	1		2.5	8.9	2.5
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	464		1	A	1		636	2288	636
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	11.9		1	A	1		16.3	58.7	16.3
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

**Common Measures:**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22402

HEALTHY CHOICE Beef Macaroni, frozen entree

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

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

**Common Measures:**

Measure 1 = 240g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

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

NDB No. 22606

HEALTHY CHOICE Cacciatore Chicken, Pasta with Chicken Breast Pieces and Vegetables in Cacciatore Sauce, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.58		0	MA	12		288.79	288.79	
Energy.....kcal	75		0	NC	4		266	266	
Energy.....kj	314				4		1111	1111	
Protein.....g	6.21		0	MA	12		21.98	21.98	
Total lipid (fat).....g	1.12		0	MA	12		3.96	3.96	
Ash.....g	0.95		0	MA	12		3.36	3.36	
Carbohydrate, by difference.....g	10.13		0	NC	4		35.86	35.86	
Fiber, total dietary.....g	1.4		0	MA	12		5.0	5.0	
Sugars, total.....g	2.80		0	MA	12		9.91	9.91	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	15		0	MA	12		53	53	
Iron, Fe.....mg	0.63		0	MA	12		2.23	2.23	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	72		0	MA	12		255	255	
Potassium, K.....mg	212		0	MA	12		750	750	
Sodium, Na.....mg	156		0	MA	12		552	552	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.280		0	MA	12		0.991	0.991	
Fatty acids, total monounsaturated.....g	0.670		0	MA	12		2.372	2.372	
Fatty acids, total polyunsaturated.....g	0.180		0	MA	12		0.637	0.637	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		0	MA	12		32	32	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 354g: 1 package yields

Measure 2 = 354g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22588

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.60		0	MA	12		251.52	251.52	
Energy.....kcal	93		0	NC	4		298	298	
Energy.....kj	389				4		1245	1245	
Protein.....g	4.06		0	MA	12		12.99	12.99	
Total lipid (fat).....g	2.10		0	MA	12		6.72	6.72	
Ash.....g	0.87		0	MA	12		2.78	2.78	
Carbohydrate, by difference.....g	14.37		0	NC	4		45.98	45.98	
Fiber, total dietary.....g	1.3		0	MA	12		4.2	4.2	
Sugars, total.....g	2.50		0	MA	12		8.00	8.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	42		0	MA	12		134	134	
Iron, Fe.....mg	0.24		0	MA	12		0.77	0.77	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	74		0	MA	12		237	237	
Potassium, K.....mg	120		0	MA	12		384	384	
Sodium, Na.....mg	176		0	MA	12		563	563	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.7		0	MA	12		18.2	18.2	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	240		0	MA	12		768	768	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.970		0	MA	12		3.104	3.104	
Fatty acids, total monounsaturated.....g	0.810		0	MA	12		2.592	2.592	
Fatty acids, total polyunsaturated.....g	0.320		0	MA	12		1.024	1.024	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		0	MA	12		38	38	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 320g: 1 package yields

Measure 2 = 320g: 1 serving



**NDB No. 22588**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22587

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.00		0	MA	12		249.60	249.60	
Energy.....kcal	86		0	NC	4		268	268	
Energy.....kj	360				4		1123	1123	
Protein.....g	5.47		0	MA	12		17.07	17.07	
Total lipid (fat).....g	1.80		0	MA	12		5.62	5.62	
Ash.....g	0.84		0	MA	12		2.62	2.62	
Carbohydrate, by difference.....g	11.89		0	NC	4		37.10	37.10	
Fiber, total dietary.....g	0.9		0	MA	12		2.8	2.8	
Sugars, total.....g	3.50		0	MA	12		10.92	10.92	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0	MA	12		37	37	
Iron, Fe.....mg	0.35		0	MA	12		1.09	1.09	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	72		0	MA	12		225	225	
Potassium, K.....mg	136		0	MA	12		424	424	
Sodium, Na.....mg	193		0	MA	12		602	602	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.9		0	MA	12		12.2	12.2	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	379		0	MA	12		1182	1182	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.960		0	MA	12		2.995	2.995	
Fatty acids, total monounsaturated.....g	0.690		0	MA	12		2.153	2.153	
Fatty acids, total polyunsaturated.....g	0.150		0	MA	12		0.468	0.468	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	MA	12		44	44	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 312g: 1 package yields

Measure 2 = 312g: 1 serving

**NDB No. 22587**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22619

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.02		0	MA	12		187.25	187.25	
Energy.....kcal	93		0	NC	4		223	223	
Energy.....kj	389				4		934	934	
Protein.....g	7.91		0	MA	12		18.98	18.98	
Total lipid (fat).....g	1.64		0	MA	12		3.94	3.94	
Ash.....g	0.83		0	MA	12		1.99	1.99	
Carbohydrate, by difference.....g	11.60		0	NC	4		27.84	27.84	
Fiber, total dietary.....g	1.3		0	MA	12		3.1	3.1	
Sugars, total.....g	0.00		0	MA	12		0.00	0.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	9		0	MA	12		22	22	
Iron, Fe.....mg	0.43		0	MA	12		1.03	1.03	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	182		0	MA	12		437	437	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.520		0	MA	12		1.248	1.248	
Fatty acids, total monounsaturated.....g	0.750		0	MA	12		1.800	1.800	
Fatty acids, total polyunsaturated.....g	0.370		0	MA	12		0.888	0.888	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	MA	12		26	26	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 240g: 1 package yields

Measure 2 = 240g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22707

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.78		0	MA	12		238.79	238.79	
Energy.....kcal	103		0	NC	4		320	320	
Energy.....kj	431				4		1340	1340	
Protein.....g	6.88		0	MA	12		21.40	21.40	
Total lipid (fat).....g	2.89		0	MA	12		8.99	8.99	
Ash.....g	1.14		0	MA	12		3.55	3.55	
Carbohydrate, by difference.....g	12.31		0	NC	4		38.28	38.28	
Fiber, total dietary.....g	1.6		0	MA	12		5.0	5.0	
Sugars, total.....g	5.30		0	MA	12		16.48	16.48	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	12		0	MA	12		37	37	
Iron, Fe.....mg	0.35		0	MA	12		1.09	1.09	
Magnesium, Mg.....mg									
Phosphorus, P.....mg	87		0	MA	12		271	271	
Potassium, K.....mg	293		0	MA	12		911	911	
Sodium, Na.....mg	158		0	MA	12		491	491	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.940		0	MA	12		2.923	2.923	
Fatty acids, total monounsaturated.....g	1.050		0	MA	12		3.266	3.266	
Fatty acids, total polyunsaturated.....g	0.900		0	MA	12		2.799	2.799	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		0	MA	12		3	3	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 311g: 1 package yields

Measure 2 = 311g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22713

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.45		0	MA	12		224.84	224.84	
Energy.....kcal	104		0	NC	4		310	310	
Energy.....kj	435				4		1297	1297	
Protein.....g	6.06		0	MA	12		18.06	18.06	
Total lipid (fat).....g	1.67		0	MA	12		4.98	4.98	
Ash.....g	0.66		0	MA	12		1.97	1.97	
Carbohydrate, by difference.....g	16.15		0	NC	4		48.13	48.13	
Fiber, total dietary.....g	2.0		0	MA	12		6.0	6.0	
Sugars, total.....g	4.30		0	MA	12		12.81	12.81	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0	MA	12		42	42	
Iron, Fe.....mg	0.50		0	MA	12		1.49	1.49	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	162		0	MA	12		483	483	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1		0	MA	12		9.2	9.2	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	602		0	MA	12		1794	1794	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.670		0	MA	12		1.997	1.997	
Fatty acids, total monounsaturated.....g	0.670		0	MA	12		1.997	1.997	
Fatty acids, total polyunsaturated.....g	0.330		0	MA	12		0.983	0.983	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		0	MA	12		54	54	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 298g: 1 package yields

Measure 2 = 298g: 1 serving

**NDB No. 22713**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22708

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.78		0	MA	12		250.30	250.30	
Energy.....kcal	100		0	NC	4		326	326	
Energy.....kj	418				4		1364	1364	
Protein.....g	5.53		0	MA	12		18.03	18.03	
Total lipid (fat).....g	2.13		0	MA	12		6.94	6.94	
Ash.....g	0.83		0	MA	12		2.71	2.71	
Carbohydrate, by difference.....g	14.73		0	NC	4		48.02	48.02	
Fiber, total dietary.....g	1.9		0	MA	12		6.2	6.2	
Sugars, total.....g	7.30		0	MA	12		23.80	23.80	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	13		0	MA	12		42	42	
Iron, Fe.....mg	0.68		0	MA	12		2.22	2.22	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	143		0	MA	12		466	466	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.6		0	MA	12		11.7	11.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	311		0	MA	12		1014	1014	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.920		0	MA	12		2.999	2.999	
Fatty acids, total monounsaturated.....g	0.860		0	MA	12		2.804	2.804	
Fatty acids, total polyunsaturated.....g	0.350		0	MA	12		1.141	1.141	
Fatty acids, total trans.....g									
Cholesterol.....mg	15		0	MA	12		49	49	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 326g: 1 package yields

Measure 2 = 326g: 1 serving



**NDB No. 22708**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22709

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.81		0	MA	12		264.55	264.55	
Energy.....kcal	93		0	NC	4		316	316	
Energy.....kj	389				4		1323	1323	
Protein.....g	4.51		0	MA	12		15.33	15.33	
Total lipid (fat).....g	1.47		0	MA	12		5.00	5.00	
Ash.....g	0.81		0	MA	12		2.75	2.75	
Carbohydrate, by difference.....g	15.40		0	NC	4		52.36	52.36	
Fiber, total dietary.....g	1.8		0	MA	12		6.1	6.1	
Sugars, total.....g	5.00		0	MA	12		17.00	17.00	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	14		0	MA	12		48	48	
Iron, Fe.....mg	0.66		0	MA	12		2.24	2.24	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	135		0	MA	12		459	459	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.3		0	MA	12		55.4	55.4	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	219		0	MA	12		745	745	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.740		0	MA	12		2.516	2.516	
Fatty acids, total monounsaturated.....g	0.560		0	MA	12		1.904	1.904	
Fatty acids, total polyunsaturated.....g	0.180		0	MA	12		0.612	0.612	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		0	MA	12		37	37	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 340g: 1 package yields

Measure 2 = 340g: 1 serving

**NDB No. 22709**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22604

HEALTHY CHOICE, Cheddar Broccoli Potatoes with Cheese Sauce, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.15		1	MA	12		220.97	220.23	
Energy.....kcal	110		0	MC	9		328	327	
Energy.....kj	460				12		1372	1367	
Protein.....g	4.36		1	MA	12		12.99	12.95	
Total lipid (fat).....g	2.34		1	MA	12		6.97	6.95	
Ash.....g	1.34		1	MA	12		3.99	3.98	
Carbohydrate, by difference.....g	17.80		0	MC	9		53.04	52.87	
Fiber, total dietary.....g	2.0		1	MA	12		6.0	5.9	
Sugars, total.....g	2.50		1	MA	12		7.45	7.43	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	81		1	MA	12		241	241	
Iron, Fe.....mg	0.36		1	MA	12		1.07	1.07	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	185		1	MA	12		551	549	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.7		1	MA	12		28.9	28.8	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	111		1	MA	12		331	330	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.000		1	MA	12		2.980	2.970	
Fatty acids, total monounsaturated.....g	0.730		1	MA	12		2.175	2.168	
Fatty acids, total polyunsaturated.....g	0.610		1	MA	12		1.818	1.812	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	MA	12		27	27	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 298g: 1 package

Measure 2 = 297g: 1 serving

**NDB No. 22604**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22701  
HODGSON MILL, Whole Wheat Macaroni and Cheese Dinner, dry mix

Refuse: 0%

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

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

**Common Measures:**

- Measure 1 = 206g: 1 package
- Measure 2 = 70g: 1 serving
- Measure 3 = 70g: 2.5 oz

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22719

HORMEL Chili with Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:1 undifferentiated.....g	0.070	0.020	3	A	1		0.173	0.173	
17:1.....g									
18:1 undifferentiated.....g	0.610	0.200	3	A	1		1.507	1.507	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.350	0.130	3	A	1		0.865	0.865	
18:2 undifferentiated.....g	0.200	0.060	3	A	1		0.494	0.494	
18:3 undifferentiated.....g	0.150	0.070	3	A	1		0.371	0.371	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	10	3.510	3	A	1		25	25	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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





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

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

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

**Common Measures:**

- Measure 1 = 236g: 1 cup
- Measure 2 = 213g: 1 package yields
- Measure 3 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22698

HORMEL Corned Beef Hash, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.460	0.060	13	A	1		1.086	0.980	1.086
17:1.....g									
18:1 undifferentiated.....g	4.810	0.450	13	A	1		11.352	10.245	11.352
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.300	0.050	12	A	1		0.708	0.639	0.708
18:2 undifferentiated.....g	0.250	0.050	12	A	1		0.590	0.533	0.590
18:3 undifferentiated.....g	0.050	0.020	13	A	1		0.118	0.107	0.118
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	32	2.280	13	A	1		76	68	76
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 236g: 1 cup

Measure 2 = 213g: 1 package yields

Measure 3 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22721

HORMEL Roast Beef Hash, canned entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
16:1 undifferentiated.....g	0.430	0.070	9	A	1	1.015	1.015		
17:1.....g									
18:1 undifferentiated.....g	4.340	0.260	8	A	1	10.242	10.242		
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.270	0.040	8	A	1	0.637	0.637		
18:2 undifferentiated.....g	0.240	0.060	9	A	1	0.566	0.566		
18:3 undifferentiated.....g	0.050	0.020	8	A	1	0.118	0.118		
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	31	1.960	10	A	1	73	73		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 236g: 1 cup

Measure 2 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



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

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:1 undifferentiated.....g	0.010	0.010	13	A	1		0.025	0.021	0.025
17:1.....g									
18:1 undifferentiated.....g	0.160	0.040	13	A	1		0.395	0.341	0.395
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.490	0.090	13	A	1		1.210	1.044	1.210
18:2 undifferentiated.....g	0.310	0.050	13	A	1		0.766	0.660	0.766
18:3 undifferentiated.....g	0.170	0.020	12	A	1		0.420	0.362	0.420
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14	0.577	3	A	1		35	30	35
Phytosterols.....mg									

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

**Common Measures:**

- Measure 1 = 247g: 1 cup
- Measure 2 = 213g: 1 package yields
- Measure 3 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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





NDB No. 22720

HORMEL Vegetarian Chili with Beans, canned entree

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

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

Common Measures:

Measure 1 = 247g: 1 cup

Measure 2 = 247g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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



NDB No. 22694

HORMEL, DINTY MOORE Beef Stew, canned entree

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

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

**Common Measures:**

Measure 1 = 236g: 1 cup

Measure 2 = 425g: 1 package yields

Measure 3 = 236g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22537

**HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen**

Refuse: 0%

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			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
<b>Proximates:</b>									
Water.....g	44.90		1	A	1		114.94	57.47	
Energy.....kcal	266		0	NC	4		681	340	
Energy.....kj	1113				4		2849	1425	
Protein.....g	11.60		1	A	1		29.70	14.85	
Total lipid (fat).....g	11.10		1	A	1		28.42	14.21	
Ash.....g	2.40		1	A	1		6.14	3.07	
Carbohydrate, by difference.....g	30.00		0	NC	4		76.80	38.40	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	196		1	A	1		502	251	
Iron, Fe.....mg	2.04		1	A	1		5.22	2.61	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	520		1	A	1		1331	666	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.520		1	A	1		11.571	5.786	
Fatty acids, total monounsaturated.....g	3.450		1	A	1		8.832	4.416	
Fatty acids, total polyunsaturated.....g	1.160		1	A	1		2.970	1.485	
Fatty acids, total trans.....g									
Cholesterol.....mg	39		1	A	1		100	50	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 256g: 1 package yields

