

# USDA National Nutrient Database for Standard Reference, Release 18

## Fatty acids, total saturated ( g ) Content of Selected Foods per Common Measure, sorted by nutrient content

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19087	Candies, white chocolate	170	1 cup	33.000
19080	Candies, semisweet chocolate	168	1 cup	29.820
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	29.265
01036	Cheese, ricotta, whole milk	246	1 cup	20.406
01164	Cheese sauce, prepared from recipe	243	1 cup	19.523
21082	Fast foods, taco	263	1 large	17.484
01095	Milk, canned, condensed, sweetened	306	1 cup	16.787
21097	Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments	195	1 sandwich	16.244
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	15.520
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	15.432
21098	Fast foods, cheeseburger, large, single patty, with condiments and vegetables	219	1 sandwich	15.039
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	14.976
12104	Nuts, coconut meat, raw	45	1 piece	13.364
18335	Pie crust, standard-type, frozen, ready-to-bake, baked	126	1 pie shell	13.335
14347	Shake, fast food, vanilla	333	16 fl oz	13.193
21092	Fast foods, cheeseburger, regular, double patty, plain	155	1 sandwich	12.997
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	12.418
01037	Cheese, ricotta, part skim milk	246	1 cup	12.120
21111	Fast foods, hamburger, regular, double patty, with condiments	215	1 sandwich	12.001
19061	Snacks, trail mix, tropical	140	1 cup	11.872
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	11.596
01096	Milk, canned, evaporated, without added vitamin A	252	1 cup	11.569
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	11.475
21082	Fast foods, taco	171	1 small	11.368
01057	Eggnog	254	1 cup	11.285
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	10.855
21074	Fast foods, enchilada, with cheese	163	1 enchilada	10.588
21114	Fast foods, hamburger, large, double patty, with condiments and vegetables	226	1 sandwich	10.518
21113	Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables	218	1 sandwich	10.420
13073	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	9.945
22906	Chicken pot pie, frozen entree	217	1 small pie	9.667
21094	Fast foods, cheeseburger, regular, double patty and bun, plain	160	1 sandwich	9.509
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	9.452
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	9.342
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	9.216
19078	Baking chocolate, unsweetened, squares	28.35	1 square	9.172
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	8.906
21093	Fast foods, cheeseburger, regular, double patty, with condiments and vegetables	166	1 sandwich	8.717
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.527
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	8.505
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	8.390
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.356
11658	Spinach souffle	136	1 cup	8.284
19071	Candies, carob	28.35	1 oz	8.227

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21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	8.140
18147	Cheesecake commercially prepared	80	1 piece	7.937
21078	Fast foods, nachos, with cheese	113	6-8 nachos	7.780
21023	Breakfast items, french toast with butter	135	2 slices	7.749
14346	Shake, fast food, chocolate	333	16 fl oz	7.702
19089	Ice creams, vanilla, rich	74	1/2 cup	7.643
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	7.540
35142	Bread, Indian, fry, made with lard (Navajo)	160	10-1/2" bread	7.394
01145	Butter, without salt	14.2	1 tbsp	7.294
01001	Butter, salted	14.2	1 tbsp	7.294
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	7.217
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	7.170
06166	Sauce, homemade, white, medium	250	1 cup	7.135
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	7.087
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	6.962
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	6.953
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	6.924
21083	Fast foods, taco salad	198	1-1/2 cups	6.823
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	6.809
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	6.808
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	6.701
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	6.684
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	6.682
18239	Croissants, butter	57	1 croissant	6.646
21043	Fast foods, clams, breaded and fried	115	3/4 cup	6.603
21089	Sandwiches and burgers, cheeseburger, regular, single meat patty, plain	102	1 sandwich	6.467
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	6.451
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	6.433
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	6.336
21090	Fast foods, cheeseburger, regular, single patty, with condiments	113	1 sandwich	6.308
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	6.262
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	6.164
16008	Beans, baked, canned, with franks	259	1 cup	6.092
18316	Pie, coconut custard, commercially prepared	104	1 piece	6.088
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	5.991
01009	Cheese, cheddar	28.35	1 oz	5.980
01111	Milk shakes, thick vanilla	313	11 fl oz	5.903
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.857
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	5.851
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.840
01007	Cheese, camembert	38	1 wedge	5.798
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	5.751
05172	Turkey, all classes, giblets, cooked, simmered, some giblet fat	145	1 cup	5.688
18310	Pie, chocolate creme, commercially prepared	113	1 piece	5.614
01042	Cheese, pasteurized process, american, with di sodium phosphate	28.35	1 oz	5.583

