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NDB No. 04025 Salad dressing, mayonnaise, soybean oil, with salt

Tocopherol, alpha	S81
Tocopherol, gamma	S81
Tocopherol, delta	S81
Vitamin E	S81

NDB No. 04628 Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Thiamin	S18
Folate, total	S18
Cholesterol	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
20:1	S18
20:5 n-3	S18
22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18
Beta-sitosterol	S18
15:0	S18

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NDB No. 04628 Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils

17:0	S18
24:0	S18
16:1 t	S18
18:1 t	S18
18:2 i	S18
24:1 c	S18
20:2 n-6 c,c	S18
16:1 c	S18
18:1 c	S18
18:2 n-6 c,c	S18
20:3 undifferentiated	S18
18:3 n-3 c,c,c	S18

NDB No. 04629 Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Manganese, Mn	S18
Thiamin	S18
Riboflavin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Cholesterol	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18

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NDB No. 04629 Margarine, 70% vegetable oil spread, soybean and soybean(hydrogenated)

20:0	S18
20:4 undifferentiated	S18
22:0	S18
14:1	S18
20:1	S18
20:5 n-3	S18
22:1 undifferentiated	S18
22:5 n-3	S18
Stigmasterol	S18
Campesterol	S18
Beta-sitosterol	S18
15:0	S18
17:0	S18
24:0	S18
16:1 t	S18
18:1 t	S18
18:2 i	S18
24:1 c	S18
20:2 n-6 c,c	S18
16:1 c	S18
18:1 c	S18
18:2 n-6 c,c	S18
20:3 undifferentiated	S18
18:3 n-3 c,c,c	S18

NDB No. 09427 Abiyuch, raw

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053
Sucrose	D4053
Glucose (dextrose)	D4053
Fructose	D4053
Lactose	D4053
Maltose	D4053
Water	D4053
Sugars, total	D4053

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NDB No. 09427 Abiyuch, raw

Galactose	D4053
Fiber, total dietary	D4053
Calcium, Ca	D4053
Iron, Fe	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053
Potassium, K	D4053
Sodium, Na	D4053
Zinc, Zn	D4053
Copper, Cu	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Vitamin A, RE	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

NDB No. 09428 Rowal, raw

Protein	D4053
Total lipid (fat)	D4053
Ash	D4053
Sucrose	D4053
Glucose (dextrose)	D4053
Fructose	D4053
Lactose	D4053
Maltose	D4053
Water	D4053
Sugars, total	D4053
Galactose	D4053
Fiber, total dietary	D4053
Calcium, Ca	D4053
Iron, Fe	D4053
Magnesium, Mg	D4053
Phosphorus, P	D4053
Potassium, K	D4053
Sodium, Na	D4053
Zinc, Zn	D4053

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NDB No. 09428 Rowal, raw

Copper, Cu	D4053
Manganese, Mn	D4053
Vitamin A, IU	D4053
Vitamin A, RE	D4053
Vitamin C, total ascorbic acid	D4053
Fatty acids, total saturated	D4053

NDB No. 11165 Coriander leaves, raw

Vitamin B-6	D390
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NDB No. 11352 Potato, flesh and skin, raw

Protein	S301
Total lipid (fat)	S301
Ash	S301
Sucrose	S301
Glucose (dextrose)	S301
Fructose	S301
Lactose	S301
Maltose	S301
Water	S301
Sugars, total	S301
Galactose	S301
Fiber, total dietary	S301
Calcium, Ca	S301
Iron, Fe	S301
Magnesium, Mg	S301
Phosphorus, P	S301
Potassium, K	S301
Sodium, Na	S301
Zinc, Zn	S301
Copper, Cu	S301
Manganese, Mn	S301
Vitamin C, total ascorbic acid	S301
Thiamin	S301
Riboflavin	S301
Niacin	S301

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NDB No. 11352 Potato, flesh and skin, raw

Pantothenic acid	S301
Vitamin B-6	S301
Folate, total	S301

NDB No. 11353 Potato, russet, flesh and skin, raw

Protein	S301
Total lipid (fat)	S301
Ash	S301
Sucrose	S301
Glucose (dextrose)	S301
Fructose	S301
Lactose	S301
Maltose	S301
Water	S301
Sugars, total	S301
Galactose	S301
Fiber, total dietary	S301
Calcium, Ca	S301
Iron, Fe	S301
Magnesium, Mg	S301
Phosphorus, P	S301
Potassium, K	S301
Sodium, Na	S301
Zinc, Zn	S301
Copper, Cu	S301
Manganese, Mn	S301
Vitamin C, total ascorbic acid	S301
Thiamin	S301
Riboflavin	S301
Niacin	S301
Pantothenic acid	S301
Vitamin B-6	S301
Folate, total	S301