Measure 2 = 128g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22534

**HOT POCKETS, Beef & Cheddar Stuffed Sandwich, frozen**

Refuse: 0%

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			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	44.00		1	A	1	62.48	62.48	
Energy.....kcal	284		0	NC	4	403	403	
Energy.....kj	1188				4	1687	1687	
Protein.....g	11.50		1	A	1	16.33	16.33	
Total lipid (fat).....g	14.20		1	A	1	20.16	20.16	
Ash.....g	2.70		1	A	1	3.83	3.83	
Carbohydrate, by difference.....g	27.60		0	NC	4	39.19	39.19	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	237		1	A	1	337	337	
Iron, Fe.....mg	2.06		1	A	1	2.93	2.93	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	638		1	A	1	906	906	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	6.200		1	A	1	8.804	8.804	
Fatty acids, total monounsaturated.....g	4.689		1	A	1	6.658	6.658	
Fatty acids, total polyunsaturated.....g	0.860		1	A	1	1.221	1.221	
Fatty acids, total trans.....g								
Cholesterol.....mg	37		1	A	1	53	53	
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 142g: 1 package yields

Measure 2 = 142g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22535

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	50.00		1	A	1		128.00	64.00	
Energy.....kcal	235		0	NC	4		602	301	
Energy.....kj	983				4		2517	1259	
Protein.....g	8.90		1	A	1		22.78	11.39	
Total lipid (fat).....g	8.60		1	A	1		22.02	11.01	
Ash.....g	2.10		1	A	1		5.38	2.69	
Carbohydrate, by difference.....g	30.40		0	NC	4		77.82	38.91	
Fiber, total dietary.....g	1.1		1	A	1		2.8	1.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.97		1	A	1		7.60	3.80	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	509		1	A	1		1303	652	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.9		1	A	1		12.5	6.3	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	265		1	A	1		678	339	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.620		1	A	1		6.707	3.354	
Fatty acids, total monounsaturated.....g	3.420		1	A	1		8.755	4.378	
Fatty acids, total polyunsaturated.....g	1.300		1	A	1		3.328	1.664	
Fatty acids, total trans.....g									
Cholesterol.....mg	29		1	A	1		74	37	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	50		1	A	1		128.000	64.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22535**

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

**Common Measures:**

Measure 1 = 256g: 1 package yields

Measure 2 = 128g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22364

JIMMY DEAN, Sausage Biscuits, breakfast sandwich, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	33.50		1	A	1		32.16	16.08	32.16
Energy.....kcal	401		0	NC	4		385	192	385
Energy.....kj	1676				4		1609	805	1609
Protein.....g	9.90		1	A	1		9.50	4.75	9.50
Total lipid (fat).....g	29.40		1	A	1		28.22	14.11	28.22
Ash.....g	3.10		1	A	1		2.98	1.49	2.98
Carbohydrate, by difference.....g	24.10		0	NC	4		23.14	11.57	23.14
Fiber, total dietary.....g	1.5		1	A	1		1.4	0.7	1.4
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	79		1	A	1		75	38	75
Iron, Fe.....mg	1.65		1	A	1		1.58	0.79	1.58
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	918		1	A	1		881	441	881
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	8.970		1	A	1		8.611	4.306	8.611
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	33		1	A	1		31	16	31
Phytosterols.....mg									

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

**Common Measures:**

- Measure 1 = 96g: 1 package
- Measure 2 = 48g: 1 sandwich
- Measure 3 = 96g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22690

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	60.60		1	A	1		155.74	155.74	
Energy.....kcal	204		0	NC	4		524	524	
Energy.....kj	854				4		2194	2194	
Protein.....g	6.90		1	A	1		17.73	17.73	
Total lipid (fat).....g	10.40		1	A	1		26.73	26.73	
Ash.....g	1.50		1	A	1		3.86	3.86	
Carbohydrate, by difference.....g	20.60		0	NC	4		52.94	52.94	
Fiber, total dietary.....g	1.2		1	A	1		3.1	3.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	80		1	A	1		206	206	
Iron, Fe.....mg	1.11		1	A	1		2.85	2.85	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	379		1	A	1		974	974	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.570		1	A	1		6.605	6.605	
Fatty acids, total monounsaturated.....g	4.170		1	A	1		10.717	10.717	
Fatty acids, total polyunsaturated.....g	2.320		1	A	1		5.962	5.962	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		49	49	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 257g: 1 package yields

Measure 2 = 257g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22005

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	7.70		0	MC	9		5.39		
Energy.....kcal	370		0	MC	9		259		
Energy.....kj	1548				9		1084		
Protein.....g	16.20		0	MC	9		11.34		
Total lipid (fat).....g	3.70		0	NR	4		2.59		
Ash.....g	3.60		0	MC	9		2.52		
Carbohydrate, by difference.....g	67.90		0	MC	9		47.53		
Fiber, total dietary.....g	2.1		0	MC	9		1.5		
Sugars, total.....g	10.00		0	MC	9		7.00		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	132		0	MC	9		92		
Iron, Fe.....mg	3.66		0	MC	9		2.56		
Magnesium, Mg.....mg									
Phosphorus, P.....mg	378		0	MC	9		265		
Potassium, K.....mg	423		0	MC	9		296		
Sodium, Na.....mg	802		0	MC	9		561		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.5		0	MC	9		0.4		
Thiamin.....mg	0.960		0	MC	9		0.672		
Riboflavin.....mg	0.590		0	MC	9		0.413		
Niacin.....mg	6.480		0	MC	9		4.536		
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg	93		0	MC	9		65		
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	72		0	MC	9		50		
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.800		0	MC	9		1.260		
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	MC	9		10		
Phytosterols.....mg									

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

**Common Measures:**

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

**Footnotes**

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

**NDB No. 22005**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22613  
 LAS CAMPANAS Beef & Bean Burrito, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.40		1	A	1		52.90		
Energy.....kcal	260		0	NC	4		296		
Energy.....kj	1088				4		1240		
Protein.....g	7.60		1	A	1		8.66		
Total lipid (fat).....g	10.60		1	A	1		12.08		
Ash.....g	1.90		1	A	1		2.17		
Carbohydrate, by difference.....g	33.50		0	NC	4		38.19		
Fiber, total dietary.....g	0.7		1	A	1		0.8		
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.73		1	A	1		3.11		
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	508		1	A	1		579		
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.670		1	A	1		4.184		
Fatty acids, total monounsaturated.....g	4.840		1	A	1		5.518		
Fatty acids, total polyunsaturated.....g	0.690		1	A	1		0.787		
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	A	1		13		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 114g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22538

LEAN POCKETS Glazed Chicken Supreme Stuffed Sandwiches, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	58.90		1	A	1	150.20	75.39	
Energy.....kcal	182		0	NC	4	464	233	
Energy.....kj	761				4	1942	975	
Protein.....g	7.70		1	A	1	19.64	9.86	
Total lipid (fat).....g	4.90		1	A	1	12.50	6.27	
Ash.....g	1.80		1	A	1	4.59	2.30	
Carbohydrate, by difference.....g	26.70		0	NC	4	68.09	34.18	
Fiber, total dietary.....g								
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg	95		1	A	1	242	122	
Iron, Fe.....mg								
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	439		1	A	1	1119	562	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.500		1	A	1	3.825	1.920	
Fatty acids, total monounsaturated.....g	1.940		1	A	1	4.947	2.483	
Fatty acids, total polyunsaturated.....g	0.744		1	A	1	1.897	0.952	
Fatty acids, total trans.....g								
Cholesterol.....mg	18		1	A	1	46	23	
Phytosterols.....mg								
<b>Carotenoids:</b>								
Carotene, beta.....mcg	360		1	A	1	918.000	460.800	
Carotene, alpha.....mcg								
Cryptoxanthin, beta.....mcg								
Lycopene.....mcg								
Lutein + zeaxanthin.....mcg								

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 128g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22697

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.70		1	A	1		167.30	86.97	
Energy.....kcal	145		0	NC	4		329	171	
Energy.....kj	607				4		1377	716	
Protein.....g	4.90		1	A	1		11.12	5.78	
Total lipid (fat).....g	9.40		1	A	1		21.34	11.09	
Ash.....g	1.90		1	A	1		4.31	2.24	
Carbohydrate, by difference.....g	10.10		0	NC	4		22.93	11.92	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	468		1	A	1		1062	552	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.950		1	A	1		4.427	2.301	
Fatty acids, total monounsaturated.....g	2.930		1	A	1		6.651	3.457	
Fatty acids, total polyunsaturated.....g	3.580		1	A	1		8.127	4.224	
Fatty acids, total trans.....g									
Cholesterol.....mg	26		1	A	1		59	31	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 227g: 1 package yields

Measure 2 = 118g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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





NDB No. 22702

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

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

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

**Common Measures:**

Measure 1 = 93g: 1 cup

Measure 2 = 124g: 1 package

Measure 3 = 62g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22916

Lasagna with meat & sauce, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.72	0.694	6	A	1				
Energy.....kcal	127		0	NC	4				
Energy.....kj	532		0	NC	4				
Protein.....g	8.26	0.581	6	A	1				
Total lipid (fat).....g	4.73	0.463	6	A	1				
Ash.....g	1.42	0.043	6	A	1				
Carbohydrate, by difference.....g	12.87		0	NC	4				
Fiber, total dietary.....g	1.2		1	A	1				
Sugars, total.....g									
Sucrose.....g	0.61	0.156	3	A	1				
Glucose (dextrose).....g	0.70	0.034	3	A	1				
Fructose.....g	0.82	0.066	3	A	1				
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g	8.39	1.185	3	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	102	11.287	6	A	1				
Iron, Fe.....mg	0.85	0.066	6	A	1				
Magnesium, Mg.....mg	19	0.575	6	A	1				
Phosphorus, P.....mg	75	18.643	6	A	1				
Potassium, K.....mg	158	7.349	6	A	1				
Sodium, Na.....mg	280	11.721	6	A	1				
Zinc, Zn.....mg	1.00	0.068	6	A	1				
Copper, Cu.....mg	0.422	0.270	6	A	1				
Manganese, Mn.....mg	0.160	0.012	6	A	1				
Selenium, Se.....mcg	16.3	3.528	3	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	21.5		1	A	1				
Thiamin.....mg	0.057	0.019	3	A	1				
Riboflavin.....mg	0.145	0.007	3	A	1				
Niacin.....mg	1.286	0.016	3	A	1				
Pantothenic acid.....mg	0.106		2	A	1				
Vitamin B-6.....mg	0.070	0.005	3	A	1				
Folate, total.....mcg	14	3.469	3	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.74	0.166	3	A	1				
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.245		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.008	0.002	4	A	1				
10:0.....g	0.047	0.007	4	A	1				
12:0.....g	0.070	0.011	4	A	1				
13:0.....g	0.003	0.000	3	A	1				
14:0.....g	0.273	0.041	4	A	1				
15:0.....g	0.038	0.007	4	A	1				
16:0.....g	1.160	0.156	4	A	1				
17:0.....g	0.042	0.008	4	A	1				
18:0.....g	0.583	0.098	4	A	1				

NDB No. 22916

Lasagna with meat & sauce, frozen entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code	Code			
20:0.....g	0.014	0.002	4	A		1			
22:0.....g	0.005	0.000	4	A		1			
24:0.....g	0.009		2	A		1			
Fatty acids, total monounsaturated.....g	1.781		0	NC		4			
14:1.....g	0.040	0.006	4	A		1			
15:1.....g									
16:1 undifferentiated.....g	0.123	0.020	4	A		1			
17:1.....g	0.038	0.005	4	A		1			
18:1 undifferentiated.....g	1.547	0.218	4	A		1			
20:1.....g	0.033	0.003	4	A		1			
22:1 undifferentiated.....g	0.002		1	A		1			
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.336		0	NC		4			
18:2 undifferentiated.....g	0.292	0.032	4	A		1			
18:3 undifferentiated.....g	0.039	0.004	4	A		1			
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.006	0.001	3	A		1			
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	15	2.224	3	A		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:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22915

Lasagna with meat & sauce, low-fat, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.36	0.337	3	A	1				
Energy.....kcal	101		0	NC	4				
Energy.....kj	424		0	NC	4				
Protein.....g	6.81	0.391	3	A	1				
Total lipid (fat).....g	2.23	0.465	3	A	1				
Ash.....g	1.10	0.027	3	A	1				
Carbohydrate, by difference.....g	13.50		0	NC	4				
Fiber, total dietary.....g	1.3		1	A	1				
Sugars, total.....g									
Sucrose.....g	0.50		2	A	1				
Glucose (dextrose).....g	0.75		2	A	1				
Fructose.....g	0.76		2	A	1				
Lactose.....g									
Maltose.....g									
Galactose.....g									
Starch.....g	9.45		2	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	108		2	A	1				
Iron, Fe.....mg	0.97	0.077	3	A	1				
Magnesium, Mg.....mg	19	0.586	3	A	1				
Phosphorus, P.....mg	34	4.943	3	A	1				
Potassium, K.....mg	150	14.810	3	A	1				
Sodium, Na.....mg	181	8.386	3	A	1				
Zinc, Zn.....mg	0.86	0.052	3	A	1				
Copper, Cu.....mg	0.167	0.058	3	A	1				
Manganese, Mn.....mg	0.213	0.007	3	A	1				
Selenium, Se.....mcg	13.0		2	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.9		1	A	1				
Thiamin.....mg	0.038		2	A	1				
Riboflavin.....mg	0.126		2	A	1				
Niacin.....mg	1.221		2	A	1				
Pantothenic acid.....mg	0.107		1	A	1				
Vitamin B-6.....mg	0.122		2	A	1				
Folate, total.....mcg	38		1	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.45		2	A	1				
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.967		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g	0.002		1	A	1				
10:0.....g	0.016		2	A	1				
12:0.....g	0.029		2	A	1				
13:0.....g	0.002		1	A	1				
14:0.....g	0.119		2	A	1				
15:0.....g	0.018		2	A	1				
16:0.....g	0.516		2	A	1				
17:0.....g	0.019		2	A	1				
18:0.....g	0.240		2	A	1				

NDB No. 22915

Lasagna with meat & sauce, low-fat, frozen entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
20:0.....g	0.010		1	A	1				
22:0.....g	0.005		2	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	0.698		0	NC	4				
14:1.....g	0.019		2	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.049		2	A	1				
17:1.....g	0.025		2	A	1				
18:1 undifferentiated.....g	0.602		2	A	1				
20:1.....g									
22:1 undifferentiated.....g	0.004		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.279		0	NC	4				
18:2 undifferentiated.....g	0.244		2	A	1				
18:3 undifferentiated.....g	0.034		2	A	1				
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g	0.004		1	A	1				
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	7		2	A	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:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22909  
Lasagna, cheese, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.72	0.461	3	A	1				
Energy.....kcal	124		0	NC	4				
Energy.....kj	521		0	NC	4				
Protein.....g	6.37		2	A	1				
Total lipid (fat).....g	4.98	0.203	4	A	1				
Ash.....g	1.40	0.055	4	A	1				
Carbohydrate, by difference.....g	13.53		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g	3.93		0	AS	1				
Sucrose.....g	0.30		2	A	1				
Glucose (dextrose).....g	1.39		2	A	1				
Fructose.....g	0.77		2	A	1				
Lactose.....g	1.02		2	A	1				
Maltose.....g	0.39		2	A	1				
Galactose.....g	0.05		2	A	1				
Starch.....g	8.88		2	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	113	4.435	3	A	1				
Iron, Fe.....mg	0.68	0.041	3	A	1				
Magnesium, Mg.....mg	20	0.689	3	A	1				
Phosphorus, P.....mg	105	2.963	3	A	1				
Potassium, K.....mg	160	8.141	3	A	1				
Sodium, Na.....mg	275	12.868	3	A	1				
Zinc, Zn.....mg	0.89	0.030	3	A	1				
Copper, Cu.....mg	0.108	0.009	3	A	1				
Manganese, Mn.....mg	0.165	0.005	3	A	1				
Selenium, Se.....mcg	22.1		2	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.0	10.382	3	A	1				
Thiamin.....mg	0.113	0.022	3	A	1				
Riboflavin.....mg	0.144	0.012	3	A	1				
Niacin.....mg	1.152	0.089	3	A	1				
Pantothenic acid.....mg	0.190	0.013	3	A	1				
Vitamin B-6.....mg	0.062	0.001	3	A	1				
Folate, total.....mcg	20	5.267	3	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.61	0.108	3	A	1				
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE	0		0	NC	4				
Vitamin E (alpha-tocopherol).....mg	0.84		2	A	1				
Tocopherol, beta.....mg	0.02		2	A	1				
Tocopherol, gamma.....mg	0.66		2	A	1				
Tocopherol, delta.....mg	0.09		2	A	1				
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	5.2		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.916		0	NC	4				
4:0.....g	0.000	0.000	4	A	1				
6:0.....g	0.000	0.000	4	A	1				
8:0.....g	0.000	0.000	4	A	1				
10:0.....g	0.000	0.000	4	A	1				
12:0.....g	0.053	0.031	4	A	1				
13:0.....g									
14:0.....g	0.325	0.030	4	A	1				
15:0.....g	0.000	0.000	4	A	1				
16:0.....g	1.109	0.063	4	A	1				
17:0.....g	0.000	0.000	4	A	1				
18:0.....g	0.429	0.026	4	A	1				