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11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	5.525
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	5.500
01030	Cheese, muenster	28.35	1 oz	5.419
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	5.379
18309	Pie, cherry, prepared from recipe	180	1 piece	5.373
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	5.330
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	5.313
01004	Cheese, blue	28.35	1 oz	5.293
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	5.277
07008	Bologna, beef and pork	56.7	2 slices	5.274
01102	Milk, chocolate, fluid, commercial, whole	250	1 cup	5.260
07022	Frankfurter, beef	45	1 frank	5.260
13348	Beef, cured, corned beef, canned	85.05	3 oz	5.256
01013	Cheese, cottage, creamed, with fruit	226	1 cup	5.223
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	5.162
21120	Fast foods, hotdog, with corn flour coating (corn dog)	175	1 corn dog	5.161
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	5.159
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	5.151
22905	Beef stew, canned entree	232	1 cup	5.150
06243	Soup, cream of mushroom, canned, prepared with equal volume milk, commercial	248	1 cup	5.134
21015	Fast foods, danish pastry, cheese	91	1 pastry	5.123
21118	Fast foods, hotdog, plain	98	1 sandwich	5.109
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	5.109
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	5.083
01110	Milk shakes, thick chocolate	300	10.6 fl oz	5.043
01040	Cheese, swiss	28.35	1 oz	5.040
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	5.032
21033	Fast foods, sundae, hot fudge	158	1 sundae	5.023
04002	Lard	12.8	1 tbsp	5.018
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	5.008
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	4.950
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	4.948
21088	Tostada with guacamole	130.5	1 tostada	4.933
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	4.928
18327	Pie, pumpkin, prepared from recipe	155	1 piece	4.915
18325	Pie, pecan, prepared from recipe	122	1 piece	4.867
21119	Fast foods, hotdog, with chili	114	1 sandwich	4.854
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	4.850
07023	Frankfurter, beef and pork	45	1 frank	4.847
01035	Cheese, provolone	28.35	1 oz	4.842
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	4.829
18245	Danish pastry, cheese	71	1 danish	4.824
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	4.822
13930	Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	4.763
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	4.758

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19135	Candies, M&M MARS, MARS MILKY WAY Bar	61	1 bar (2.15 oz)	4.752
18302	Pie, apple, prepared from recipe	155	1 piece	4.728
21024	Fast foods, french toast sticks	141	5 sticks	4.709
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	4.665
06216	Soup, cream of chicken, prepared with equal volume milk, commercial	248	1 cup	4.638
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	4.599
07069	Salami, cooked, beef and pork	56.7	2 slices	4.587
01077	Milk, whole, 3.25% milkfat	244	1 cup	4.551
01044	Cheese, pasteurized process, swiss, with di sodium phosphate	28.35	1 oz	4.549
19270	Ice creams, chocolate	66	1/2 cup	4.488
19095	Ice creams, vanilla	66	1/2 cup	4.481
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.442
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	4.367
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.365
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.340
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	4.324
13058	Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85	3 oz	4.318
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	4.291
18306	Pie, blueberry, prepared from recipe	147	1 piece	4.279
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	4.276
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	4.263
01019	Cheese, feta	28.35	1 oz	4.237
13085	Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85	3 oz	4.233
06909	Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve	63	1/4 cup	4.227
01046	Cheese food, pasteurized process, american, without di sodium phosphate	28.35	1 oz	4.223
01031	Cheese, neufchatel	28.35	1 oz	4.195
19155	Candies, M&M MARS, SNICKERS Bar	57	1 bar (2 oz)	4.195
35142	Bread, Indian, fry, made with lard (Navajo)	90	5" bread	4.159
21063	Fast foods, burrito, with beans and meat	115.5	1 burrito	4.158
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 éclair	4.119
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	4.080
21077	Fast foods, frijoles with cheese	167	1 cup	4.075
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.046
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.045
04585	Margarine-butter blend, 60% corn oil margarine and 40% butter	14.2	1 tbsps	4.039
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	4.007
18324	Pie, pecan, commercially prepared	113	1 piece	4.006
22904	Chili con carne with beans, canned entree	222	1 cup	3.863
13869	Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	3.830
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	3.793
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	3.792
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	3.786
01048	Cheese spread, pasteurized process, american, without di sodium phosphate	28.35	1 oz	3.778
01026	Cheese, mozzarella, whole milk	28.35	1 oz	3.729
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.709

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10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	3.698
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	3.652
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	3.606
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	3.592
11414	Potato salad, home-prepared	250	1 cup	3.573
21108	Fast foods, hamburger, regular, single patty, with condiments	106	1 sandwich	3.563
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins	51	1/2 cup	3.555
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	3.536
21028	Fast foods, ice milk, vanilla, soft-serve, with cone	103	1 cone	3.532
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	3.488
01053	Cream, fluid, heavy whipping	15	1 tbsp	3.455
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.451
21042	Fast foods, chili con carne	253	1 cup	3.431
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	3.424
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.387
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	3.370
07065	Pork and beef sausage, fresh, cooked	26	2 links	3.370
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	3.352
06007	Soup, bean with ham, canned, chunky, ready-to-serve, commercial	243	1 cup	3.329
21017	Fast foods, danish pastry, fruit	94	1 pastry	3.315
22120	WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles	110	1 cup	3.257
18120	Cake, pound, commercially prepared, butter	28	1 piece	3.237
19041	Snacks, pork skins, plain	28.35	1 oz	3.223
04031	Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)	12.8	1 tbsp	3.200
01017	Cheese, cream	14.5	1 tbsp	3.185
15128	Fish, tuna salad	205	1 cup	3.165
18444	Pie, fried pies, cherry	128	1 pie	3.145
18319	Pie, fried pies, fruit	128	1 pie	3.145
05277	Chicken, canned, meat only, with broth	142	5 oz	3.124
13878	Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	3.114
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	3.107
19411	Snacks, potato chips, plain, salted	28.35	1 oz	3.107
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	3.094
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A	244	1 cup	3.067
18096	Cake, chocolate, commercially prepared with chocolate frosting	64	1 piece	3.053
18116	Cake, gingerbread, prepared from recipe	74	1 piece	3.050
05292	Turkey patties, breaded, battered, fried	64	1 patty	3.002
18308	Pie, cherry, commercially prepared	117	1 piece	2.998
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	2.981
18140	Cake, yellow, commercially prepared, with chocolate frosting	64	1 piece	2.980
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	2.975
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	2.971
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	2.958