NDB No. 11354 Potato, white, flesh and skin, raw

Protein	S301
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NDB No. 11354 Potato, white, flesh and skin, raw

Total lipid (fat)	S301
Ash	S301
Sucrose	S301
Glucose (dextrose)	S301
Fructose	S301
Lactose	S301
Maltose	S301
Water	S301
Sugars, total	S301
Galactose	S301
Fiber, total dietary	S301
Calcium, Ca	S301
Iron, Fe	S301
Magnesium, Mg	S301
Phosphorus, P	S301
Potassium, K	S301
Sodium, Na	S301
Zinc, Zn	S301
Copper, Cu	S301
Manganese, Mn	S301
Vitamin C, total ascorbic acid	S301
Thiamin	S301
Riboflavin	S301
Niacin	S301
Pantothenic acid	S301
Vitamin B-6	S301
Folate, total	S301

NDB No. 11355 Potato, red, flesh and skin, raw

Protein	S301
Total lipid (fat)	S301
Ash	S301
Sucrose	S301
Glucose (dextrose)	S301
Fructose	S301
Lactose	S301

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NDB No. 11355 Potato, red, flesh and skin, raw

Maltose	S301
Water	S301
Sugars, total	S301
Galactose	S301
Fiber, total dietary	S301
Calcium, Ca	S301
Iron, Fe	S301
Magnesium, Mg	S301
Phosphorus, P	S301
Potassium, K	S301
Sodium, Na	S301
Zinc, Zn	S301
Copper, Cu	S301
Manganese, Mn	S301
Vitamin C, total ascorbic acid	S301
Thiamin	S301
Riboflavin	S301
Niacin	S301
Pantothenic acid	S301
Vitamin B-6	S301
Folate, total	S301

NDB No. 12061 Nuts, almonds

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141

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NDB No. 12061 Nuts, almonds

Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141

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NDB No. 12061 Nuts, almonds

22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12062 Nuts, almonds, blanched

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141

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NDB No. 12062 Nuts, almonds, blanched

Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141

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NDB No. 12062 Nuts, almonds, blanched

13:0 S141

NDB No. 12063 Nuts, almonds, dry roasted, without salt added

Protein S141

Total lipid (fat) S141

Ash S141

Starch S141

Sucrose S141

Glucose (dextrose) S141

Fructose S141

Lactose S141

Maltose S141

Water S141

Fiber, total dietary S141

Calcium, Ca S141

Iron, Fe S141

Magnesium, Mg S141

Phosphorus, P S141

Potassium, K S141

Sodium, Na S141

Zinc, Zn S141

Copper, Cu S141

Manganese, Mn S141

Selenium, Se S141

Tocopherol, alpha S141

Tocopherol, beta S141

Tocopherol, gamma S141

Tocopherol, delta S141

Vitamin C, total ascorbic acid S141

Thiamin S141

Riboflavin S141

Niacin S141

Pantothenic acid S141

Vitamin B-6 S141

Folate, total S141

8:0 S141

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NDB No. 12063 Nuts, almonds, dry roasted, without salt added

10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12065 Nuts, almonds, oil roasted, without salt added

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141

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NDB No. 12065 Nuts, almonds, oil roasted, without salt added

Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Sodium, Na	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141

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NDB No. 12065 Nuts, almonds, oil roasted, without salt added

22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12120 Nuts, hazelnuts or filberts

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83

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NDB No. 12120 Nuts, hazelnuts or filberts

Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Tocopherol, alpha	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83

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NDB No. 12120 Nuts, hazelnuts or filberts

15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

NDB No. 12121 Nuts, hazelnuts or filberts, blanched

Protein	S83
Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Tocopherol, alpha	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83

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NDB No. 12121 Nuts, hazelnuts or filberts, blanched

Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83
16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

Protein	S83
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NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