NDB No. 22909  
Lasagna, cheese, frozen entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
20:0.....g	0.000	0.000	4	A	1				
22:0.....g	0.000	0.000	4	A	1				
24:0.....g	0.000	0.000	4	A	1				
Fatty acids, total monounsaturated.....g	1.470		0	NC	4				
14:1.....g	0.000	0.000	4	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.082	0.027	4	A	1				
17:1.....g									
18:1 undifferentiated.....g	1.388	0.048	4	A	1				
20:1.....g	0.000	0.000	4	A	1				
22:1 undifferentiated.....g	0.000	0.000	4	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.938		0	NC	4				
18:2 undifferentiated.....g	0.876	0.101	4	A	1				
18:3 undifferentiated.....g	0.062	0.036	4	A	1				
18:4.....g	0.000	0.000	4	A	1				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000	0.000	4	A	1				
20:5 n-3.....g	0.000	0.000	4	A	1				
22:5 n-3.....g	0.000	0.000	4	A	1				
22:6 n-3.....g	0.000	0.000	4	A	1				
Fatty acids, total trans.....g									
Cholesterol.....mg	12	1.391	4	A	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:

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22677

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.37		0	MA	12		247.92	247.92	
Energy.....kcal	163		0	NC	4		600	600	
Energy.....kj	682				4		2510	2510	
Protein.....g	8.26		0	MA	12		30.40	30.40	
Total lipid (fat).....g	7.34		0	MA	12		27.01	27.01	
Ash.....g	1.08		0	MA	12		3.97	3.97	
Carbohydrate, by difference.....g	15.95		0	NC	4		58.70	58.70	
Fiber, total dietary.....g	1.2		1	A	1		4.4	4.4	
Sugars, total.....g	2.20		0	MA	12		8.10	8.10	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	19		0	MA	12		70	70	
Iron, Fe.....mg	0.49		0	MA	12		1.80	1.80	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	310		0	MA	12		1141	1141	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	59		0	MA	12		217	217	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.010		0	MA	12		11.077	11.077	
Fatty acids, total monounsaturated.....g	3.250		0	MA	12		11.960	11.960	
Fatty acids, total polyunsaturated.....g	1.080		0	MA	12		3.974	3.974	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		0	MA	12		70	70	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 368g: 1 package yields

Measure 2 = 368g: 1 serving



**NDB No. 22677**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22526

MARIE CALLENDER'S Chicken Pot Pie, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	61.37		0	MA	12		143.61	286.60	143.61
Energy.....kcal	214		0	NC	4		501	999	501
Energy.....kj	895				4		2095	4181	2095
Protein.....g	5.28		0	MA	12		12.36	24.66	12.36
Total lipid (fat).....g	13.08		0	MA	12		30.61	61.08	30.61
Ash.....g	1.40		0	MA	12		3.28	6.54	3.28
Carbohydrate, by difference.....g	18.87		0	NC	4		44.16	88.12	44.16
Fiber, total dietary.....g									
Sugars, total.....g	4.00		0	MA	12		9.36	18.68	9.36
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	16		0	MA	12		37	75	37
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	445		0	MA	12		1041	2078	1041
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	0.0
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	484		0	MA	12		1133	2260	1133
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	5.400		0	MA	12		12.636	25.218	12.636
Fatty acids, total monounsaturated.....g	5.270		0	MA	12		12.332	24.611	12.332
Fatty acids, total polyunsaturated.....g	2.410		0	MA	12		5.639	11.255	5.639
Fatty acids, total trans.....g									
Cholesterol.....mg	6		0	MA	12		14	28	14
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 234g: 1 cup

Measure 2 = 467g: 1 package yields

Measure 3 = 234g: 1 serving

**NDB No. 22526**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22685

MARIE CALLENDER'S Escalloped Noodles & Chicken, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	67.30		0	MA	12		156.14	247.66	115.08
Energy.....kcal	171		0	NC	4		397	629	292
Energy.....kj	715				4		1660	2633	1223
Protein.....g	5.60		0	MA	12		12.99	20.61	9.58
Total lipid (fat).....g	9.14		0	MA	12		21.20	33.64	15.63
Ash.....g	1.43		0	MA	12		3.32	5.26	2.45
Carbohydrate, by difference.....g	16.53		0	NC	4		38.35	60.83	28.27
Fiber, total dietary.....g									
Sugars, total.....g	2.60		0	MA	12		6.03	9.57	4.45
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	45		0	MA	12		104	166	77
Iron, Fe.....mg	0.85		0	MA	12		1.97	3.13	1.45
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	434		0	MA	12		1007	1597	742
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	0.0
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	529		0	MA	12		1227	1947	905
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.130		0	MA	12		7.262	11.518	5.352
Fatty acids, total monounsaturated.....g	2.720		0	MA	12		6.310	10.010	4.651
Fatty acids, total polyunsaturated.....g	3.280		0	MA	12		7.610	12.070	5.609
Fatty acids, total trans.....g									
Cholesterol.....mg									
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 232g: 1 cup

Measure 2 = 368g: 1 package yields

Measure 3 = 171g: 1 serving

**NDB No. 22685**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22599

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.57		0	MA	12		288.10	288.10	
Energy.....kcal	127		0	NC	4		504	504	
Energy.....kj	531				4		2110	2110	
Protein.....g	7.82		0	MA	12		31.05	31.05	
Total lipid (fat).....g	4.79		0	MA	12		19.02	19.02	
Ash.....g	1.76		0	MA	12		6.99	6.99	
Carbohydrate, by difference.....g	13.06		0	NC	4		51.85	51.85	
Fiber, total dietary.....g									
Sugars, total.....g	2.80		0	MA	12		11.12	11.12	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	33		0	MA	12		131	131	
Iron, Fe.....mg	1.10		0	MA	12		4.37	4.37	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	513		0	MA	12		2037	2037	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.0		0	MA	12		23.8	23.8	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	100		0	MA	12		397	397	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.290		0	MA	12		9.091	9.091	
Fatty acids, total monounsaturated.....g	2.060		0	MA	12		8.178	8.178	
Fatty acids, total polyunsaturated.....g	0.440		0	MA	12		1.747	1.747	
Fatty acids, total trans.....g									
Cholesterol.....mg	20		0	MA	12		79	79	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 397g: 1 package yields

Measure 2 = 397g: 1 serving

**NDB No. 22599**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22676

MARQUEZ PRIMERA Shredded Beef, Green Chili & Monterey Jack Cheese Burrito, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	50.80		1	A	1		72.14	72.14	
Energy.....kcal	228		0	NC	4		324	324	
Energy.....kj	954				4		1355	1355	
Protein.....g	10.50		1	A	1		14.91	14.91	
Total lipid (fat).....g	8.20		1	A	1		11.64	11.64	
Ash.....g	2.40		1	A	1		3.41	3.41	
Carbohydrate, by difference.....g	28.10		0	NC	4		39.90	39.90	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	88		1	A	1		125	125	
Iron, Fe.....mg	2.01		1	A	1		2.85	2.85	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	541		1	A	1		768	768	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.650		1	A	1		3.763	3.763	
Fatty acids, total monounsaturated.....g	2.400		1	A	1		3.408	3.408	
Fatty acids, total polyunsaturated.....g	1.880		1	A	1		2.670	2.670	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		27	27	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 142g: 1 package yields

Measure 2 = 142g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22608

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.20		1	A	1		210.73	210.73	
Energy.....kcal	110		0	NC	4		312	312	
Energy.....kj	460				4		1307	1307	
Protein.....g	4.80		1	A	1		13.63	13.63	
Total lipid (fat).....g	2.50		1	A	1		7.10	7.10	
Ash.....g	1.40		1	A	1		3.98	3.98	
Carbohydrate, by difference.....g	17.10		0	NC	4		48.56	48.56	
Fiber, total dietary.....g	2.2		1	A	1		6.2	6.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.03		1	A	1		2.93	2.93	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	356		1	A	1		1011	1011	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.1		1	A	1		8.8	8.8	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	183		1	A	1		520	520	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.779		1	A	1		2.212	2.212	
Fatty acids, total monounsaturated.....g	0.925		1	A	1		2.627	2.627	
Fatty acids, total polyunsaturated.....g	0.370		1	A	1		1.051	1.051	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		14	14	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	110		1	A	1		312.400	312.400	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22608**

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

**Common Measures:**

Measure 1 = 284g: 1 package yields

Measure 2 = 284g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22539

MRS PATERSON'S AUSSIE PIE, Hand Held Chicken Pie, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	48.10		1	A	1		75.04	75.04	
Energy.....kcal	278		0	NC	4		434	434	
Energy.....kj	1163				4		1815	1815	
Protein.....g	9.40		1	A	1		14.66	14.66	
Total lipid (fat).....g	15.40		1	A	1		24.02	24.02	
Ash.....g	1.60		1	A	1		2.50	2.50	
Carbohydrate, by difference.....g	25.50		0	NC	4		39.78	39.78	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.93		1	A	1		3.01	3.01	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	512		1	A	1		799	799	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.600		1	A	1		7.176	7.176	
Fatty acids, total monounsaturated.....g	5.320		1	A	1		8.299	8.299	
Fatty acids, total polyunsaturated.....g	2.740		1	A	1		4.274	4.274	
Fatty acids, total trans.....g									
Cholesterol.....mg	31		1	A	1		48	48	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	140		1	A	1		218.400	218.400	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 156g: 1 package yields

Measure 2 = 156g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22247

Macaroni and Cheese, canned entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.39		2	A	1		198.60		
Energy.....kcal	82		0	NC	4		199		
Energy.....kj	342		0	NC	4		834		
Protein.....g	3.38		2	A	1		8.24		
Total lipid (fat).....g	2.46		2	A	1		5.99		
Ash.....g	1.25		2	A	1		3.06		
Carbohydrate, by difference.....g	11.52		0	NC	4		28.11		
Fiber, total dietary.....g	0.5		2	A	1		1.3		
Sugars, total.....g	0.50		2	A	1		1.21		
Sucrose.....g	0.00		2	A	1		0.00		
Glucose (dextrose).....g	0.00		2	A	1		0.00		
Fructose.....g	0.00		2	A	1		0.00		
Lactose.....g	0.30		2	A	1		0.73		
Maltose.....g	0.20		2	A	1		0.48		
Galactose.....g	0.00		2	A	1		0.00		
Starch.....g	9.68		2	A	1		23.61		
<b>Minerals:</b>									
Calcium, Ca.....mg	35		2	A	1		84		
Iron, Fe.....mg	0.90		2	A	1		2.20		
Magnesium, Mg.....mg	9		2	A	1		21		
Phosphorus, P.....mg	47		2	A	1		114		
Potassium, K.....mg	84		2	A	1		206		
Sodium, Na.....mg	421		2	A	1		1026		
Zinc, Zn.....mg	0.45		2	A	1		1.09		
Copper, Cu.....mg	0.296		2	A	1		0.722		
Manganese, Mn.....mg	0.224		2	A	1		0.546		
Selenium, Se.....mcg	9.5		2	A	1		23.2		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	A	1		0.0		
Thiamin.....mg	0.101		2	A	1		0.246		
Riboflavin.....mg	0.114		2	A	1		0.277		
Niacin.....mg	1.183		2	A	1		2.887		
Pantothenic acid.....mg	0.074		1	A	1		0.182		
Vitamin B-6.....mg	0.037		2	A	1		0.091		
Folate, total.....mcg	14		0	FLA	4		33		
Folic acid.....mcg	11		0	FLA	4		28		
Folate, food.....mcg	2		0	FLA	4		5		
Folate, DFE.....mcg_DFE	22		0	NC	4		53		
Vitamin B-12.....mcg	0.15		2	A	1		0.36		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	65		0	NC	4		158		
Vitamin A, RAE.....mcg_RAE	17		0	NC	4		42		
Retinol.....mcg	17		0	FLA	4		41		
Vitamin E (alpha-tocopherol).....mg	0.05		0	FLA	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	0.2		0	FLA	4		0.5		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.881		0	NC	4		2.148		
4:0.....g	0.000		2	A	1		0.000		
6:0.....g	0.000		2	A	1		0.000		
8:0.....g	0.000		2	A	1		0.000		
10:0.....g	0.000		2	A	1		0.000		
12:0.....g	0.000		2	A	1		0.000		
13:0.....g	0.000		2	A	1		0.000		

Macaroni and Cheese, canned entree

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
14:0.....g	0.175		2	A	1		0.427		
15:0.....g	0.000		2	A	1		0.000		
16:0.....g	0.591		2	A	1		1.441		
17:0.....g	0.000		2	A	1		0.000		
18:0.....g	0.115		2	A	1		0.281		
20:0.....g	0.000		2	A	1		0.000		
22:0.....g	0.000		2	A	1		0.000		
24:0.....g	0.000		2	A	1		0.000		
Fatty acids, total monounsaturated.....g	0.600		0	NC	4		1.464		
14:1.....g	0.000		2	A	1		0.000		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.000		2	A	1		0.000		
17:1.....g	0.000		2	A	1		0.000		
18:1 undifferentiated.....g	0.600		2	A	1		1.464		
20:1.....g	0.000		2	A	1		0.000		
22:1 undifferentiated.....g	0.000		2	A	1		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	0.303		0	NC	4		0.739		
18:2 undifferentiated.....g	0.303		2	A	1		0.739		
18:3 undifferentiated.....g	0.000		2	A	1		0.000		
18:4.....g	0.000		2	A	1		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		2	A	1		0.000		
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	6		2	A	1		16		
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.046		0	FLA	4		0.113		
Threonine.....g	0.120		0	FLA	4		0.293		
Isoleucine.....g	0.164		0	FLA	4		0.400		
Leucine.....g	0.284		0	FLA	4		0.692		
Lysine.....g	0.160		0	FLA	4		0.391		
Methionine.....g	0.059		0	FLA	4		0.143		
Cystine.....g	0.046		0	FLA	4		0.112		
Phenylalanine.....g	0.175		0	FLA	4		0.427		
Tyrosine.....g	0.104		0	FLA	4		0.254		
Valine.....g	0.182		0	FLA	4		0.445		
Arginine.....g	0.125		0	FLA	4		0.304		
Histidine.....g	0.094		0	FLA	4		0.229		
Alanine.....g	0.106		0	FLA	4		0.259		
Aspartic acid.....g	0.185		0	FLA	4		0.451		
Glutamic acid.....g	1.040		0	FLA	4		2.539		
Glycine.....g	0.091		0	FLA	4		0.223		
Proline.....g	0.395		0	FLA	4		0.965		
Serine.....g	0.175		0	FLA	4		0.427		
Hydroxyproline.....g	0.000		0	FLA	4		0.000		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLA	4		0.0		
Caffeine.....mg	0		0	FLA	4		0		
Theobromine.....mg	0		0	FLA	4		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	5		0	FLA	4		12.888		
Carotene, alpha.....mcg	0		0	FLA	4		0.021		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.030		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	2		0	FLA	4		5.356		

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

NDB No. 22247

Macaroni and Cheese, canned entree

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

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food, or similar food.