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06230	Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial	248	1 cup	2.951
01103	Milk, chocolate, fluid, commercial, reduced fat	250	1 cup	2.943
06359	Soup, tomato, canned, prepared with equal volume milk, commercial	248	1 cup	2.902
01052	Cream, fluid, light whipping	15	1 tbsp	2.901
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	2.886
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.857
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	2.805
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	2.795
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.780
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	2.759
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	2.717
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	2.713
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	2.691
21129	Fast foods, hush puppies	78	5 pieces	2.686
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.685
19410	Snacks, potato chips, made from dried potatoes, plain	28.35	1 oz	2.679
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.621
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	2.614
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.610
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	2.596
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	2.594
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	2.566
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2.520
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	2.508
07024	Frankfurter, chicken	45	1 frank	2.493
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.482
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.474
07064	Pork Sausage, Fresh, Cooked	27	1 patty	2.465
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	2.462
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.459
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	2.452
04543	Oil, soybean, salad or cooking, (hydrogenated) and cottonseed	13.6	1 tbsp	2.448
06443	Soup, cream of mushroom, canned, prepared with equal volume water, commercial	244	1 cup	2.440
18139	Cake, white, prepared from recipe without frosting	74	1 piece	2.419
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	2.404
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	2.401
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	2.389
07064	Pork Sausage, Fresh, Cooked	26	2 links	2.374
18151	Cookies, brownies, commercially prepared	56	1 brownie	2.372
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.346
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	2.307
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.296
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.282
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	2.282
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	2.270
23605	Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	2.264

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12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.259
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.249
01132	Egg, whole, cooked, scrambled	61	1 large	2.244
16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2.231
04132	Margarine, regular, unspecified oils, with salt added	14.1	1 tbsp	2.228
11370	Potatoes, hashed brown, home-prepared	156	1 cup	2.228
22247	Macaroni and Cheese, canned entree	252	1 cup	2.220
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	2.151
18367	Waffles, plain, prepared from recipe	75	1 waffle	2.150
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.148
07072	Salami, dry or hard, pork, beef	20	2 slices	2.122
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.102
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	2.100
18243	Croutons, seasoned	40	1 cup	2.099
06416	Soup, cream of chicken, canned, prepared with equal volume water, commercial	244	1 cup	2.074
19140	Candies, M&M MARS, "M&M's" Peanut Chocolate Candies	20	10 pieces	2.066
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	2.033
04034	Oil, soybean, salad or cooking, (hydrogenated)	13.6	1 tbsp	2.026
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2.025
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	2.017
06800	Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve	62	1/4 cup	1.996
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.996
01128	Egg, whole, cooked, fried	46	1 large	1.975
20113	Noodles, chinese, chow mein	45	1 cup	1.973
18305	Pie, blueberry, commercially prepared	117	1 piece	1.964
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.956
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	1.954
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.954
18326	Pie, pumpkin, commercially prepared	109	1 piece	1.946
19088	Ice creams, vanilla, light	66	1/2 cup	1.932
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	1.931
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.917
11672	Potato pancakes	76	1 pancake	1.895
23610	Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	1.890
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.864
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.847
04611	Margarine, regular, tub, composite, 80% fat, with salt	14.2	1 tbsp	1.842
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	1.820
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	1.803
01123	Egg, whole, raw, fresh	58	1 extra large	1.797
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.793
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.789
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.774
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.770
04133	Salad dressing, french, home recipe	14	1 tbsp	1.764
04518	Oil, vegetable, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	1.761
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.752

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.737
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.734
19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.709
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	1.704
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	1.688
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.670
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.669
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	1.665
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.647
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.643
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1.640
01129	Egg, whole, cooked, hard-boiled	50	1 large	1.634
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	1.629
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.616
21127	Fast foods, coleslaw	99	3/4 cup	1.606
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.593
01125	Egg, yolk, raw, fresh	16.6	1 large	1.585
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.582
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.576
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	1.575
19033	Snacks, CHEX mix	28.35	1 oz (about 2/3 cup)	1.568
01056	Cream, sour, cultured	12	1 tbsp	1.566
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	1.564
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1.564
01123	Egg, whole, raw, fresh	50	1 large	1.550
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A	244	1 cup	1.545
01131	Egg, whole, cooked, poached	50	1 large	1.544
01104	Milk, chocolate, fluid, commercial, lowfat	250	1 cup	1.540
06404	Soup, bean with pork, canned, prepared with equal volume water, commercial	253	1 cup	1.518
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	1.517
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1.515
15111	Fish, swordfish, cooked, dry heat	106	1 piece	1.490
04612	Margarine, vegetable oil spread, 60% fat, stick	14.3	1 tbsp	1.487
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.480
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.472
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	1.458
19045	Snacks, potato chips, made from dried potatoes, light	28.35	1 oz	1.454
06024	Soup, chicken vegetable, canned, chunky, ready-to-serve	240	1 cup	1.440
11399	Potato puffs, frozen, oven-heated	79	10 puffs	1.436
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	1.429
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	1.424
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1.420
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	1.418
19135	Candies, M&M MARS, MARS MILKY WAY Bar	18	1 fun size bar	1.402
04506	Oil, vegetable, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	1.401
06449	Soup, pea, green, canned, prepared with equal volume water, commercial	250	1 cup	1.400
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.399
06018	Soup, chicken noodle, canned, chunky, ready-to-serve	240	1 cup	1.392