Total lipid (fat)	S83
Ash	S83
Starch	S83
Sucrose	S83
Glucose (dextrose)	S83
Fructose	S83
Lactose	S83
Maltose	S83
Water	S83
Fiber, total dietary	S83
Calcium, Ca	S83
Iron, Fe	S83
Magnesium, Mg	S83
Phosphorus, P	S83
Potassium, K	S83
Sodium, Na	S83
Zinc, Zn	S83
Copper, Cu	S83
Manganese, Mn	S83
Vitamin A, IU	S83
Tocopherol, alpha	S83
Tocopherol, beta	S83
Tocopherol, gamma	S83
Tocopherol, delta	S83
Vitamin A, RE	S83
Vitamin E	S83
Vitamin C, total ascorbic acid	S83
Thiamin	S83
Riboflavin	S83
Niacin	S83
Pantothenic acid	S83
Vitamin B-6	S83
Folate, total	S83
8:0	S83
10:0	S83
12:0	S83
14:0	S83

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NDB No. 12122 Nuts, hazelnuts or filberts, dry roasted, without salt added

16:0	S83
18:0	S83
20:0	S83
18:1 undifferentiated	S83
18:2 undifferentiated	S83
18:3 undifferentiated	S83
20:4 undifferentiated	S83
22:6 n-3	S83
22:0	S83
14:1	S83
16:1 undifferentiated	S83
20:1	S83
20:5 n-3	S83
22:1 undifferentiated	S83
22:5 n-3	S83
Stigmasterol	S83
Campesterol	S83
Beta-sitosterol	S83
15:0	S83
17:0	S83
24:0	S83
24:1 c	S83
20:2 n-6 c,c	S83
20:3 undifferentiated	S83
13:0	S83

NDB No. 12131 Nuts, macadamia nuts, raw

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77
Lactose	S77
Maltose	S77

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NDB No. 12131 Nuts, macadamia nuts, raw

Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77
Manganese, Mn	S77
Tocopherol, alpha	S77
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin E	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77

NDB No. 12131 Nuts, macadamia nuts, raw

16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77
Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77

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NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

Manganese, Mn	S77
Tocopherol, alpha	S77
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77
8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77

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NDB No. 12132 Nuts, macadamia nuts, dry roasted, without salt added

24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

NDB No. 12142 Nuts, pecans

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Vitamin A, IU	S85
Tocopherol, alpha	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin A, RE	S85
Vitamin E	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85

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NDB No. 12142 Nuts, pecans

Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12143 Nuts, pecans, dry roasted, without salt added

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NDB No. 12143 Nuts, pecans, dry roasted, without salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Tocopherol, alpha	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85

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NDB No. 12143 Nuts, pecans, dry roasted, without salt added

18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12144 Nuts, pecans, oil roasted, without salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85

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NDB No. 12144 Nuts, pecans, oil roasted, without salt added

Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Sodium, Na	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Tocopherol, alpha	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin E	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85

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NDB No. 12144 Nuts, pecans, oil roasted, without salt added

16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12151 Nuts, pistachio nuts, raw

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S101, S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S101, S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S86
Zinc, Zn	S86

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NDB No. 12151 Nuts, pistachio nuts, raw

Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S86
Tocopherol, alpha	S86
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S86
Folate, total	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86

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NDB No. 12151 Nuts, pistachio nuts, raw

17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S101, S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S101, S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S86
Vitamin A, IU	S86
Tocopherol, alpha	S86
Tocopherol, beta	S86
Tocopherol, gamma	S86
Tocopherol, delta	S86
Vitamin A, RE	S86

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NDB No. 12152 Nuts, pistachio nuts, dry roasted, without salt added

Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S86
Folate, total	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86
13:0	S86

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NDB No. 12155 Nuts, walnuts, english

Protein	S79
Total lipid (fat)	S79
Ash	S79
Starch	S79
Sucrose	S79
Glucose (dextrose)	S79
Fructose	S79
Lactose	S79
Maltose	S79
Water	S79
Fiber, total dietary	S79
Calcium, Ca	S79
Iron, Fe	S79
Magnesium, Mg	S79
Phosphorus, P	S79
Potassium, K	S79
Sodium, Na	S79
Zinc, Zn	S79
Copper, Cu	S79
Manganese, Mn	S79
Vitamin A, IU	S79
Tocopherol, alpha	S79, S87
Tocopherol, beta	S79, S87
Tocopherol, gamma	S79, S87
Tocopherol, delta	S79, S87
Vitamin A, RE	S79
Vitamin C, total ascorbic acid	S79
Thiamin	S79
Riboflavin	S79
Niacin	S79, S89
Pantothenic acid	S79
Vitamin B-6	S79
Folate, total	S79
8:0	S79
10:0	S79
12:0	S79
14:0	S79