**Common Measures:**

Measure 1 = 244g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22513  
 NALLEY Chili Con Carne with Beans, canned entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	74.60		1	A	1	317.05	192.47	
Energy.....kcal	109		0	NC	4	463	281	
Energy.....kj	456				4	1938	1177	
Protein.....g	15.60		1	A	1	66.30	40.25	
Total lipid (fat).....g	3.10		1	A	1	13.18	8.00	
Ash.....g	2.10		1	A	1	8.93	5.42	
Carbohydrate, by difference.....g	4.60		0	NC	4	19.55	11.87	
Fiber, total dietary.....g	5.0		1	A	1	21.3	12.9	
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg								
Iron, Fe.....mg	1.78		1	A	1	7.57	4.59	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	477		1	A	1	2027	1231	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	1.080		1	A	1	4.590	2.786	
Fatty acids, total monounsaturated.....g	1.180		1	A	1	5.015	3.044	
Fatty acids, total polyunsaturated.....g	0.328		1	A	1	1.394	0.846	
Fatty acids, total trans.....g								
Cholesterol.....mg	10		1	A	1	43	26	
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 425g: 1 package yields

Measure 2 = 258g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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





NDB No. 22215

NESTLE, CHEF-MATE Chili with Beans, canned entree

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

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

**Common Measures:**

Measure 1 = 253g: 1 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

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



NDB No. 22216

NESTLE, CHEF-MATE Chili without Beans, canned entree

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

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

**Common Measures:**

Measure 1 = 250g: 1 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

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



NDB No. 22217

NESTLE, CHEF-MATE Corned Beef Hash, canned entree

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

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

**Common Measures:**

Measure 1 = 253g: 1 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	76.90		1	A	1	326.83	175.33	
Energy.....kcal	109		0	NC	4	463	249	
Energy.....kj	456				4	1938	1040	
Protein.....g	7.70		1	A	1	32.73	17.56	
Total lipid (fat).....g	4.50		1	A	1	19.13	10.26	
Ash.....g	1.40		1	A	1	5.95	3.19	
Carbohydrate, by difference.....g	9.50		0	NC	4	40.38	21.66	
Fiber, total dietary.....g	4.3		1	A	1	18.3	9.8	
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg								
Iron, Fe.....mg	1.18		1	A	1	5.02	2.69	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	258		1	A	1	1097	588	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.904		1	A	1	3.842	2.061	
Fatty acids, total monounsaturated.....g	1.870		1	A	1	7.948	4.264	
Fatty acids, total polyunsaturated.....g	0.985		1	A	1	4.186	2.246	
Fatty acids, total trans.....g								
Cholesterol.....mg	16		1	A	1	68	36	
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 425g: 1 package yields

Measure 2 = 228g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22584

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	50.46		0	MA	12		70.64	70.64	
Energy.....kcal	232		0	NC	4		325	325	
Energy.....kj	971				4		1359	1359	
Protein.....g	7.09		0	MA	12		9.93	9.93	
Total lipid (fat).....g	8.52		0	MA	12		11.93	11.93	
Ash.....g	2.24		0	MA	12		3.14	3.14	
Carbohydrate, by difference.....g	31.70		0	NC	4		44.38	44.38	
Fiber, total dietary.....g	2.8		0	MA	12		3.9	3.9	
Sugars, total.....g	2.10		0	MA	12		2.94	2.94	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	21		0	MA	12		29	29	
Iron, Fe.....mg	0.71		0	MA	12		0.99	0.99	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	628		0	MA	12		879	879	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		0	MA	12		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		0	MA	12		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.850		0	MA	12		3.990	3.990	
Fatty acids, total monounsaturated.....g	3.250		0	MA	12		4.550	4.550	
Fatty acids, total polyunsaturated.....g	2.410		0	MA	12		3.374	3.374	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		0	MA	12		20	20	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 140g: 1 package yields

Measure 2 = 140g: 1 serving

**NDB No. 22584**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22586

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.00		1	A	1		266.96	266.96	
Energy.....kcal	135		0	NC	4		508	508	
Energy.....kj	565				4		2124	2124	
Protein.....g	3.70		1	A	1		13.91	13.91	
Total lipid (fat).....g	5.30		1	A	1		19.93	19.93	
Ash.....g	1.80		1	A	1		6.77	6.77	
Carbohydrate, by difference.....g	18.20		0	NC	4		68.43	68.43	
Fiber, total dietary.....g	2.2		1	A	1		8.3	8.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	64		1	A	1		241	241	
Iron, Fe.....mg	0.76		1	A	1		2.86	2.86	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	482		1	A	1		1812	1812	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	1.3		1	A	1		4.9	4.9	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	167		1	A	1		628	628	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.800		1	A	1		6.768	6.768	
Fatty acids, total monounsaturated.....g	2.050		1	A	1		7.708	7.708	
Fatty acids, total polyunsaturated.....g	0.720		1	A	1		2.707	2.707	
Fatty acids, total trans.....g									
Cholesterol.....mg	7		1	A	1		26	26	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	100		1	A	1		376.000	376.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22586**

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

**Common Measures:**

Measure 1 = 376g: 1 package yields

Measure 2 = 376g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22522

Pasta with Sliced Franks in Tomato Sauce, canned entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.20		1	A	1		197.06		
Energy.....kcal	104		0	NC	4		262		
Energy.....kj	434		0	NC	4		1094		
Protein.....g	3.70		1	A	1		9.32		
Total lipid (fat).....g	4.60		1	A	1		11.59		
Ash.....g	1.60		1	A	1		4.03		
Carbohydrate, by difference.....g	11.90		0	NC	4		29.99		
Fiber, total dietary.....g	0.9		1	A	1		2.3		
Sugars, total.....g	3.20		0	FLM	4		8.06		
Sucrose.....g	0.00		0	FLM	4		0.01		
Glucose (dextrose).....g	1.62		0	FLM	4		4.08		
Fructose.....g	1.57		0	FLM	4		3.96		
Lactose.....g	0.00		0	FLM	4		0.01		
Maltose.....g	0.00		0	FLM	4		0.00		
Galactose.....g	0.00		0	FLM	4		0.00		
Starch.....g	3.78		0	FLM	4		9.53		
<b>Minerals:</b>									
Calcium, Ca.....mg	18		0	FLM	4		47		
Iron, Fe.....mg	0.91		1	A	1		2.29		
Magnesium, Mg.....mg	14		0	FLM	4		36		
Phosphorus, P.....mg	43		0	FLM	4		108		
Potassium, K.....mg	191		0	FLM	4		480		
Sodium, Na.....mg	482		1	A	1		1215		
Zinc, Zn.....mg	0.52		0	FLM	4		1.31		
Copper, Cu.....mg	0.136		0	FLM	4		0.343		
Manganese, Mn.....mg	0.129		0	FLM	4		0.326		
Selenium, Se.....mcg	8.0		0	FLM	4		20.1		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	3.8		0	FLM	4		9.6		
Thiamin.....mg	0.078		0	FLM	4		0.197		
Riboflavin.....mg	0.069		0	FLM	4		0.175		
Niacin.....mg	1.157		0	FLM	4		2.917		
Pantothenic acid.....mg	0.240		0	FLM	4		0.604		
Vitamin B-6.....mg	0.073		0	FLM	4		0.185		
Folate, total.....mcg	15		0	FLM	4		38		
Folic acid.....mcg	9		0	O	4		23		
Folate, food.....mcg	6		0	FLM	4		15		
Folate, DFE.....mcg_DFE	21		0	NC	4		53		
Vitamin B-12.....mcg	0.19		0	FLM	4		0.49		
Vitamin B-12, added.....mcg	0.00		0	FLM	4		0.00		
Vitamin A, IU.....IU	132		0	NC	4		332		
Vitamin A, RAE.....mcg_RAE	10		0	NC	4		26		
Retinol.....mcg	4		0	FLM	4		11		
Vitamin E (alpha-tocopherol).....mg	0.74		0	FLM	4		1.87		
Vitamin E, added.....mg	0.00		0	FLM	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.6		0	FLM	4		3.9		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.470		1	A	1		3.704		
4:0.....g	0.006		0	FLM	4		0.015		
6:0.....g	0.003		0	FLM	4		0.008		
8:0.....g	0.002		0	FLM	4		0.004		
10:0.....g	0.013		0	FLM	4		0.033		
12:0.....g	0.011		0	FLM	4		0.028		
13:0.....g	0.000		0	FLM	4		0.000		

NDB No. 22522

Pasta with Sliced Franks in Tomato Sauce, canned entree

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
14:0.....g	0.084		0	FLM	4		0.212		
15:0.....g	0.000		0	FLM	4		0.000		
16:0.....g	0.872		0	FLM	4		2.197		
17:0.....g	0.000		0	FLM	4		0.000		
18:0.....g	0.474		0	FLM	4		1.194		
20:0.....g	0.000		0	FLM	4		0.000		
22:0.....g	0.000		0	FLM	4		0.000		
24:0.....g	0.000		0	FLM	4		0.000		
Fatty acids, total monounsaturated.....g	1.900		1	A	1		4.788		
14:1.....g	0.000		0	FLM	4		0.000		
15:1.....g	0.000		0	FLM	4		0.000		
16:1 undifferentiated.....g	0.172		0	FLM	4		0.433		
17:1.....g	0.000		0	FLM	4		0.000		
18:1 undifferentiated.....g	1.664		0	FLM	4		4.192		
20:1.....g	0.012		0	FLM	4		0.031		
22:1 undifferentiated.....g	0.050		0	FLM	4		0.125		
24:1 c.....g	0.000		0	FLM	4		0.000		
Fatty acids, total polyunsaturated.....g	0.598		1	A	1		1.507		
18:2 undifferentiated.....g	0.513		0	FLM	4		1.293		
18:3 undifferentiated.....g	0.094		0	FLM	4		0.236		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLM	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		23		
Phytosterols.....mg	0		0	FLM	4		0		
Stigmasterol.....mg	0		0	FLM	4		0		
Campesterol.....mg	0		0	FLM	4		0		
Beta-sitosterol.....mg	0		0	FLM	4		0		
<b>Amino Acids:</b>									
Tryptophan.....g	0.038		0	FLM	4		0.096		
Threonine.....g	0.123		0	FLM	4		0.310		
Isoleucine.....g	0.130		0	FLM	4		0.326		
Leucine.....g	0.229		0	FLM	4		0.578		
Lysine.....g	0.191		0	FLM	4		0.482		
Methionine.....g	0.059		0	FLM	4		0.149		
Cystine.....g	0.042		0	FLM	4		0.106		
Phenylalanine.....g	0.131		0	FLM	4		0.331		
Tyrosine.....g	0.087		0	FLM	4		0.219		
Valine.....g	0.146		0	FLM	4		0.369		
Arginine.....g	0.162		0	FLM	4		0.408		
Histidine.....g	0.091		0	FLM	4		0.230		
Alanine.....g	0.152		0	FLM	4		0.383		
Aspartic acid.....g	0.278		0	FLM	4		0.700		
Glutamic acid.....g	0.830		0	FLM	4		2.093		
Glycine.....g	0.132		0	FLM	4		0.334		
Proline.....g	0.212		0	FLM	4		0.534		
Serine.....g	0.131		0	FLM	4		0.330		
Hydroxyproline.....g	0.000		0	FLM	4		0.000		
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLM	4		0.0		
Caffeine.....mg	0		0	FLM	4		0		
Theobromine.....mg	0		0	FLM	4		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	70		1	A	1		176.400		
Carotene, alpha.....mcg	0		0	FLM	4		0.010		
Cryptoxanthin, beta.....mcg	1		0	FLM	4		2.369		
Lycopene.....mcg	7506		0	FLM	4		18914.068		
Lutein + zeaxanthin.....mcg	5		0	FLM	4		11.891		

NDB No. 22522

Pasta with Sliced Franks in Tomato Sauce, canned entree

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

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

**Common Measures:**

Measure 1 = 252g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22907

Pasta with meatballs in tomato sauce, canned entree

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
22:0.....g									
24:0.....g									
Fatty acids, total monounsaturated.....g	1.670	0.010	4	A	1				
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.156		0	FLC	4				
17:1.....g									
18:1 undifferentiated.....g	1.439		0	FLC	4				
20:1.....g	0.004		0	FLC	4				
22:1 undifferentiated.....g	0.000		0	FLC	4				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.230	0.000	4	A	1				
18:2 undifferentiated.....g	0.184		0	FLC	4				
18:3 undifferentiated.....g	0.027		0	FLC	4				
18:4.....g	0.000		0	FLC	4				
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.013		0	FLC	4				
20:5 n-3.....g	0.000		0	FLC	4				
22:5 n-3.....g	0.000		0	FLC	4				
22:6 n-3.....g	0.000		0	FLC	4				
Fatty acids, total trans.....g									
Cholesterol.....mg	8	0.050	4	A	1				
Phytosterols.....mg									
<b>Amino Acids:</b>									
Tryptophan.....g	0.048		0	FLA	4				
Threonine.....g	0.144		0	FLA	4				
Isoleucine.....g	0.164		0	FLA	4				
Leucine.....g	0.287		0	FLA	4				
Lysine.....g	0.226		0	FLA	4				
Methionine.....g	0.068		0	FLA	4				
Cystine.....g	0.052		0	FLA	4				
Phenylalanine.....g	0.169		0	FLA	4				
Tyrosine.....g	0.115		0	FLA	4				
Valine.....g	0.178		0	FLA	4				
Arginine.....g	0.218		0	FLA	4				
Histidine.....g	0.105		0	FLA	4				
Alanine.....g	0.188		0	FLA	4				
Aspartic acid.....g	0.354		0	FLA	4				
Glutamic acid.....g	1.031		0	FLA	4				
Glycine.....g	0.192		0	FLA	4				
Proline.....g	0.275		0	FLA	4				
Serine.....g	0.172		0	FLA	4				
Hydroxyproline.....g	0.000		0	FLA	4				
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7				
Caffeine.....mg	0		0	FLA	4				
Theobromine.....mg	0		0	FLA	4				
<b>Carotenoids:</b>									
Carotene, beta.....mcg	109		0	FLA	4				
Carotene, alpha.....mcg	0		0	FLA	4				
Cryptoxanthin, beta.....mcg	0		0	FLA	4				
Lycopene.....mcg	7669		0	FLA	4				
Lutein + zeaxanthin.....mcg	1		0	FLA	4				

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

**Common Measures:**

**NDB No. 22907**

**Pasta with meatballs in tomato sauce, canned entree**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22540  
 RED BARON Premium Pockets, Original Ham & Cheese, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	46.20		1	A	1		124.28	61.45	
Energy.....kcal	268		0	NC	4		721	356	
Energy.....kj	1121				4		3016	1491	
Protein.....g	11.20		1	A	1		30.13	14.90	
Total lipid (fat).....g	12.70		1	A	1		34.16	16.89	
Ash.....g	2.70		1	A	1		7.26	3.59	
Carbohydrate, by difference.....g	27.20		0	NC	4		73.17	36.18	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	143		1	A	1		385	190	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	791		1	A	1		2128	1052	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.660		1	A	1		12.535	6.198	
Fatty acids, total monounsaturated.....g	4.620		1	A	1		12.428	6.145	
Fatty acids, total polyunsaturated.....g	1.350		1	A	1		3.632	1.796	
Fatty acids, total trans.....g									
Cholesterol.....mg	31		1	A	1		83	41	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	0		1	A	1		0.000	0.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 269g: 1 package yields  
 Measure 2 = 133g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



**NDB No. 22716**  
**STAGG Classic Chili with Beans, canned entree**

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:1 undifferentiated.....g	0.210	0.080	5	A	1		0.519	0.519	
17:1.....g									
18:1 undifferentiated.....g	2.590	0.140	5	A	1		6.397	6.397	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450	0.090	5	A	1		1.112	1.112	
18:2 undifferentiated.....g	0.290	0.050	5	A	1		0.716	0.716	
18:3 undifferentiated.....g	0.160	0.040	5	A	1		0.395	0.395	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	17	2.090	6	A	1		42	42	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 247g: 1 cup  
 Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22717

STAGG Country Chili with Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:1 undifferentiated.....g	0.280	0.010	4	A	1		0.692	0.692	
17:1.....g									
18:1 undifferentiated.....g	2.770	0.050	4	A	1		6.842	6.842	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.280	0.010	4	A	1		0.692	0.692	
18:2 undifferentiated.....g	0.180	0.000	4	A	1		0.445	0.445	
18:3 undifferentiated.....g	0.100	0.010	4	A	1		0.247	0.247	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16	0.810	4	A	1		40	40	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22714

STAGG Dynamite Chili with Beans, canned entree

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

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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





NDB No. 22715

STAGG Ranchhouse Chili with Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:1 undifferentiated.....g	0.240	0.000	4	A	1		0.593	0.593	
17:1.....g									
18:1 undifferentiated.....g	1.430	0.010	4	A	1		3.532	3.532	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.800	0.010	4	A	1		1.976	1.976	
18:2 undifferentiated.....g	0.660	0.000	4	A	1		1.630	1.630	
18:3 undifferentiated.....g	0.150	0.010	4	A	1		0.371	0.371	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	19	1.250	4	A	1		47	47	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22718