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
12147	Nuts, pine nuts, dried	28.35	1 oz	1.389
23598	Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.380
01123	Egg, whole, raw, fresh	44	1 medium	1.364
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	1.343
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.342
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	1.332
19193	Puddings, rice, ready-to-eat	113.4	4 oz	1.327
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.321
15084	Fish, salmon, pink, canned, solids with bone and liquid	85	3 oz	1.305
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	1.305
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.303
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.300
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.293
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.292
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.277
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	1.276
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.271
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.270
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	1.269
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.266
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.264
20033	Oat bran, raw	94	1 cup	1.248
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.231
05286	Turkey and gravy, frozen	142	5-oz package	1.207
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.195
16103	Refried beans, canned (includes USDA commodity)	252	1 cup	1.194
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.179
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.157
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	1.149
06409	Soup, beef noodle, canned, prepared with equal volume water, commercial	244	1 cup	1.147
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.146
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	1.140
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.134
19057	Snacks, tortilla chips, nacho-flavor	28.35	1 oz	1.133
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1.130
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.130
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.129
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.121
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.121
07017	Chicken roll, light meat	56.7	2 slices	1.117
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.100
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.088
01049	Cream, fluid, half and half	15	1 tbsp	1.074
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	1.073
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.052
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to 4"	1.028
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.024

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.011
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.006
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.004
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	1.000
04582	Vegetable oil, canola	14	1 tbsp	0.994
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.991
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.988
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.939
18214	Crackers, cheese, regular	10	10 crackers	0.937
19141	Candies, M&M MARS, "M&M's" Milk Chocolate Candies	7	10 pieces	0.916
18268	French toast, frozen, ready-to-heat	59	1 slice	0.904
07073	Sandwich spread, pork, beef	15	1 tbsp	0.899
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.890
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.888
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.886
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.881
19127	Candies, milk chocolate coated raisins	10	10 pieces	0.880
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.871
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.869
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.865
01032	Cheese, parmesan, grated	5	1 tbsp	0.865
19097	Sherbet, orange	74	1/2 cup	0.858
06471	Soup, vegetable beef, prepared with equal volume water, commercial	244	1 cup	0.854
04511	Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce)	13.6	1 tbsp	0.844
06119	Gravy, chicken, canned	59.5	1/4 cup	0.839
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.825
18134	Cake, sponge, prepared from recipe	63	1 piece	0.820
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.815
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.813
20011	Buckwheat flour, whole-groat	120	1 cup	0.812
19183	Puddings, chocolate, ready-to-eat	113	4 oz	0.802
18274	Muffins, blueberry, commercially prepared	57	1 muffin	0.796
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.794
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.790
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	0.789
16112	Miso	68.75	1 cup	0.783
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.777
18279	Muffins, corn, commercially prepared	57	1 muffin	0.772
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.770
18159	Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched	10	1 cookie	0.767
01072	Dessert topping, pressurized	4	1 tbsp	0.756
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.756
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.756
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.724
07027	Ham, chopped, not canned	21	2 slices	0.719
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.706
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.705

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.699
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.697
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.695
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.691
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.674
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.673
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.673
22402	HEALTHY CHOICE Beef Macaroni, frozen entree	240	1 package	0.672
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.672
06116	Gravy, beef, canned	58.25	1/4 cup	0.672
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.672
20110	Noodles, egg, cooked, enriched	160	1 cup	0.670
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.663
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.658
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.657
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.653
05073	Chicken, broilers or fryers, drumstick, meat only, cooked, roasted	44	1 drumstick	0.651
06419	Soup, chicken noodle, canned, prepared with equal volume water, commercial	241	1 cup	0.651
01069	Cream substitute, powdered	2	1 tsp	0.651
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.648
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.640
18027	Bread, egg	40	1/2" slice	0.637
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.631
18283	Muffins, oat bran	57	1 muffin	0.620
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.617
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.616
19035	Snacks, popcorn, oil-popped, microwaved	11	1 cup	0.615
18364	Tortillas, ready-to-bake or -fry, flour	32	1 tortilla	0.604
09038	Avocados, raw, California	28.35	1 oz	0.603
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.592
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.578
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.578
16120	Soy milk, fluid	245	1 cup	0.571
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.570
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.557
09039	Avocados, raw, Florida	28.35	1 oz	0.556
19441	Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.555
06440	Soup, minestrone, canned, prepared with equal volume water, commercial	241	1 cup	0.554
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.553
06067	Soup, vegetable, canned, chunky, ready-to-serve, commercial	240	1 cup	0.552
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	0.548
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.545
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.544
18235	Crackers, whole-wheat	16	4 crackers	0.543
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.541