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NDB No. 12155 Nuts, walnuts, english

16:0	S79
18:0	S79
20:0	S79
18:1 undifferentiated	S79
18:2 undifferentiated	S79
18:3 undifferentiated	S79
20:4 undifferentiated	S79
22:6 n-3	S79
22:0	S79
14:1	S79
16:1 undifferentiated	S79
20:1	S79
20:5 n-3	S79
22:1 undifferentiated	S79
22:5 n-3	S79
Stigmasterol	S79
Campesterol	S79
Beta-sitosterol	S79
15:0	S79
17:0	S79
24:0	S79
24:1 c	S79
20:2 n-6 c,c	S79
20:3 undifferentiated	S79
13:0	S79

NDB No. 12563 Nuts, almonds, dry roasted, with salt added

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141

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NDB No. 12563 Nuts, almonds, dry roasted, with salt added

Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141
Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141

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NDB No. 12563 Nuts, almonds, dry roasted, with salt added

20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141
20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12565 Nuts, almonds, oil roasted, with salt added

Protein	S141
Total lipid (fat)	S141
Ash	S141
Starch	S141
Sucrose	S141
Glucose (dextrose)	S141
Fructose	S141
Lactose	S141
Maltose	S141
Water	S141
Fiber, total dietary	S141
Calcium, Ca	S141
Iron, Fe	S141
Magnesium, Mg	S141
Phosphorus, P	S141
Potassium, K	S141
Zinc, Zn	S141
Copper, Cu	S141
Manganese, Mn	S141
Selenium, Se	S141

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NDB No. 12565 Nuts, almonds, oil roasted, with salt added

Tocopherol, alpha	S141
Tocopherol, beta	S141
Tocopherol, gamma	S141
Tocopherol, delta	S141
Vitamin C, total ascorbic acid	S141
Thiamin	S141
Riboflavin	S141
Niacin	S141
Pantothenic acid	S141
Vitamin B-6	S141
Folate, total	S141
8:0	S141
10:0	S141
12:0	S141
14:0	S141
16:0	S141
18:0	S141
20:0	S141
18:1 undifferentiated	S141
18:2 undifferentiated	S141
18:3 undifferentiated	S141
20:4 undifferentiated	S141
22:6 n-3	S141
22:0	S141
14:1	S141
16:1 undifferentiated	S141
20:1	S141
20:5 n-3	S141
22:1 undifferentiated	S141
22:5 n-3	S141
Stigmasterol	S141
Campesterol	S141
Beta-sitosterol	S141
15:0	S141
17:0	S141
24:0	S141
24:1 c	S141

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NDB No. 12565 Nuts, almonds, oil roasted, with salt added

20:2 n-6 c,c	S141
20:3 undifferentiated	S141
13:0	S141

NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added

Protein	S77
Total lipid (fat)	S77
Ash	S77
Starch	S77
Sucrose	S77
Glucose (dextrose)	S77
Fructose	S77
Lactose	S77
Maltose	S77
Water	S77
Fiber, total dietary	S77
Calcium, Ca	S77
Iron, Fe	S77
Magnesium, Mg	S77
Phosphorus, P	S77
Potassium, K	S77
Sodium, Na	S77
Zinc, Zn	S77
Copper, Cu	S77
Manganese, Mn	S77
Tocopherol, alpha	S77
Tocopherol, beta	S77
Tocopherol, gamma	S77
Tocopherol, delta	S77
Vitamin C, total ascorbic acid	S77
Thiamin	S77
Riboflavin	S77
Niacin	S77
Pantothenic acid	S77
Vitamin B-6	S77
Folate, total	S77

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NDB No. 12632 Nuts, macadamia nuts, dry roasted, with salt added

8:0	S77
10:0	S77
12:0	S77
14:0	S77
16:0	S77
18:0	S77
20:0	S77
18:1 undifferentiated	S77
18:2 undifferentiated	S77
18:3 undifferentiated	S77
20:4 undifferentiated	S77
22:6 n-3	S77
22:0	S77
14:1	S77
16:1 undifferentiated	S77
20:1	S77
20:5 n-3	S77
22:1 undifferentiated	S77
22:5 n-3	S77
Stigmasterol	S77
Campesterol	S77
Beta-sitosterol	S77
15:0	S77
17:0	S77
24:0	S77
24:1 c	S77
20:2 n-6 c,c	S77
20:3 undifferentiated	S77
13:0	S77