STAGG SILVERADO Chili with Beans, canned entree

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
16:1 undifferentiated.....g	0.030	0.000	6	A	1		0.074	0.074	
17:1.....g									
18:1 undifferentiated.....g	0.340	0.120	6	A	1		0.840	0.840	
20:1.....g									
22:1 undifferentiated.....g									
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.370	0.160	6	A	1		0.914	0.914	
18:2 undifferentiated.....g	0.210	0.080	6	A	1		0.519	0.519	
18:3 undifferentiated.....g	0.160	0.080	6	A	1		0.395	0.395	
18:4.....g									
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g									
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	16	1.500	6	A	1		40	40	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 247g: 1 cup

Measure 2 = 247g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22615

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.90		1	A	1		203.48	203.48	
Energy.....kcal	133		0	NC	4		376	376	
Energy.....kj	556				4		1575	1575	
Protein.....g	4.40		1	A	1		12.45	12.45	
Total lipid (fat).....g	5.20		1	A	1		14.72	14.72	
Ash.....g	1.40		1	A	1		3.96	3.96	
Carbohydrate, by difference.....g	17.10		0	NC	4		48.39	48.39	
Fiber, total dietary.....g	1.6		1	A	1		4.5	4.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	90		1	A	1		255	255	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	354		1	A	1		1002	1002	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.4		1	A	1		15.3	15.3	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	267		1	A	1		756	756	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.190		1	A	1		3.368	3.368	
Fatty acids, total monounsaturated.....g	1.560		1	A	1		4.415	4.415	
Fatty acids, total polyunsaturated.....g	1.310		1	A	1		3.707	3.707	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		25	25	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	160		1	A	1		452.800	452.800	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22615**

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

**Common Measures:**

Measure 1 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22527

STOUFFER'S Chicken Pie, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	64.40		1	A	1		182.25	182.25	
Energy.....kcal	202		0	NC	4		572	572	
Energy.....kj	845				4		2392	2392	
Protein.....g	8.20		1	A	1		23.21	23.21	
Total lipid (fat).....g	13.10		1	A	1		37.07	37.07	
Ash.....g	1.40		1	A	1		3.96	3.96	
Carbohydrate, by difference.....g	12.90		0	NC	4		36.51	36.51	
Fiber, total dietary.....g	1.1		1	A	1		3.1	3.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	36		1	A	1		102	102	
Iron, Fe.....mg	1.06		1	A	1		3.00	3.00	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	333		1	A	1		942	942	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	3.790		1	A	1		10.726	10.726	
Fatty acids, total monounsaturated.....g	4.370		1	A	1		12.367	12.367	
Fatty acids, total polyunsaturated.....g	3.690		1	A	1		10.443	10.443	
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		76	76	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	990		1	A	1		2801.700	2801.700	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22579

STOUFFER'S Creamed Chipped Beef, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.90		1	A	1		232.94	93.63	
Energy.....kcal	140		0	NC	4		435	175	
Energy.....kj	586				4		1822	732	
Protein.....g	7.90		1	A	1		24.57	9.88	
Total lipid (fat).....g	9.50		1	A	1		29.55	11.88	
Ash.....g	2.00		1	A	1		6.22	2.50	
Carbohydrate, by difference.....g	5.70		0	NC	4		17.73	7.13	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	152		1	A	1		473	190	
Iron, Fe.....mg	0.73		1	A	1		2.27	0.91	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	497		1	A	1		1546	621	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.030		1	A	1		12.533	5.038	
Fatty acids, total monounsaturated.....g	2.810		1	A	1		8.739	3.513	
Fatty acids, total polyunsaturated.....g	0.940		1	A	1		2.923	1.175	
Fatty acids, total trans.....g									
Cholesterol.....mg	35		1	A	1		109	44	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 311g: 1 package yields

Measure 2 = 125g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22614

STOUFFER'S Escaloped Chicken & Noodles, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.70		1	MA	12		205.74	205.74	
Energy.....kcal	148			NC	4		419	419	
Energy.....kj	540				4		1527	1527	
Protein.....g	6.00		1	A	1		16.98	16.98	
Total lipid (fat).....g	8.90		1	MA	12		25.19	25.19	
Ash.....g	1.40		1	MA	12		3.96	3.96	
Carbohydrate, by difference.....g	11.10			NC	4		31.41	31.41	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	41		1	A	1		116	116	
Iron, Fe.....mg	0.40		1	A	1		1.13	1.13	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	428		1	A	1		1211	1211	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.320		1	A	1		6.566	6.566	
Fatty acids, total monounsaturated.....g	2.710		1	A	1		7.669	7.669	
Fatty acids, total polyunsaturated.....g	4.790		1	A	1		13.556	13.556	
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		76	76	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22583

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.80		1	A	1		198.02	198.02	
Energy.....kcal	142		0	NC	4		386	386	
Energy.....kj	594				4		1616	1616	
Protein.....g	8.30		1	A	1		22.58	22.58	
Total lipid (fat).....g	7.80		1	A	1		21.22	21.22	
Ash.....g	1.40		1	A	1		3.81	3.81	
Carbohydrate, by difference.....g	9.70		0	NC	4		26.38	26.38	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		1	A	1		196	196	
Iron, Fe.....mg	0.84		1	A	1		2.28	2.28	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	373		1	A	1		1015	1015	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.940		1	A	1		7.997	7.997	
Fatty acids, total monounsaturated.....g	2.920		1	A	1		7.942	7.942	
Fatty acids, total polyunsaturated.....g	0.680		1	A	1		1.850	1.850	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		1	A	1		63	63	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 272g: 1 package yields

Measure 2 = 272g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22611

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.20		1	A	1		184.11	184.11	
Energy.....kcal	117		0	NC	4		298	298	
Energy.....kj	490				4		1248	1248	
Protein.....g	4.50		1	A	1		11.48	11.48	
Total lipid (fat).....g	1.90		1	A	1		4.85	4.85	
Ash.....g	1.00		1	A	1		2.55	2.55	
Carbohydrate, by difference.....g	20.40		0	NC	4		52.02	52.02	
Fiber, total dietary.....g	1.7		1	A	1		4.3	4.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		1	A	1		184	184	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	211		1	A	1		538	538	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.570		1	A	1		1.454	1.454	
Fatty acids, total monounsaturated.....g	0.584		1	A	1		1.489	1.489	
Fatty acids, total polyunsaturated.....g	0.417		1	A	1		1.063	1.063	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		20	20	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22581

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.90		1	A	1		188.45	188.45	
Energy.....kcal	105		0	NC	4		268	268	
Energy.....kj	439				4		1120	1120	
Protein.....g	9.60		1	A	1		24.48	24.48	
Total lipid (fat).....g	0.70		1	A	1		1.79	1.79	
Ash.....g	0.70		1	A	1		1.79	1.79	
Carbohydrate, by difference.....g	15.10		0	NC	4		38.51	38.51	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	141		1	A	1		360	360	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	7.1		1	A	1		18.1	18.1	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	600		1	A	1		1530	1530	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.164		1	A	1		0.418	0.418	
Fatty acids, total monounsaturated.....g	0.197		1	A	1		0.502	0.502	
Fatty acids, total polyunsaturated.....g	0.162		1	A	1		0.413	0.413	
Fatty acids, total trans.....g									
Cholesterol.....mg	18		1	A	1		46	46	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	360		1	A	1		918.000	918.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22581**

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22577

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.10		1	A	1		237.90	237.90	
Energy.....kcal	85		0	NC	4		252	252	
Energy.....kj	356				4		1056	1056	
Protein.....g	6.30		1	A	1		18.71	18.71	
Total lipid (fat).....g	1.90		1	A	1		5.64	5.64	
Ash.....g	0.90		1	A	1		2.67	2.67	
Carbohydrate, by difference.....g	10.80		0	NC	4		32.08	32.08	
Fiber, total dietary.....g	1.7		1	A	1		5.0	5.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		1	A	1		104	104	
Iron, Fe.....mg	0.45		1	A	1		1.34	1.34	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	196		1	A	1		582	582	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	4.9		1	A	1		14.6	14.6	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	67		1	A	1		199	199	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.346		1	A	1		1.028	1.028	
Fatty acids, total monounsaturated.....g	0.718		1	A	1		2.132	2.132	
Fatty acids, total polyunsaturated.....g	0.466		1	A	1		1.384	1.384	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		24	24	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	40		1	A	1		118.800	118.800	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22577**

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

**Common Measures:**

Measure 1 = 297g: 1 package yields

Measure 2 = 297g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22578

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.10		1	A	1		206.81	206.81	
Energy.....kcal	81		0	NC	4		207	207	
Energy.....kj	339				4		864	864	
Protein.....g	6.80		1	A	1		17.34	17.34	
Total lipid (fat).....g	2.10		1	A	1		5.36	5.36	
Ash.....g	1.20		1	A	1		3.06	3.06	
Carbohydrate, by difference.....g	8.80		0	NC	4		22.44	22.44	
Fiber, total dietary.....g	1.4		1	A	1		3.6	3.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	194		1	A	1		495	495	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.512		1	A	1		1.306	1.306	
Fatty acids, total monounsaturated.....g	0.896		1	A	1		2.285	2.285	
Fatty acids, total polyunsaturated.....g	0.317		1	A	1		0.808	0.808	
Fatty acids, total trans.....g									
Cholesterol.....mg	15		1	A	1		38	38	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	230		1	A	1		586.500	586.500	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22585

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.10		1	A	1		223.54	223.54	
Energy.....kcal	74		0	NC	4		199	199	
Energy.....kj	310				4		833	833	
Protein.....g	4.30		1	A	1		11.57	11.57	
Total lipid (fat).....g	2.10		1	A	1		5.65	5.65	
Ash.....g	0.90		1	A	1		2.42	2.42	
Carbohydrate, by difference.....g	9.60		0	NC	4		25.82	25.82	
Fiber, total dietary.....g	2.4		1	A	1		6.5	6.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	39		1	A	1		105	105	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	153		1	A	1		412	412	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	19.7		1	A	1		53.0	53.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.625		1	A	1		1.681	1.681	
Fatty acids, total monounsaturated.....g	0.883		1	A	1		2.375	2.375	
Fatty acids, total polyunsaturated.....g	0.278		1	A	1		0.748	0.748	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		24	24	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving



**NDB No. 22585**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22609

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.00		1	A	1		193.80	193.80	
Energy.....kcal	106		0	NC	4		270	270	
Energy.....kj	444				4		1131	1131	
Protein.....g	4.60		1	A	1		11.73	11.73	
Total lipid (fat).....g	2.90		1	A	1		7.40	7.40	
Ash.....g	1.00		1	A	1		2.55	2.55	
Carbohydrate, by difference.....g	15.50		0	NC	4		39.53	39.53	
Fiber, total dietary.....g	2.3		1	A	1		5.9	5.9	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	248		1	A	1		632	632	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.3		1	A	1		23.7	23.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	2067		1	A	1		5271	5271	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.364		1	A	1		0.928	0.928	
Fatty acids, total monounsaturated.....g	1.360		1	A	1		3.468	3.468	
Fatty acids, total polyunsaturated.....g	0.792		1	A	1		2.020	2.020	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		26	26	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1240		1	A	1		3162.000	3162.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22609**

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22576

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	79.40		1	A	1		224.70	224.70	
Energy.....kcal	88		0	NC	4		249	249	
Energy.....kj	368				4		1042	1042	
Protein.....g	4.90		1	A	1		13.87	13.87	
Total lipid (fat).....g	1.90		1	A	1		5.38	5.38	
Ash.....g	0.90		1	A	1		2.55	2.55	
Carbohydrate, by difference.....g	12.90		0	NC	4		36.51	36.51	
Fiber, total dietary.....g	1.2		1	A	1		3.4	3.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.77		1	A	1		2.18	2.18	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	199		1	A	1		563	563	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	55.6		1	A	1		157.3	157.3	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	350		1	A	1		991	991	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.578		1	A	1		1.636	1.636	
Fatty acids, total monounsaturated.....g	0.727		1	A	1		2.057	2.057	
Fatty acids, total polyunsaturated.....g	0.248		1	A	1		0.702	0.702	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		23	23	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	210		1	A	1		594.300	594.300	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22576**

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

**Common Measures:**

Measure 1 = 283g: 1 package yields

Measure 2 = 283g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22582

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.70		1	A	1		198.14	198.14	
Energy.....kcal	95		0	NC	4		242	242	
Energy.....kj	397				4		1014	1014	
Protein.....g	5.30		1	A	1		13.52	13.52	
Total lipid (fat).....g	1.90		1	A	1		4.85	4.85	
Ash.....g	0.90		1	A	1		2.30	2.30	
Carbohydrate, by difference.....g	14.20		0	NC	4		36.21	36.21	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	195		1	A	1		497	497	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.4		1	A	1		26.5	26.5	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	1000		1	A	1		2550	2550	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.714		1	A	1		1.821	1.821	
Fatty acids, total monounsaturated.....g	0.770		1	A	1		1.964	1.964	
Fatty acids, total polyunsaturated.....g	0.153		1	A	1		0.390	0.390	
Fatty acids, total trans.....g									
Cholesterol.....mg	9		1	A	1		23	23	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	600		1	A	1		1530.000	1530.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22582**

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22580

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.40		1	A	1		252.32	252.32	
Energy.....kcal	96		0	NC	4		313	313	
Energy.....kj	402				4		1309	1309	
Protein.....g	4.40		1	A	1		14.34	14.34	
Total lipid (fat).....g	1.80		1	A	1		5.87	5.87	
Ash.....g	0.90		1	A	1		2.93	2.93	
Carbohydrate, by difference.....g	15.50		0	NC	4		50.53	50.53	
Fiber, total dietary.....g	1.7		1	A	1		5.5	5.5	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.65		1	A	1		2.12	2.12	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	187		1	A	1		610	610	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.7		1	A	1		34.9	34.9	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	167		1	A	1		544	544	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.415		1	A	1		1.353	1.353	
Fatty acids, total monounsaturated.....g	0.700		1	A	1		2.282	2.282	
Fatty acids, total polyunsaturated.....g	0.406		1	A	1		1.324	1.324	
Fatty acids, total trans.....g									
Cholesterol.....mg	4		1	A	1		13	13	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	100		1	A	1		326.000	326.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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



**NDB No. 22580**

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

**Common Measures:**

Measure 1 = 326g: 1 package yields

Measure 2 = 326g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22572

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.90		1	A	1		201.48	201.48	
Energy.....kcal	111		0	NC	4		299	299	
Energy.....kj	464				4		1249	1249	
Protein.....g	6.70		1	A	1		18.02	18.02	
Total lipid (fat).....g	2.80		1	A	1		7.53	7.53	
Ash.....g	0.90		1	A	1		2.42	2.42	
Carbohydrate, by difference.....g	14.70		0	NC	4		39.54	39.54	
Fiber, total dietary.....g	1.7		1	A	1		4.6	4.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	35		1	A	1		94	94	
Iron, Fe.....mg	0.88		1	A	1		2.37	2.37	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	173		1	A	1		465	465	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.767		1	A	1		2.063	2.063	
Fatty acids, total monounsaturated.....g	1.020		1	A	1		2.744	2.744	
Fatty acids, total polyunsaturated.....g	0.499		1	A	1		1.342	1.342	
Fatty acids, total trans.....g									
Cholesterol.....mg	2		1	A	1		5	5	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22573

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	75.80		1	A	1	195.56	195.56	
Energy.....kcal	107		0	NC	4	276	276	
Energy.....kj	448				4	1155	1155	
Protein.....g	8.40		1	A	1	21.67	21.67	
Total lipid (fat).....g	2.80		1	A	1	7.22	7.22	
Ash.....g	0.90		1	A	1	2.32	2.32	
Carbohydrate, by difference.....g	12.10		0	NC	4	31.22	31.22	
Fiber, total dietary.....g	1.0		1	A	1	2.6	2.6	
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg								
Iron, Fe.....mg	0.80		1	A	1	2.06	2.06	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	218		1	A	1	562	562	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.939		1	A	1	2.423	2.423	
Fatty acids, total monounsaturated.....g	0.907		1	A	1	2.340	2.340	
Fatty acids, total polyunsaturated.....g	0.403		1	A	1	1.040	1.040	
Fatty acids, total trans.....g								
Cholesterol.....mg	18		1	A	1	46	46	
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 258g: 1 package yields