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.540
08219	Cereals ready-to-eat, QUAKER, Honey Nut Heaven	49	1 cup	0.534
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.531
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.515
06205	Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve	244	1 cup	0.512
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.510
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.508
07028	Ham, sliced, extra lean	56.7	2 slices	0.506
04612	Margarine, vegetable oil spread, 60% fat, stick	4.8	1 tsp	0.499
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.498
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.491
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.488
20005	Barley, pearled, raw	200	1 cup	0.488
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.485
18177	Cookies, molasses	15	1 cookie, medium	0.482
06174	Soup, stock, fish, home-prepared	233	1 cup	0.473
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.470
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.466
04613	Margarine, vegetable oil spread, 60% fat, tub/bottle	4.8	1 tsp	0.465
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.464
11159	Coleslaw, home-prepared	120	1 cup	0.462
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.461
06423	Soup, chicken with rice, canned, prepared with equal volume water, commercial	241	1 cup	0.458
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.456
18229	Crackers, standard snack-type, regular	12	4 crackers	0.453
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.451
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.449
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.447
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.441
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.440
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.437
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.436
18360	Taco shells, baked	13.3	1 medium	0.432
06202	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve	239	1 cup	0.430
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.429
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.427
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.421
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.418
06200	Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve	237	1 cup	0.417
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.415
18232	Crackers, wheat, regular	8	4 crackers	0.414
01143	Egg substitute, liquid	62.75	1/4 cup	0.414
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.412
06206	Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve	241	1 cup	0.410

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.405
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.404
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.403
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.396
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.396
20080	Wheat flour, whole-grain	120	1 cup	0.386
21139	Fast foods, potato, mashed	80	1/3 cup	0.383
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.383
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.381
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.378
18003	Bagels, egg	89	4" bagel	0.375
08121	Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt	234	1 cup	0.374
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.372
04128	Margarine-like spread, (approximately 40% fat), unspecified oils	4.8	1 tsp	0.370
06125	Gravy, turkey, canned	59.6	1/4 cup	0.370
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.368
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.366
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.360
11424	Pumpkin, canned, without salt	245	1 cup	0.358
20034	Oat bran, cooked	219	1 cup	0.357
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.354
20037	Rice, brown, long-grain, cooked	195	1 cup	0.351
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.350
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.346
18353	Rolls, hard (includes kaiser)	57	1 roll	0.345
08131	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water	155	1 packet	0.344
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.341
15141	Crustaceans, crab, blue, canned	135	1 cup	0.340
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.336
20083	Wheat flour, white, bread, enriched	137	1 cup	0.334
06207	Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve	238	1 cup	0.333
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.333
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.330
20012	Bulgur, dry	140	1 cup	0.325
20025	Commeal, self-rising, degermed, enriched, yellow	138	1 cup	0.323
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.323
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.315
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.311
20022	Commeal, degermed, enriched, yellow	138	1 cup	0.311
01097	Milk, canned, evaporated, nonfat	256	1 cup	0.310
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.309
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.308
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.308
06528	Soup, chicken noodle, dehydrated, prepared with water	252.3	1 cup	0.308
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.301

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18003	Bagels, egg	71	3-1/2" bagel	0.299
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.298
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.298
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.297
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.292
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.291
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial	241	1 cup	0.289
01085	Milk, nonfat, fluid, with added vitamin A (fat free or skim)	245	1 cup	0.287
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned	240	1 cup	0.283
18048	Bread, raisin, toasted, enriched	24	1 slice	0.282
18047	Bread, raisin, enriched	26	1 slice	0.281
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.279
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.277
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.272
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.270
13350	Beef, cured, dried	28.35	1 oz	0.269
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.267
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.267
06204	Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve	242	1 cup	0.266
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.266
08123	Cereals, oats, instant, fortified, plain, prepared with water	177	1 packet	0.264
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.263
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.262
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.259
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.259
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.258
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.258
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.257
09277	Plantains, raw	179	1 medium	0.256
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.256
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.251
19074	Candies, caramels	10.1	1 piece	0.250
08125	Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water	149	1 packet	0.249
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.248
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.246
20100	Macaroni, cooked, enriched	140	1 cup	0.246
18005	Bagels, cinnamon-raisin	89	4" bagel	0.244
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.241
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.240
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.240
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.239
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.238
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.237
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.234

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.234
18025	Bread, cracked-wheat	25	1 slice	0.229
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.225
18065	Bread, wheat, toasted (includes wheat berry)	23	1 slice	0.224
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.224
18064	Bread, wheat (includes wheat berry)	25	1 slice	0.224
09136	Grape juice, frozen concentrate, sweetened, undiluted, with added vitamin C	216	6-fl-oz can	0.222
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.221
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.220
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.213
18036	Bread, mixed-grain, toasted (includes whole-grain, 7-grain)	24	1 slice	0.211
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.210
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.210
18035	Bread, mixed-grain (includes whole-grain, 7-grain)	26	1 slice	0.210
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.207
20028	Couscous, dry	173	1 cup	0.202
16158	Hummus, commercial	14	1 tbsp	0.201
18060	Bread, rye	32	1 slice	0.200
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.199
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.199
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size	55	1 cup	0.198
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.196
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.195
16051	Beans, white, mature seeds, canned	262	1 cup	0.194
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.194
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.194
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.193
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.193
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.192
18040	Bread, oatmeal, toasted	25	1 slice	0.191
18039	Bread, oatmeal	27	1 slice	0.190
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.185
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.184
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original	51	1 cup	0.184
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.182
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.180
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.180
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.180
18170	Cookies, fig bars	16	1 cookie	0.180
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.179
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.179
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.175
20084	Wheat flour, white, cake, enriched	137	1 cup	0.174
11461	Spinach, canned, drained solids	214	1 cup	0.173
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.173
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.171
18033	Bread, italian	20	1 slice	0.171