Measure 2 = 258g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22610

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.20		1	A	1		199.10	199.10	
Energy.....kcal	137		0	NC	4		373	373	
Energy.....kj	573				4		1559	1559	
Protein.....g	7.00		1	A	1		19.04	19.04	
Total lipid (fat).....g	6.80		1	A	1		18.50	18.50	
Ash.....g	1.00		1	A	1		2.72	2.72	
Carbohydrate, by difference.....g	12.00		0	NC	4		32.64	32.64	
Fiber, total dietary.....g	1.4		1	A	1		3.8	3.8	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	54		1	A	1		147	147	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	216		1	A	1		588	588	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	8.9		1	A	1		24.2	24.2	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	892		1	A	1		2426	2426	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.570		1	A	1		6.990	6.990	
Fatty acids, total monounsaturated.....g	2.300		1	A	1		6.256	6.256	
Fatty acids, total polyunsaturated.....g	0.880		1	A	1		2.394	2.394	
Fatty acids, total trans.....g									
Cholesterol.....mg	21		1	A	1		57	57	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	500		1	A	1		1360.000	1360.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22610**

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

**Common Measures:**

Measure 1 = 272g: 1 package yields

Measure 2 = 272g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22570  
 STOUFFER'S Lasagna with Meat & Sauce, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion					Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	72.50		1	A	1		431.38	155.88	
Energy.....kcal	129		0	NC	4		768	277	
Energy.....kj	540				4		3211	1160	
Protein.....g	8.70		1	A	1		51.77	18.71	
Total lipid (fat).....g	5.00		1	A	1		29.75	10.75	
Ash.....g	1.50		1	A	1		8.93	3.23	
Carbohydrate, by difference.....g	12.30		0	NC	4		73.19	26.45	
Fiber, total dietary.....g	1.5		1	A	1		8.9	3.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	107		1	A	1		637	230	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	342		1	A	1		2035	735	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.190		1	A	1		13.031	4.709	
Fatty acids, total monounsaturated.....g	1.620		1	A	1		9.639	3.483	
Fatty acids, total polyunsaturated.....g	0.260		1	A	1		1.547	0.559	
Fatty acids, total trans.....g									
Cholesterol.....mg	19		1	A	1		113	41	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 595g: 1 package yields

Measure 2 = 215g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22569

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	82.20		1	A	1		360.86	180.84	
Energy.....kcal	86		0	NC	4		378	189	
Energy.....kj	360				4		1580	792	
Protein.....g	3.60		1	A	1		15.80	7.92	
Total lipid (fat).....g	3.70		1	A	1		16.24	8.14	
Ash.....g	1.00		1	A	1		4.39	2.20	
Carbohydrate, by difference.....g	9.50		0	NC	4		41.71	20.90	
Fiber, total dietary.....g	2.4		1	A	1		10.5	5.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	263		1	A	1		1155	579	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	39.4		1	A	1		173.0	86.7	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.240		1	A	1		5.444	2.728	
Fatty acids, total monounsaturated.....g	1.710		1	A	1		7.507	3.762	
Fatty acids, total polyunsaturated.....g	0.241		1	A	1		1.058	0.530	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		44	22	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 439g: 1 package yields

Measure 2 = 220g: 1 serving

**NDB No. 22569**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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





NDB No. 22602

STOUFFER'S, Creamed Spinach, frozen

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>				<u>Amount in edible portion of common measures of food</u>				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	2190		1	A	1		5475.000	5475.000	2737.500
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

- Measure 1 = 250g: 1 cup
- Measure 2 = 250g: 1 package
- Measure 3 = 125g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22363

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
16:1 undifferentiated.....g	0.076		0	FLM	4		0.049		
17:1.....g									
18:1 undifferentiated.....g	1.309		0	FLM	4		0.838		
20:1.....g	0.009		0	FLM	4		0.006		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.939		0	MC	9		0.601		
18:2 undifferentiated.....g	0.824		0	FLM	4		0.527		
18:3 undifferentiated.....g	0.100		0	FLM	4		0.064		
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	0.010		0	FLM	4		0.006		
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	0.003		0	FLM	4		0.002		
Fatty acids, total trans.....g									
Cholesterol.....mg	146		0	MC	9		93		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 64g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22362

SUNNY FRESH, Frozen Bagel French Toast with Maple Syrup

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

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

**Common Measures:**

Measure 1 = 71g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22360

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

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv	Source	Confidence	Measure 1	Measure 2	Measure 3
			of Data	Code	Code				
			Points						
16:1 undifferentiated.....g	0.035		0	FLM	4		0.035		
17:1.....g									
18:1 undifferentiated.....g	1.098		0	FLM	4		1.087		
20:1.....g	0.001		0	FLM	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.704		0	MC	9		3.667		
18:2 undifferentiated.....g	3.401		0	FLM	4		3.367		
18:3 undifferentiated.....g	0.261		0	FLM	4		0.258		
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	0.033		0	FLM	4		0.033		
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	0.008		0	FLM	4		0.008		
Fatty acids, total trans.....g									
Cholesterol.....mg	112		0	MC	9		111		
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 99g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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





NDB No. 22361

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

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

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

**Common Measures:**

Measure 1 = 120g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22703

SWEET SUE Chicken & Dumplings, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food			
	Mean	Std. Error	Number of Data			Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code			
<b>Proximates:</b>								
Water.....g	79.90		1	A	1	544.12	191.76	
Energy.....kcal	91		0	NC	4	620	218	
Energy.....kj	381				4	2593	914	
Protein.....g	6.30		1	A	1	42.90	15.12	
Total lipid (fat).....g	3.10		1	A	1	21.11	7.44	
Ash.....g	1.20		1	A	1	8.17	2.88	
Carbohydrate, by difference.....g	9.50		0	NC	4	64.70	22.80	
Fiber, total dietary.....g	1.1		1	A	1	7.5	2.6	
Sugars, total.....g								
Starch.....g								
<b>Minerals:</b>								
Calcium, Ca.....mg								
Iron, Fe.....mg	1.07		1	A	1	7.29	2.57	
Magnesium, Mg.....mg								
Phosphorus, P.....mg								
Potassium, K.....mg								
Sodium, Na.....mg	394		1	A	1	2683	946	
Zinc, Zn.....mg								
Copper, Cu.....mg								
Manganese, Mn.....mg								
Selenium, Se.....mcg								
<b>Lipids:</b>								
Fatty acids, total saturated.....g	0.748		1	A	1	5.094	1.795	
Fatty acids, total monounsaturated.....g	1.230		1	A	1	8.376	2.952	
Fatty acids, total polyunsaturated.....g	0.677		1	A	1	4.610	1.625	
Fatty acids, total trans.....g								
Cholesterol.....mg	15		1	A	1	102	36	
Phytosterols.....mg								

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

**Common Measures:**

Measure 1 = 681g: 1 package yields

Measure 2 = 240g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22595

Scrambled Eggs & Sausage with Hashed Brown Potatoes, frozen breakfast

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion						Amount in edible portion of common measures of food		
	Mean	Std. Error	Number of Data			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
<b>Proximates:</b>									
Water.....g	66.30		1	A	1		117.35	117.35	
Energy.....kcal	204		0	NC	4		361	361	
Energy.....kj	854				4		1511	1511	
Protein.....g	7.10		1	A	1		12.57	12.57	
Total lipid (fat).....g	15.20		1	A	1		26.90	26.90	
Ash.....g	1.70		1	A	1		3.01	3.01	
Carbohydrate, by difference.....g	9.70		0	NC	4		17.17	17.17	
Fiber, total dietary.....g	0.8		1	A	1		1.4	1.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.94		1	A	1		1.66	1.66	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	436		1	A	1		772	772	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.150		1	A	1		7.346	7.346	
Fatty acids, total monounsaturated.....g	7.160		1	A	1		12.673	12.673	
Fatty acids, total polyunsaturated.....g	2.050		1	A	1		3.629	3.629	
Fatty acids, total trans.....g									
Cholesterol.....mg	160		1	A	1		283	283	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 177g: 1 package yields

Measure 2 = 177g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22401

Spaghetti with meat sauce, frozen entree

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.82		3	MA	12		220.23		
Energy.....kcal	90		0	NC	4		255		
Energy.....kj	378		0	NC	4		1069		
Protein (N x 5.8).....g	5.05		3	MA	12		14.29		
Total lipid (fat).....g	1.01		3	MA	12		2.86		
Ash.....g	0.88		3	MA	12		2.49		
Carbohydrate, by difference.....g	15.24		0	MC	9		43.13		
Fiber, total dietary.....g	1.8		3	MA	12		5.1		
Sugars, total.....g	2.60		3	MA	12		7.36		
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	18		3	MA	12		51		
Iron, Fe.....mg	1.25		3	MA	12		3.54		
Magnesium, Mg.....mg	15		0	FLM	4		42		
Phosphorus, P.....mg	49		0	FLM	4		139		
Potassium, K.....mg	144		0	FLM	4		408		
Sodium, Na.....mg	167		3	MA	12		473		
Zinc, Zn.....mg	0.51		0	FLM	4		1.44		
Copper, Cu.....mg	0.125		0	FLM	4		0.354		
Manganese, Mn.....mg	0.213		0	FLM	4		0.603		
Selenium, Se.....mcg	11.9		0	FLM	4		33.7		
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	5.4		3	MA	12		15.3		
Thiamin.....mg	0.122		0	FLM	4		0.345		
Riboflavin.....mg	1.333		0	FLM	4		3.772		
Niacin.....mg	0.177		0	FLM	4		0.501		
Pantothenic acid.....mg	0.071		0	FLM	4		0.201		
Vitamin B-6.....mg	0.070		0	FLM	4		0.198		
Folate, total.....mcg	46		0	FLM	4		130		
Folic acid.....mcg	37		0	NC	4		105		
Folate, food.....mcg	9		0		4		25		
Folate, DFE.....mcg_DFE	72		0	NC	4		203		
Vitamin B-12.....mcg	0.06		0	FLM	4		0.17		
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00		
Vitamin A, IU.....IU	174		0	NC	4		492		
Vitamin A, RAE.....mcg_RAE	9		0	FLA	4		25		
Retinol.....mcg	0		0	FLA	4		0		
Vitamin E (alpha-tocopherol).....mg	0.50		0	FLA	4		1.41		
Vitamin E, added.....mg	0.00		0	FLA	4		0.00		
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		0	FLA	4		2.0		
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.350		3	MA	12		0.991		
4:0.....g	0.000		0	FLM	4		0.000		
6:0.....g	0.000		0	FLM	4		0.000		
8:0.....g	0.000		0	FLM	4		0.000		
10:0.....g	0.001		0	FLM	4		0.003		
12:0.....g	0.001		0	FLM	4		0.003		
13:0.....g	0.000		0	FLA	4		0.000		
14:0.....g	0.020		0	FLM	4		0.057		
15:0.....g	0.001		0	FLA	4		0.002		
16:0.....g	0.224		0	FLM	4		0.634		
17:0.....g	0.002		0	FLA	4		0.006		
18:0.....g	0.092		0	FLM	4		0.260		
20:0.....g	0.001		0	FLA	4		0.003		

NDB No. 22401

Spaghetti with meat sauce, frozen entree

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
			of Data Points						
22:0.....g	0.001		0	FLA	4		0.003		
24:0.....g	0.000		0	FLA	4		0.000		
Fatty acids, total monounsaturated.....g	0.330		3	MA	12		0.934		
14:1.....g	0.001		0	FLA	4		0.002		
15:1.....g	0.000		0	FLA	4		0.000		
16:1 undifferentiated.....g	0.024		0	FLM	4		0.068		
17:1.....g	0.000		0	FLA	4		0.001		
18:1 undifferentiated.....g	0.297		0	FLM	4		0.841		
20:1.....g	0.000		0	FLM	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000		
24:1 c.....g	0.000		0	FLA	4		0.000		
Fatty acids, total polyunsaturated.....g	0.320		3	MA	12		0.906		
18:2 undifferentiated.....g	0.287		0	FLM	4		0.812		
18:3 undifferentiated.....g	0.028		0	FLM	4		0.079		
18:4.....g	0.000		0	FLM	4		0.000		
20:2 n-6 c,c.....g	0.000		0	FLA	4		0.000		
20:3 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:4 undifferentiated.....g	0.003		0	FLM	4		0.008		
20:5 n-3.....g	0.000		0	FLM	4		0.000		
22:5 n-3.....g	0.000		0	FLM	4		0.000		
22:6 n-3.....g	0.000		0	FLM	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	6		3	MA	12		17		
Phytosterols.....mg	0		0	FLA	4		1		
<b><u>Amino Acids:</u></b>									
Tryptophan.....g	0.079		0	FLA	4		0.224		
Threonine.....g	0.210		0	FLA	4		0.593		
Isoleucine.....g	0.240		0	FLA	4		0.678		
Leucine.....g	0.440		0	FLA	4		1.245		
Lysine.....g	0.204		0	FLA	4		0.577		
Methionine.....g	0.073		0	FLA	4		0.207		
Cystine.....g	0.101		0	FLA	4		0.284		
Phenylalanine.....g	0.292		0	FLA	4		0.828		
Tyrosine.....g	0.133		0	FLA	4		0.376		
Valine.....g	0.265		0	FLA	4		0.750		
Arginine.....g	0.267		0	FLA	4		0.756		
Histidine.....g	0.141		0	FLA	4		0.400		
Alanine.....g	0.218		0	FLA	4		0.618		
Aspartic acid.....g	0.390		0	FLA	4		1.104		
Glutamic acid.....g	1.848		0	FLA	4		5.230		
Glycine.....g	0.215		0	FLA	4		0.607		
Proline.....g	0.593		0	FLA	4		1.679		
Serine.....g	0.277		0	FLA	4		0.785		
Hydroxyproline.....g	0.004		0	FLA	4		0.011		
<b><u>Others:</u></b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b><u>Carotenoids:</u></b>									
Carotene, beta.....mcg	104		0	FLA	4		295.375		
Carotene, alpha.....mcg	0		0	FLA	4		0.056		
Cryptoxanthin, beta.....mcg	0		0	FLA	4		0.081		
Lycopene.....mcg	3200		0	FLA	4		9054.743		
Lutein + zeaxanthin.....mcg	7		0	FLA	4		18.634		

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

**Common Measures:**

Measure 1 = 283g: 1 serving

**NDB No. 22401**

**Spaghetti with meat sauce, frozen entree**

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

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

NDB No. 22914  
Spaghetti, no meat, canned

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.94	0.477	6	A	1				
Energy.....kcal	75		0	NC	4				
Energy.....kj	315		0	NC	4				
Protein.....g	2.54	0.042	6	A	1				
Total lipid (fat).....g	0.77	0.086	6	A	1				
Ash.....g	1.19	0.015	6	A	1				
Carbohydrate, by difference.....g	14.56		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	2.21	0.123	3	A	1				
Fructose.....g	2.23	0.075	3	A	1				
Lactose.....g	0.21		2	A	1				
Maltose.....g	0.26	0.012	3	A	1				
Galactose.....g									
Starch.....g	7.60	0.360	3	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	13	0.701	6	A	1				
Iron, Fe.....mg	1.55	0.078	6	A	1				
Magnesium, Mg.....mg	14	0.320	6	A	1				
Phosphorus, P.....mg	3	0.226	6	A	1				
Potassium, K.....mg	114	4.278	6	A	1				
Sodium, Na.....mg	344	7.754	6	A	1				
Zinc, Zn.....mg	0.37	0.009	6	A	1				
Copper, Cu.....mg	0.080	0.013	6	A	1				
Manganese, Mn.....mg	0.158	0.017	6	A	1				
Selenium, Se.....mcg	9.0		2	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.125	0.009	3	A	1				
Riboflavin.....mg	0.099	0.008	3	A	1				
Niacin.....mg	1.604	0.125	3	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.053	0.003	3	A	1				
Folate, total.....mcg	30	1.574	6	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	0.7		1	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.281		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g	0.003		1	A	1				
12:0.....g	0.005	0.003	3	A	1				
13:0.....g									
14:0.....g	0.021	0.012	3	A	1				
15:0.....g	0.003	0.001	3	A	1				
16:0.....g	0.141	0.037	3	A	1				
17:0.....g	0.003	0.001	3	A	1				
18:0.....g	0.051	0.016	3	A	1				



NDB No. 22914  
 Spaghetti, no meat, canned

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				
20:0.....g			1	A	1				
22:0.....g	0.005		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	0.203		0	NC	4				
14:1.....g	0.003	0.001	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.007	0.002	3	A	1				
17:1.....g	0.008	0.000	3	A	1				
18:1 undifferentiated.....g	0.156	0.028	3	A	1				
20:1.....g	0.004		1	A	1				
22:1 undifferentiated.....g	0.002	0.000	3	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.298		0	NC	4				
18:2 undifferentiated.....g	0.250	0.025	3	A	1				
18:3 undifferentiated.....g	0.019	0.005	3	A	1				
18:4.....g									
20:2 n-6 c,c.....g	0.002	0.001	3	A	1				
20:3 undifferentiated.....g	0.001		1	A	1				
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:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

**NDB No. 22912**  
**Spaghetti, with meatballs, canned**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	78.24	0.132	6	A	1				
Energy.....kcal	107		0	NC	4				
Energy.....kj	448		0	NC	4				
Protein.....g	4.17	0.176	6	A	1				
Total lipid (fat).....g	5.10	0.241	6	A	1				
Ash.....g	1.38	0.055	6	A	1				
Carbohydrate, by difference.....g	11.11		0	NC	4				
Fiber, total dietary.....g									
Sugars, total.....g									
Sucrose.....g									
Glucose (dextrose).....g	1.10	0.007	3	A	1				
Fructose.....g	1.50	0.113	3	A	1				
Lactose.....g									
Maltose.....g	0.23		2	A	1				
Galactose.....g									
Starch.....g	6.43	0.245	3	A	1				
<b>Minerals:</b>									
Calcium, Ca.....mg	12	0.478	6	A	1				
Iron, Fe.....mg	1.31	0.080	6	A	1				
Magnesium, Mg.....mg	14	0.434	6	A	1				
Phosphorus, P.....mg	4	0.816	6	A	1				
Potassium, K.....mg	141	1.219	6	A	1				
Sodium, Na.....mg	406	15.063	6	A	1				
Zinc, Zn.....mg	0.60	0.021	6	A	1				
Copper, Cu.....mg	0.096	0.008	6	A	1				
Manganese, Mn.....mg	0.218	0.043	6	A	1				
Selenium, Se.....mcg	9.7	0.667	3	A	1				
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg									
Thiamin.....mg	0.091	0.007	3	A	1				
Riboflavin.....mg	0.106	0.013	3	A	1				
Niacin.....mg	1.986	0.351	3	A	1				
Pantothenic acid.....mg									
Vitamin B-6.....mg	0.064	0.002	3	A	1				
Folate, total.....mcg	20	1.073	6	A	1				
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg	0.28		1	A	1				
Vitamin A, IU.....IU									
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg	1.1		2	A	1				
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.980		0	NC	4				
4:0.....g									
6:0.....g									
8:0.....g									
10:0.....g									
12:0.....g	0.008	0.000	3	A	1				
13:0.....g									
14:0.....g	0.144	0.010	3	A	1				
15:0.....g	0.027	0.002	3	A	1				
16:0.....g	1.083	0.069	3	A	1				
17:0.....g	0.062	0.005	3	A	1				
18:0.....g	0.643	0.080	3	A	1				

NDB No. 22912

Spaghetti, with meatballs, canned

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				
20:0.....g	0.010	0.001	3	A	1				
22:0.....g	0.007		1	A	1				
24:0.....g									
Fatty acids, total monounsaturated.....g	2.216		0	NC	4				
14:1.....g	0.046	0.004	3	A	1				
15:1.....g									
16:1 undifferentiated.....g	0.193	0.014	3	A	1				
17:1.....g	0.060	0.004	3	A	1				
18:1 undifferentiated.....g	1.871	0.116	3	A	1				
20:1.....g	0.043	0.006	3	A	1				
22:1 undifferentiated.....g	0.005		2	A	1				
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.360		0	NC	4				
18:2 undifferentiated.....g	0.302	0.017	3	A	1				
18:3 undifferentiated.....g	0.041	0.005	3	A	1				
18:4.....g									
20:2 n-6 c,c.....g	0.013		2	A	1				
20:3 undifferentiated.....g	0.005		2	A	1				
20:4 undifferentiated.....g	0.009		2	A	1				
20:5 n-3.....g									
22:5 n-3.....g									
22:6 n-3.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	9	0.697	3	A	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:**

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22673

THE BUDGET GOURMET Italian Sausage Lasagna, frozen entree

Refuse: 0%

Nutrients and Units	<u>Amount in 100 grams of edible portion</u>						<u>Amount in edible portion of common measures of food</u>		
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.30		1	A	1		209.49	209.49	
Energy.....kcal	153		0	NC	4		456	456	
Energy.....kj	640				4		1908	1908	
Protein.....g	6.90		1	A	1		20.56	20.56	
Total lipid (fat).....g	8.00		1	A	1		23.84	23.84	
Ash.....g	1.40		1	A	1		4.17	4.17	
Carbohydrate, by difference.....g	13.40		0	NC	4		39.93	39.93	
Fiber, total dietary.....g	1.0		1	A	1		3.0	3.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	106		1	A	1		316	316	
Iron, Fe.....mg	0.90		1	A	1		2.68	2.68	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	303		1	A	1		903	903	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.740		1	A	1		8.165	8.165	
Fatty acids, total monounsaturated.....g	3.280		1	A	1		9.774	9.774	
Fatty acids, total polyunsaturated.....g	0.670		1	A	1		1.997	1.997	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1		48	48	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	380		1	A	1		1132.400	1132.400	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 298g: 1 package yields

Measure 2 = 298g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22616

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	80.30		1	A	1		249.73	249.73	
Energy.....kcal	84		0	NC	4		261	261	
Energy.....kj	351				4		1093	1093	
Protein.....g	5.90		1	A	1		18.35	18.35	
Total lipid (fat).....g	1.90		1	A	1		5.91	5.91	
Ash.....g	1.00		1	A	1		3.11	3.11	
Carbohydrate, by difference.....g	10.90		0	NC	4		33.90	33.90	
Fiber, total dietary.....g	2.3		1	A	1		7.2	7.2	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.98		1	A	1		3.05	3.05	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	159		1	A	1		494	494	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	16.4		1	A	1		51.0	51.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	467		1	A	1		1452	1452	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.649		1	A	1		2.018	2.018	
Fatty acids, total monounsaturated.....g	0.564		1	A	1		1.754	1.754	
Fatty acids, total polyunsaturated.....g	0.301		1	A	1		0.936	0.936	
Fatty acids, total trans.....g									
Cholesterol.....mg	14		1	A	1		44	44	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	280		1	A	1		870.800	870.800	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22616**

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

**Common Measures:**

Measure 1 = 311g: 1 package yields

Measure 2 = 311g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22683

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.20		1	A	1		233.87	233.87	
Energy.....kcal	102		0	NC	4		317	317	
Energy.....kj	427				4		1327	1327	
Protein.....g	6.00		1	A	1		18.66	18.66	
Total lipid (fat).....g	1.20		1	A	1		3.73	3.73	
Ash.....g	0.80		1	A	1		2.49	2.49	
Carbohydrate, by difference.....g	16.80		0	NC	4		52.25	52.25	
Fiber, total dietary.....g	1.3		1	A	1		4.0	4.0	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	217		1	A	1		675	675	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	14.3		1	A	1		44.5	44.5	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	283		1	A	1		880	880	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.199		1	A	1		0.619	0.619	
Fatty acids, total monounsaturated.....g	0.291		1	A	1		0.905	0.905	
Fatty acids, total polyunsaturated.....g	0.513		1	A	1		1.595	1.595	
Fatty acids, total trans.....g									
Cholesterol.....mg	8		1	A	1		25	25	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	170		1	A	1		528.700	528.700	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22683**

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

**Common Measures:**

Measure 1 = 311g: 1 package yields

Measure 2 = 311g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22617

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	83.90		1	A	1		213.95	213.95	
Energy.....kcal	70		0	NC	4		179	179	
Energy.....kj	293				4		747	747	
Protein.....g	9.00		1	A	1		22.95	22.95	
Total lipid (fat).....g	2.20		1	A	1		5.61	5.61	
Ash.....g	1.30		1	A	1		3.32	3.32	
Carbohydrate, by difference.....g	3.60		0	NC	4		9.18	9.18	
Fiber, total dietary.....g	2.4		1	A	1		6.1	6.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	339		1	A	1		864	864	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.567		1	A	1		1.446	1.446	
Fatty acids, total monounsaturated.....g	1.060		1	A	1		2.703	2.703	
Fatty acids, total polyunsaturated.....g	0.189		1	A	1		0.482	0.482	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		26	26	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	540		1	A	1		1377.000	1377.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22603

THE BUDGET GOURMET, Spinach au Gratin, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	75.10		1	A	1		116.41	116.41	
Energy.....kcal	143		0	NC	4		222	222	
Energy.....kj	599				4		928	928	
Protein.....g	4.30		1	A	1		6.67	6.67	
Total lipid (fat).....g	10.70		1	A	1		16.59	16.59	
Ash.....g	2.50		1	A	1		3.88	3.88	
Carbohydrate, by difference.....g	7.40		0	NC	4		11.47	11.47	
Fiber, total dietary.....g	1.5		1	A	1		2.3	2.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	157		1	A	1		243	243	
Iron, Fe.....mg	1.26		1	A	1		1.95	1.95	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	422		1	A	1		654	654	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	17.5		1	A	1		27.1	27.1	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	4567		1	A	1		7078	7078	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	4.900		1	A	1		7.595	7.595	
Fatty acids, total monounsaturated.....g									
Fatty acids, total polyunsaturated.....g									
Fatty acids, total trans.....g									
Cholesterol.....mg	27		1	A	1		42	42	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	2620		1	A	1		4061.000	4061.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22603**

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

**Common Measures:**

Measure 1 = 155g: 1 package

Measure 2 = 155g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22686

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	73.55		1	MA	12		595.76	297.88	
Energy.....kcal	107		0	MC	9		867	433	
Energy.....kj	448				9		3626	1813	
Protein.....g	6.37		1	MA	12		51.60	25.80	
Total lipid (fat).....g	1.23		1	MA	12		9.96	4.98	
Ash.....g	1.37		1	MA	12		11.10	5.55	
Carbohydrate, by difference.....g	17.48		0	MC	9		141.59	70.79	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	391		1	MA	12		3167	1584	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	6.2		1	MA	12		50.2	25.1	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	682		1	MA	12		5524	2762	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									

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

**Common Measures:**

Measure 1 = 810g: 1 package yields

Measure 2 = 405g: 1 serving

Calories Factors: Protein

Fat

Carbohydrate

Food Group: 22 Meals, Entrees, and Sidedishes

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

NDB No. 22687

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	71.84		1	MA	12		543.11	76.87	
Energy.....kcal	121		0	MC	9		915	129	
Energy.....kj	506				9		3827	542	
Protein.....g	7.49		1	MA	12		56.62	8.01	
Total lipid (fat).....g	3.07		1	MA	12		23.21	3.28	
Ash.....g	1.36		1	MA	12		10.28	1.46	
Carbohydrate, by difference.....g	16.24		0	MC	9		122.77	17.38	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	327		1	MA	12		2472	350	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	9.7		1	MA	12		73.3	10.4	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	51		1	MA	12		386	55	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.780		1	MA	12		5.897	0.835	
Fatty acids, total monounsaturated.....g	1.210		1	MA	12		9.148	1.295	
Fatty acids, total polyunsaturated.....g	0.550		1	MA	12		4.158	0.589	
Fatty acids, total trans.....g									
Cholesterol.....mg	12		1	MA	12		91	13	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 756g: 1 package yields

Measure 2 = 107g: 1 serving

**NDB No. 22687**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22688

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	70.92		1	MA	12		180.85	180.85	
Energy.....kcal	126		0	MC	9		321	321	
Energy.....kj	527				9		1344	1344	
Protein.....g	6.97		1	MA	12		17.77	17.77	
Total lipid (fat).....g	3.04		1	MA	12		7.75	7.75	
Ash.....g	1.46		1	MA	12		3.72	3.72	
Carbohydrate, by difference.....g	17.63		0	MC	9		44.96	44.96	
Fiber, total dietary.....g	1.7		1	MA	12		4.3	4.3	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	311		1	MA	12		793	793	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		1	MA	12		0.0	0.0	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	186		1	MA	12		474	474	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.020		1	MA	12		2.601	2.601	
Fatty acids, total monounsaturated.....g	1.070		1	MA	12		2.729	2.729	
Fatty acids, total polyunsaturated.....g	0.190		1	MA	12		0.485	0.485	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	MA	12		26	26	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**NDB No. 22688**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22712

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	81.36		1	MA	12		207.47	207.47	
Energy.....kcal	84		0	NC	4		214	214	
Energy.....kj	351				4		896	896	
Protein.....g	6.64		1	MA	12		16.93	16.93	
Total lipid (fat).....g	2.63		1	MA	12		6.71	6.71	
Ash.....g	0.93		1	MA	12		2.37	2.37	
Carbohydrate, by difference.....g	8.44		0	NC	4		21.52	21.52	
Fiber, total dietary.....g	1.4		1	MA	12		3.6	3.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.61		1	MA	12		1.56	1.56	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	183		1	MA	12		467	467	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.510		1	MA	12		1.301	1.301	
Fatty acids, total monounsaturated.....g	0.920		1	MA	12		2.346	2.346	
Fatty acids, total polyunsaturated.....g	0.840		1	MA	12		2.142	2.142	
Fatty acids, total trans.....g									
Cholesterol.....mg	11		1	MA	12		28	28	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22901

Tortellini, pasta with cheese filling

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number	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	2.066		0	FLC	4		1.673		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.133		0	FLC	4		0.108		
17:1.....g									
18:1 undifferentiated.....g	1.822		0	FLC	4		1.476		
20:1.....g	0.001		0	FLC	4		0.001		
22:1 undifferentiated.....g	0.000		0	FLC	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.461		0	FLC	4		0.373		
18:2 undifferentiated.....g	0.372		0	FLC	4		0.301		
18:3 undifferentiated.....g	0.084		0	FLC	4		0.068		
18:4.....g	0.000		0	FLC	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.004		0	FLC	4		0.003		
20:5 n-3.....g	0.000		0	FLC	4		0.000		
22:5 n-3.....g	0.000		0	FLC	4		0.000		
22:6 n-3.....g	0.001		0	FLC	4		0.001		
Fatty acids, total trans.....g									
Cholesterol.....mg	42		0	LC	8		34		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	FLC	4		0.0		
Caffeine.....mg	0		0	Z	7		0		
Theobromine.....mg	0		0	Z	7		0		
<b>Carotenoids:</b>									
Carotene, beta.....mcg	11		0	FLA	4		9.289		
Carotene, alpha.....mcg	0		0	FLA	4		0.025		
Cryptoxanthin, beta.....mcg	1		0	FLA	4		0.569		
Lycopene.....mcg	0		0	FLA	4		0.000		
Lutein + zeaxanthin.....mcg	32		0	FLA	4		26.144		

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

**Common Measures:**

Measure 1 = 81g: .75 cup

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

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

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	65.70		1	A	1		260.83	260.83	
Energy.....kcal	176		0	NC	4		699	699	
Energy.....kj	736				4		2923	2923	
Protein.....g	6.50		1	A	1		25.81	25.81	
Total lipid (fat).....g	8.80		1	A	1		34.94	34.94	
Ash.....g	1.30		1	A	1		5.16	5.16	
Carbohydrate, by difference.....g	17.70		0	NC	4		70.27	70.27	
Fiber, total dietary.....g	1.1		1	A	1		4.4	4.4	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	1.00		1	A	1		3.97	3.97	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	350		1	A	1		1390	1390	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	2.880		1	A	1		11.434	11.434	
Fatty acids, total monounsaturated.....g	3.460		1	A	1		13.736	13.736	
Fatty acids, total polyunsaturated.....g	1.380		1	A	1		5.479	5.479	
Fatty acids, total trans.....g									
Cholesterol.....mg	16		1	A	1		64	64	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	1060		1	A	1		4208.200	4208.200	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 397g: 1 package yields  
 Measure 2 = 397g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22671