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.169
09040	Bananas, raw	150	1 cup	0.168
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.167
14342	Rice beverage, RICE DREAM, canned	245	1 cup	0.167
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.166
18061	Bread, rye, toasted	24	1 slice	0.165
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.164
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.162
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.162
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.160
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.160
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.160
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.159
11192	Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.158
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.157
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.154
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.153
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.152
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.152
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.150
20006	Barley, pearled, cooked	157	1 cup	0.146
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.145
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.142
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.142
19014	Snacks, fruit leather, rolls	21	1 large	0.141
01186	Cheese, cream, fat free	15.6	1 tbsp	0.140
18044	Bread, pumpernickel	32	1 slice	0.140
18045	Bread, pumpernickel, toasted	29	1 slice	0.139
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.139
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.139
09176	Mangos, raw	207	1 mango	0.137
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.135
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.132
09040	Bananas, raw	118	1 banana	0.132
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.131
09226	Papayas, raw	304	1 papaya	0.131
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.130
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.130
16034	Beans, kidney, red, mature seeds, canned	256	1 cup	0.128
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.127
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.127
18057	Bread, reduced-calorie, white	23	1 slice	0.126
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.126
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.124
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.123
06494	Soup, onion, dehydrated, prepared with water	246	1 cup	0.123
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.122



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.122
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.121
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.120
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.120
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.120
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.120
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.118
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.118
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.118
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.117
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes	29	3/4 cup	0.116
06094	Soup, onion mix, dehydrated, dry form	39	1 packet	0.115
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.115
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.114
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.113
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.110
09176	Mangos, raw	165	1 cup	0.109
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.109
01092	Milk, dry, nonfat, instant, with added vitamin A	23	1/3 cup	0.107
22121	WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen	85	1 patty	0.107
09278	Plantains, cooked	154	1 cup	0.106
11015	Asparagus, canned, drained solids	72	4 spears	0.106
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.106
11308	Peas, green, canned, regular pack, drained solids	170	1 cup	0.105
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.105
11205	Cucumber, with peel, raw	301	1 large	0.102
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.102
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.100
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.098
14181	Chocolate syrup	18.75	1 tbsp	0.097
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.097
11261	Mushrooms, cooked, boiled, drained, without salt	156	1 cup	0.095
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.094
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal plu	0.094
09153	Lemon juice, canned or bottled	244	1 cup	0.093
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.091
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.091
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.091
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.090
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.089
18220	Crackers, melba toast, plain	20	4 pieces	0.089
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.088
11821	Peppers, sweet, red, raw	149	1 cup	0.088
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.087
11333	Peppers, sweet, green, raw	149	1 cup	0.086
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	160	1 cup	0.086
08103	Cereals, CREAM OF WHEAT, regular, cooked with water, without salt	251	1 cup	0.085

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18053	Bread, reduced-calorie, rye	23	1 slice	0.085
09298	Raisins, seedless	145	1 cup	0.084
11549	Tomato products, canned, sauce	245	1 cup	0.083
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.083
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.083
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.083
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.082
09181	Melons, cantaloupe, raw	160	1 cup	0.082
08105	Cereals, CREAM OF WHEAT, quick, cooked with water, without salt	239	1 cup	0.081
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS	27	3/4 cup	0.081
20089	Wild rice, cooked	164	1 cup	0.080
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.080
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.080
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.080
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.080
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.080
18055	Bread, reduced-calorie, wheat	23	1 slice	0.079
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.078
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.078
02009	Spices, chili powder	2.6	1 tsp	0.077
09020	Applesauce, canned, sweetened, without salt	255	1 cup	0.077
20013	Bulgur, cooked	182	1 cup	0.076
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.076
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.076
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.076
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.074
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.073
09137	Grape juice, frozen concentrate, sweetened, diluted with 3 volume water, with added vitamin C	250	1 cup	0.073
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.073
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.072
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.072
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.072
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.071
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.070
11821	Peppers, sweet, red, raw	119	1 pepper	0.070
11333	Peppers, sweet, green, raw	119	1 pepper	0.069
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.068
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.068
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.068
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.068
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.066
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.065
09184	Melons, honeydew, raw	170	1 cup	0.065
18217	Crackers, matzo, plain	28.35	1 matzo	0.064
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.064
11655	Carrot juice, canned	236	1 cup	0.064
09135	Grape juice, canned or bottled, unsweetened, without added vitamin C	253	1 cup	0.063