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

Refuse: 0%

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			Confidence Code	Measure 1	Measure 2	Measure 3
			Points	Deriv Code	Source Code				
<b>Proximates:</b>									
Water.....g	75.90		1	A	1		193.55	193.55	
Energy.....kcal	111		0	NC	4		283	283	
Energy.....kj	464				4		1184	1184	
Protein.....g	6.30		1	A	1		16.07	16.07	
Total lipid (fat).....g	3.80		1	A	1		9.69	9.69	
Ash.....g	1.00		1	A	1		2.55	2.55	
Carbohydrate, by difference.....g	13.00		0	NC	4		33.15	33.15	
Fiber, total dietary.....g	1.4		1	A	1		3.6	3.6	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	98		1	A	1		250	250	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	203		1	A	1		518	518	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.450		1	A	1		3.698	3.698	
Fatty acids, total monounsaturated.....g	1.160		1	A	1		2.958	2.958	
Fatty acids, total polyunsaturated.....g	0.524		1	A	1		1.336	1.336	
Fatty acids, total trans.....g									
Cholesterol.....mg	25		1	A	1		64	64	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 255g: 1 package yields

Measure 2 = 255g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22680

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	74.90		1	A	1		201.48	201.48	
Energy.....kcal	105		0	NC	4		282	282	
Energy.....kj	439				4		1182	1182	
Protein.....g	5.80		1	A	1		15.60	15.60	
Total lipid (fat).....g	1.70		1	A	1		4.57	4.57	
Ash.....g	1.00		1	A	1		2.69	2.69	
Carbohydrate, by difference.....g	16.60		0	NC	4		44.65	44.65	
Fiber, total dietary.....g	2.5		1	A	1		6.7	6.7	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	2.11		1	A	1		5.68	5.68	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	183		1	A	1		492	492	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.2		1	A	1		27.4	27.4	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	367		1	A	1		987	987	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.588		1	A	1		1.582	1.582	
Fatty acids, total monounsaturated.....g	0.657		1	A	1		1.767	1.767	
Fatty acids, total polyunsaturated.....g	0.225		1	A	1		0.605	0.605	
Fatty acids, total trans.....g									
Cholesterol.....mg	5		1	A	1		13	13	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	220		1	A	1		591.800	591.800	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**NDB No. 22680**

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

**Common Measures:**

Measure 1 = 269g: 1 package yields

Measure 2 = 269g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22541

**WEIGHT WATCHERS ON-THE-GO Chicken, Broccoli and Cheddar Pocket Sandwich, frozen**

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	56.80		1	A	1		80.09	80.09	
Energy.....kcal	189		0	NC	4		266	266	
Energy.....kj	791				4		1115	1115	
Protein.....g	9.50		1	A	1		13.40	13.40	
Total lipid (fat).....g	4.30		1	A	1		6.06	6.06	
Ash.....g	1.30		1	A	1		1.83	1.83	
Carbohydrate, by difference.....g	28.10		0	NC	4		39.62	39.62	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	65		1	A	1		92	92	
Iron, Fe.....mg									
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	275		1	A	1		388	388	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	1.280		1	A	1		1.805	1.805	
Fatty acids, total monounsaturated.....g	1.620		1	A	1		2.284	2.284	
Fatty acids, total polyunsaturated.....g	0.696		1	A	1		0.981	0.981	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		14	14	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	100		1	A	1		141.000	141.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 141g: 1 package yields

Measure 2 = 141g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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



NDB No. 22672

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	77.80		1	A	1		186.72	186.72	
Energy.....kcal	89		0	NC	4		214	214	
Energy.....kj	372				4		894	894	
Protein.....g	6.30		1	A	1		15.12	15.12	
Total lipid (fat).....g	0.70		1	A	1		1.68	1.68	
Ash.....g	0.80		1	A	1		1.92	1.92	
Carbohydrate, by difference.....g	14.40		0	NC	4		34.56	34.56	
Fiber, total dietary.....g	1.3		1	A	1		3.1	3.1	
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.59		1	A	1		1.42	1.42	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	210		1	A	1		504	504	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.186		1	A	1		0.446	0.446	
Fatty acids, total monounsaturated.....g	0.179		1	A	1		0.430	0.430	
Fatty acids, total polyunsaturated.....g	0.188		1	A	1		0.451	0.451	
Fatty acids, total trans.....g									
Cholesterol.....mg	10		1	A	1		24	24	
Phytosterols.....mg									
<b>Carotenoids:</b>									
Carotene, beta.....mcg	80		1	A	1		192.000	192.000	
Carotene, alpha.....mcg									
Cryptoxanthin, beta.....mcg									
Lycopene.....mcg									
Lutein + zeaxanthin.....mcg									

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

**Common Measures:**

Measure 1 = 240g: 1 package yields

Measure 2 = 240g: 1 serving

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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

NDB No. 22618

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

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	76.50		1	A	1		159.89	159.89	
Energy.....kcal	104		0	NC	4		217	217	
Energy.....kj	435				4		909	909	
Protein.....g	9.00		1	A	1		18.81	18.81	
Total lipid (fat).....g	2.10		1	A	1		4.39	4.39	
Ash.....g									
Carbohydrate, by difference.....g	12.40		0	NC	4		25.92	25.92	
Fiber, total dietary.....g									
Sugars, total.....g									
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg									
Iron, Fe.....mg	0.52		1	A	1		1.09	1.09	
Magnesium, Mg.....mg									
Phosphorus, P.....mg									
Potassium, K.....mg									
Sodium, Na.....mg	194		1	A	1		405	405	
Zinc, Zn.....mg									
Copper, Cu.....mg									
Manganese, Mn.....mg									
Selenium, Se.....mcg									
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	10.3		1	A	1		21.5	21.5	
Thiamin.....mg									
Riboflavin.....mg									
Niacin.....mg									
Pantothenic acid.....mg									
Vitamin B-6.....mg									
Folate, total.....mcg									
Folate, DFE.....mcg_DFE									
Vitamin B-12.....mcg									
Vitamin A, IU.....IU	0		1	A	1		0	0	
Vitamin A, RAE.....mcg_RAE									
Vitamin E (alpha-tocopherol).....mg									
Tocopherol, beta.....mg									
Tocopherol, gamma.....mg									
Tocopherol, delta.....mg									
Vitamin D.....IU									
Vitamin K (phylloquinone).....mcg									
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.476		1	A	1		0.995	0.995	
Fatty acids, total monounsaturated.....g	0.746		1	A	1		1.559	1.559	
Fatty acids, total polyunsaturated.....g	0.526		1	A	1		1.099	1.099	
Fatty acids, total trans.....g									
Cholesterol.....mg	23		1	A	1		48	48	
Phytosterols.....mg									

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

**Common Measures:**

Measure 1 = 209g: 1 package yields

Measure 2 = 209g: 1 serving

NDB No. 22618

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

Calories Factors: Protein

Fat

Carbohydrate

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

USDA National Nutrient Database for Standard Reference, Release 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				
16:1 undifferentiated.....g	0.035		4	A	1		0.039	0.019	
17:1.....g									
18:1 undifferentiated.....g	4.171		4	A	1		4.588	2.294	
20:1.....g	0.000		4	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		4	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	4.477		4	A	1		4.925	2.462	
18:2 undifferentiated.....g	3.995		4	A	1		4.395	2.197	
18:3 undifferentiated.....g	0.482		4	A	1		0.530	0.265	
18:4.....g	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		4	A	1		0.000	0.000	
20:5 n-3.....g	0.000		4	A	1		0.000	0.000	
22:5 n-3.....g	0.000		4	A	1		0.000	0.000	
22:6 n-3.....g	0.000		4	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	0		4	A	1		0	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 110g: 1 cup

Measure 2 = 55g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

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



NDB No. 22121

WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen

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

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

**Common Measures:**

Measure 1 = 85g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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





WORTHINGTON FOODS, MORNINGSTAR FARMS Breakfast Patties

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

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

**Common Measures:**

Measure 1 = 38g: 1 patty

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

USDA National Nutrient Database for Standard Reference, Release 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				
16:1 undifferentiated.....g	0.014		6	A	1		0.635	0.006	
17:1.....g									
18:1 undifferentiated.....g	4.162		6	A	1		188.788	1.873	
20:1.....g	0.055		6	A	1		2.495	0.025	
22:1 undifferentiated.....g	0.110		6	A	1		4.990	0.050	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	7.365		6	A	1		334.076	3.314	
18:2 undifferentiated.....g	7.187		6	A	1		326.002	3.234	
18:3 undifferentiated.....g	0.178		6	A	1		8.074	0.080	
18:4.....g	0.000		6	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		6	A	1		0.000	0.000	
20:5 n-3.....g	0.000		6	A	1		0.000	0.000	
22:5 n-3.....g	0.000		6	A	1		0.000	0.000	
22:6 n-3.....g	0.000		6	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		6	A	1		45	0	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 4536g: 1 package yields

Measure 2 = 45g: 1 serving

**Calories Factors: Protein 4**

**Fat 9**

**Carbohydrate 4**

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

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

NDB No. 22118

WORTHINGTON FOODS, MORNINGSTAR FARMS GARDEN VEGE PATTIES, frozen

Refuse: 0%

Nutrients and Units	Amount in 100 grams of edible portion				Amount in edible portion of common measures of food				
	Mean	Std. Error	Number of Data Points	Deriv Code	Source Code	Confidence Code	Measure 1	Measure 2	Measure 3
<b>Proximates:</b>									
Water.....g	59.87		5	A	1		150.87	40.11	
Energy.....kcal	178		0	NC	4		449	119	
Energy.....kj	745				4		1877	499	
Protein.....g	16.73		5	A	1		42.16	11.21	
Total lipid (fat).....g	5.62		5	A	1		14.16	3.77	
Ash.....g	2.56		5	A	1		6.45	1.72	
Carbohydrate, by difference.....g	15.23		0	NC	4		38.38	10.20	
Fiber, total dietary.....g	6.0		5	A	1		15.1	4.0	
Sugars, total.....g	1.12		5	A	1		2.82	0.75	
Starch.....g									
<b>Minerals:</b>									
Calcium, Ca.....mg	72		5	A	1		181	48	
Iron, Fe.....mg	1.81		5	A	1		4.56	1.21	
Magnesium, Mg.....mg	44		0	A	1		111	29	
Phosphorus, P.....mg	185		5	A	1		466	124	
Potassium, K.....mg	268		5	A	1		675	180	
Sodium, Na.....mg	570		5	A	1		1436	382	
Zinc, Zn.....mg	0.86		0	FLA	4		2.17	0.58	
Copper, Cu.....mg	0.640		0	FLA	4		1.613	0.429	
Manganese, Mn.....mg	0.502		0	FLA	4		1.265	0.336	
Selenium, Se.....mcg	45.7		0	FLC	4		115.2	30.6	
<b>Vitamins:</b>									
Vitamin C, total ascorbic acid.....mg	0.0		5	A	1		0.0	0.0	
Thiamin.....mg	9.650		5	A	1		24.318	6.466	
Riboflavin.....mg	0.150		5	A	1		0.378	0.101	
Niacin.....mg	0.000		5	A	1		0.000	0.000	
Pantothenic acid.....mg	1.794		0	FLA	4		4.521	1.202	
Vitamin B-6.....mg	0.000		5	A	1		0.000	0.000	
Folate, total.....mcg	88		0	FLA	4		221	59	
Folic acid.....mcg	0		0	Z	7		0	0	
Folate, food.....mcg	87		0	FLA	4		219	58	
Folate, DFE.....mcg_DFE	87		0	NC	4		219	58	
Vitamin B-12.....mcg	0.00		5	A	1		0.00	0.00	
Vitamin B-12, added.....mcg	0.00		0	Z	7		0.00	0.00	
Vitamin A, IU.....IU	1143		5	A	1		2880	766	
Vitamin A, RAE.....mcg_RAE	200		0	NC	4		504	134	
Retinol.....mcg	172		0	FLA	4		433	115	
Vitamin E (alpha-tocopherol).....mg	0.82		0	FLA	4		2.07	0.55	
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	4.6		0	FLA	4		11.5	3.0	
<b>Lipids:</b>									
Fatty acids, total saturated.....g	0.804		5	A	1		2.026	0.539	
4:0.....g	0.000		5	A	1		0.000	0.000	
6:0.....g	0.000		5	A	1		0.000	0.000	
8:0.....g	0.000		5	A	1		0.000	0.000	
10:0.....g	0.000		5	A	1		0.000	0.000	
12:0.....g	0.000		5	A	1		0.000	0.000	
13:0.....g									
14:0.....g	0.000		5	A	1		0.000	0.000	
15:0.....g	0.000		0	FLA	4		0.000	0.000	
16:0.....g	0.590		5	A	1		1.487	0.395	
17:0.....g	0.000		0	FLA	4		0.000	0.000	
18:0.....g	0.213		5	A	1		0.537	0.143	
20:0.....g	0.000		0	FLA	4		0.000	0.000	

WORTHINGTON FOODS, MORNINGSTAR FARMS GARDEN VEGE PATTIES, frozen

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

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

**Common Measures:**

Measure 1 = 252g: 1 cup

Measure 2 = 67g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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



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	0.010		2	MA	12		0.008	0.004	0.031
17:1.....g									
18:1 undifferentiated.....g	0.300		2	MA	12		0.234	0.129	0.936
20:1.....g	0.010		2	MA	12		0.008	0.004	0.031
22:1 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.450		2	MA	12		0.351	0.194	1.404
18:2 undifferentiated.....g	0.400		2	MA	12		0.312	0.172	1.248
18:3 undifferentiated.....g	0.050		2	MA	12		0.039	0.022	0.156
18:4.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLM	4		0.000	0.000	0.000
20:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:5 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
22:6 n-3.....g	0.000		0	FLM	4		0.000	0.000	0.000
Fatty acids, total trans.....g									
Cholesterol.....mg	1		4	MA	12		1	0	3
Phytosterols.....mg									

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

**Common Measures:**

- Measure 1 = 78g: 1 patty
- Measure 2 = 43g: 1 serving
- Measure 3 = 312g: 1 package without refuse (11 oz)

**Footnotes**

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

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

USDA National Nutrient Database for Standard Reference, Release 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	0.374		0	FLA	4		0.318		
14:1.....g									
15:1.....g									
16:1 undifferentiated.....g	0.156		0	FLA	4		0.133		
17:1.....g									
18:1 undifferentiated.....g	0.215		0	FLA	4		0.183		
20:1.....g	0.000		0	FLA	4		0.000		
22:1 undifferentiated.....g	0.000		0	FLA	4		0.000		
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	0.203		0	FLA	4		0.173		
18:2 undifferentiated.....g	0.179		0	FLA	4		0.152		
18:3 undifferentiated.....g	0.024		0	FLA	4		0.020		
18:4.....g	0.000		0	FLA	4		0.000		
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		0	FLA	4		0.000		
20:5 n-3.....g	0.000		0	FLA	4		0.000		
22:5 n-3.....g	0.000		0	FLA	4		0.000		
22:6 n-3.....g	0.000		0	FLA	4		0.000		
Fatty acids, total trans.....g									
Cholesterol.....mg	0		3	A	1		0		
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0		
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 85g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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				
16:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	
17:1.....g									
18:1 undifferentiated.....g	1.590		5	A	1		4.007	1.065	
20:1.....g	0.000		5	A	1		0.000	0.000	
22:1 undifferentiated.....g	0.000		5	A	1		0.000	0.000	
24:1 c.....g									
Fatty acids, total polyunsaturated.....g	3.226		5	A	1		8.130	2.161	
18:2 undifferentiated.....g	3.170		5	A	1		7.988	2.124	
18:3 undifferentiated.....g	0.056		5	A	1		0.141	0.038	
18:4.....g	0.000		5	A	1		0.000	0.000	
20:2 n-6 c,c.....g									
20:3 undifferentiated.....g									
20:4 undifferentiated.....g	0.000		5	A	1		0.000	0.000	
20:5 n-3.....g	0.000		5	A	1		0.000	0.000	
22:5 n-3.....g	0.000		5	A	1		0.000	0.000	
22:6 n-3.....g	0.000		5	A	1		0.000	0.000	
Fatty acids, total trans.....g									
Cholesterol.....mg	1		5	A	1		3	1	
Phytosterols.....mg									
<b>Others:</b>									
Alcohol, ethyl.....g	0.0		0	Z	7		0.0	0.0	
Caffeine.....mg									
Theobromine.....mg									

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

**Common Measures:**

Measure 1 = 252g: 1 cup

Measure 2 = 67g: 1 patty

**Calories Factors: Protein**

**Fat**

**Carbohydrate**

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

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