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.063
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.062
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.062
19156	Candies, M&M MARS, STARBURST Fruit Chews	5	1 piece	0.062
09184	Melons, honeydew, raw	160	1/8 melon	0.061
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.061
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.061
09226	Papayas, raw	140	1 cup	0.060
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.060
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	30	1 cup	0.060
08266	Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES	30	3/4 cup	0.060
09206	Orange juice, raw	248	1 cup	0.060
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.059
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.059
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.059
11264	Mushrooms, canned, drained solids	156	1 cup	0.059
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.058
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.057
09087	Dates, deglet noor	178	1 cup	0.057
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.057
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.057
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.056
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.056
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.056
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.055
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.055
09094	Figs, dried, uncooked	38	2 figs	0.055
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.053
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.053
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.053
11143	Celery, raw	120	1 cup	0.052
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.051
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.051
19034	Snacks, popcorn, air-popped	8	1 cup	0.051
11641	Squash, summer, all varieties, raw	113	1 cup	0.050
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.049
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.048
19036	Snacks, popcorn, cakes	10	1 cake	0.048
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.048
11081	Beets, cooked, boiled, drained	170	1 cup	0.048
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.047
11954	Tomatillos, raw	34	1 medium	0.047
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.047
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.047
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.047
18041	Bread, pita, white, enriched	28	4" pita	0.046

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09326	Watermelon, raw	286	1 wedge	0.046
20029	Couscous, cooked	157	1 cup	0.046
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.045
09207	Orange juice, canned, unsweetened	249	1 cup	0.045
02015	Spices, curry powder	2	1 tsp	0.045
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.045
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.044
02028	Spices, paprika	2.1	1 tsp	0.044
02007	Spices, celery seed	2	1 tsp	0.044
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.044
11531	Tomatoes, red, ripe, canned, whole, regular pack	240	1 cup	0.043
11961	Hearts of palm, canned	33	1 piece	0.043
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.043
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.043
06150	Sauce, barbecue sauce	15.75	1 tbsp	0.043
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.042
11282	Onions, raw	160	1 cup	0.042
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.041
11124	Carrots, raw	110	1 cup	0.041
09050	Blueberries, raw	145	1 cup	0.041
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.041
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.041
02027	Spices, oregano, dried	1.5	1 tsp	0.040
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.039
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.039
11084	Beets, canned, drained solids	170	1 cup	0.039
09003	Apples, raw, with skin	138	1 apple	0.039
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.038
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.037
11206	Cucumber, peeled, raw	280	1 large	0.036
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.036
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.036
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.035
11205	Cucumber, with peel, raw	104	1 cup	0.035
09181	Melons, cantaloupe, raw	69	1/8 melon	0.035
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.035
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.035
11260	Mushrooms, raw	70	1 cup	0.035
09404	Grapefruit juice, pink, raw	247	1 cup	0.035
09128	Grapefruit juice, white, raw	247	1 cup	0.035
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.035
11090	Broccoli, raw	88	1 cup	0.034
09191	Nectarines, raw	136	1 nectarine	0.034
18086	Cake, angelfood, commercially prepared	28	1 piece	0.034
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.034
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.034
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.033
09340	Pears, asian, raw	275	1 pear	0.033
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.033

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09223	Tangerine juice, canned, sweetened	249	1 cup	0.032
09236	Peaches, raw	170	1 cup	0.032
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.032
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.032
11135	Cauliflower, raw	100	1 cup	0.032
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.032
11578	Vegetable juice cocktail, canned	242	1 cup	0.031
11937	Pickles, cucumber, dill	65	1 pickle	0.031
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.031
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.030
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.030
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.030
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.030
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.029
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.029
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.029
11282	Onions, raw	110	1 whole	0.029
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.028
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.028
19116	Candies, marshmallows	50	1 cup	0.028
09132	Grapes, red or green (european type varieties, such as, Thompson seedless), raw	50	10 grapes	0.027
09200	Oranges, raw, all commercial varieties	180	1 cup	0.027
11124	Carrots, raw	72	1 carrot	0.027
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.026
08093	Cereals, QUAKER, corn grits, instant, plain, prepared with water	137	1 packet	0.026
09070	Cherries, sweet, raw	68	10 cherries	0.026
09055	Blueberries, frozen, sweetened	230	1 cup	0.025
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.025
09316	Strawberries, raw	166	1 cup	0.025
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.025
11445	Seaweed, kelp, raw	10	2 tbsp	0.025
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.025
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.025
09326	Watermelon, raw	152	1 cup	0.024
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.024
11213	Endive, raw	50	1 cup	0.024
11112	Cabbage, red, raw	70	1 cup	0.024
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.024
09302	Raspberries, raw	123	1 cup	0.023
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.023
09004	Apples, raw, without skin	110	1 cup	0.023
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.023
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.023
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.023
09150	Lemons, raw, without peel	58	1 lemon	0.023
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.022
09148	Kiwi fruit, (chinese gooseberries), fresh, raw	76	1 medium	0.022

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11251	Lettuce, cos or romaine, raw	56	1 cup	0.022
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.022
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.021
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.021
09206	Orange juice, raw	86	juice from 1 orange	0.021
02030	Spices, pepper, black	2.1	1 tsp	0.021
09060	Carambola, (starfruit), raw	108	1 cup	0.021
09042	Blackberries, raw	144	1 cup	0.020
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.020
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.020
09200	Oranges, raw, all commercial varieties	131	1 orange	0.020
09019	Applesauce, canned, unsweetened, without added ascorbic acid	244	1 cup	0.020
11540	Tomato juice, canned, with salt added	243	1 cup	0.019
11819	Peppers, hot chili, red, raw	45	1 pepper	0.019
11457	Spinach, raw	30	1 cup	0.019
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.019
09236	Peaches, raw	98	1 peach	0.019
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.018
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.018
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.017
09060	Carambola, (starfruit), raw	91	1 fruit	0.017
11143	Celery, raw	40	1 stalk	0.017
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.017
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.017
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.017
11206	Cucumber, peeled, raw	119	1 cup	0.015
11364	Potatoes, baked, skin, without salt	58	1 skin	0.015
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.015
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.015
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.015
02010	Spices, cinnamon, ground	2.3	1 tsp	0.015
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.015
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.015
09340	Pears, asian, raw	122	1 pear	0.015
11081	Beets, cooked, boiled, drained	50	1 beet	0.014
09266	Pineapple, raw, all varieties	155	1 cup	0.014
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.013
09087	Dates, deglet noor	41.5	5 dates	0.013
11297	Parsley, raw	10	10 sprigs	0.013
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.013
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.013
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.012
11090	Broccoli, raw	31	1 spear	0.012
18226	Crackers, rye, wafers, plain	11	1 wafer	0.012
09279	Plums, raw	66	1 plum	0.011
11253	Lettuce, green leaf, raw	56	1 cup	0.011
11109	Cabbage, raw	70	1 cup	0.011
09252	Pears, raw	166	1 pear	0.010

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.010
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.010
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.010
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.010
09021	Apricots, raw	35	1 apricot	0.009
11670	Peppers, hot chili, green, raw	45	1 pepper	0.009
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.009
11114	Cabbage, savoy, raw	70	1 cup	0.009
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.009
11955	Tomatoes, sun-dried	2	1 piece	0.009
09298	Raisins, seedless	14	1 packet	0.008
11945	Pickle relish, sweet	15	1 tbsp	0.008
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.008
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.008
11935	Catsup	15	1 tbsp	0.008
09294	Prune juice, canned	256	1 cup	0.008
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.008
20068	Tapioca, pearl, dry	152	1 cup	0.008
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.007
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.007
19353	Syrups, maple	20	1 tbsp	0.007
16055	Carob flour	8	1 tbsp	0.007
11457	Spinach, raw	10	1 leaf	0.006
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.006
11740	Broccoli, flower clusters, raw	11	1 floweret	0.006
11333	Peppers, sweet, green, raw	10	1 ring	0.006
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.006
11084	Beets, canned, drained solids	24	1 beet	0.006
11943	Pimento, canned	12	1 tbsp	0.005
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.005
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.005
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.005
06164	Sauce, ready-to-serve, salsa	16	1 tbsp	0.005
02055	Horseradish, prepared	5	1 tsp	0.005
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.004
11156	Chives, raw	3	1 tbsp	0.004
11135	Cauliflower, raw	13	1 floweret	0.004
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.004
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.004
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.004
11284	Onions, dehydrated flakes	5	1 tbsp	0.004
02026	Spices, onion powder	2.1	1 tsp	0.004
02020	Spices, garlic powder	2.8	1 tsp	0.004
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.004
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.004
11282	Onions, raw	14	1 slice	0.004
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.004
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.004
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.004

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14355	Tea, brewed, prepared with tap water	178	6 fl oz	0.004
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.004
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.004
11935	Catsup	6	1 packet	0.003
09160	Lime juice, raw	38	juice of 1 lime	0.003
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.003
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.003
09316	Strawberries, raw	18	1 strawberry	0.003
11215	Garlic, raw	3	1 clove	0.003
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.002
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.002
11960	Carrots, baby, raw	10	1 medium	0.002
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.002
19297	Jams and preserves	20	1 tbsp	0.002
11253	Lettuce, green leaf, raw	10	1 leaf	0.002
09316	Strawberries, raw	12	1 strawberry	0.002
11677	Shallots, raw	10	1 tbsp	0.002
19336	Sugars, powdered	8	1 tbsp	0.002
02029	Spices, parsley, dried	1.3	1 tbsp	0.001
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.001
11429	Radishes, raw	4.5	1 radish	0.001
19300	Jellies	19	1 tbsp	0.001
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.001
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.001
20027	Cornstarch	8.064	1 tbsp	0.001
02045	Dill weed, fresh	1	5 sprigs	0.001
02050	Vanilla extract	4.2	1 tsp	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
19296	Honey	21	1 tbsp	0.000
19294	Fruit butters, apple	17	1 tbsp	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19107	Candies, hard	6	1 piece	0.000
19107	Candies, hard	3	1 small piece	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.000



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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
02047	Salt, table	6	1 tsp	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
06432	Soup, beef broth, bouillon, consommé, prepared with equal volume water, commercial	241	1 cup	0.000
11226	Jerusalem-artichokes, raw	150	1 cup	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
01124	Egg, white, raw, fresh	33.4	1 large	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000
14390	Cocoa mix, with aspartame, powder, prepared from item 14196	192	1 serving	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.000
09152	Lemon juice, raw	47	juice of 1 lemon	0.000
14429	Water, municipal	237	8 fl oz	0.000