NDB No. 12643 Nuts, pecans, dry roasted, with salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85

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NDB No. 12643 Nuts, pecans, dry roasted, with salt added

Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85
Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Tocopherol, alpha	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85

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NDB No. 12643 Nuts, pecans, dry roasted, with salt added

22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85
Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12644 Nuts, pecans, oil roasted, with salt added

Protein	S85
Total lipid (fat)	S85
Ash	S85
Starch	S85
Sucrose	S85
Glucose (dextrose)	S85
Fructose	S85
Lactose	S85
Maltose	S85
Water	S85
Fiber, total dietary	S85
Calcium, Ca	S85
Iron, Fe	S85
Magnesium, Mg	S85
Phosphorus, P	S85
Potassium, K	S85

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NDB No. 12644 Nuts, pecans, oil roasted, with salt added

Zinc, Zn	S85
Copper, Cu	S85
Manganese, Mn	S85
Selenium, Se	S85
Tocopherol, alpha	S85
Tocopherol, beta	S85
Tocopherol, gamma	S85
Tocopherol, delta	S85
Vitamin E	S85
Vitamin C, total ascorbic acid	S85
Thiamin	S85
Riboflavin	S85
Niacin	S85
Pantothenic acid	S85
Vitamin B-6	S85
Folate, total	S85
8:0	S85
10:0	S85
12:0	S85
14:0	S85
16:0	S85
18:0	S85
20:0	S85
18:1 undifferentiated	S85
18:2 undifferentiated	S85
18:3 undifferentiated	S85
20:4 undifferentiated	S85
22:6 n-3	S85
22:0	S85
14:1	S85
16:1 undifferentiated	S85
20:1	S85
20:5 n-3	S85
22:1 undifferentiated	S85
22:5 n-3	S85
Stigmasterol	S85
Campesterol	S85

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NDB No. 12644 Nuts, pecans, oil roasted, with salt added

Beta-sitosterol	S85
15:0	S85
17:0	S85
24:0	S85
24:1 c	S85
20:2 n-6 c,c	S85
20:3 undifferentiated	S85
13:0	S85

NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

Protein	S101, S86
Total lipid (fat)	S101, S86
Ash	S86
Starch	S86
Sucrose	S101, S86
Glucose (dextrose)	S101, S86
Fructose	S101, S86
Lactose	S101, S86
Maltose	S101, S86
Water	S86
Sugars, total	S101, S86
Fiber, total dietary	S101, S86
Calcium, Ca	S101, S86
Iron, Fe	S101, S86
Magnesium, Mg	S86
Phosphorus, P	S86
Potassium, K	S101, S86
Sodium, Na	S101, S86
Zinc, Zn	S86
Copper, Cu	S86
Manganese, Mn	S86
Selenium, Se	S86
Vitamin A, IU	S86
Tocopherol, alpha	S86
Tocopherol, beta	S86
Tocopherol, gamma	S86

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NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

Tocopherol, delta	S86
Vitamin A, RE	S86
Vitamin C, total ascorbic acid	S86
Thiamin	S86
Riboflavin	S86
Niacin	S86
Pantothenic acid	S86
Vitamin B-6	S86
Folate, total	S86
8:0	S86
10:0	S86
12:0	S86
14:0	S86
16:0	S86
18:0	S86
20:0	S86
18:1 undifferentiated	S86
18:2 undifferentiated	S86
18:3 undifferentiated	S86
20:4 undifferentiated	S86
22:6 n-3	S86
22:0	S86
14:1	S86
16:1 undifferentiated	S86
20:1	S86
20:5 n-3	S86
22:1 undifferentiated	S86
22:5 n-3	S86
Stigmasterol	S86
Campesterol	S86
Beta-sitosterol	S86
15:0	S86
17:0	S86
24:0	S86
24:1 c	S86
20:2 n-6 c,c	S86
20:3 undifferentiated	S86

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NDB No. 12652 Nuts, pistachio nuts, dry roasted, with salt added

13:0 S86

NDB No. 13231 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/4" fat, USDA choice, raw

Protein S221

Total lipid (fat) S221

Ash S221

Water S221

Magnesium, Mg S221

Potassium, K S221

Zinc, Zn S221

Selenium, Se S221

Cholesterol S221

12:0 S221

14:0 S221

16:0 S221

18:0 S221

20:0 S221

18:1 undifferentiated S221

18:2 undifferentiated S221

18:3 undifferentiated S221

20:4 undifferentiated S221

14:1 S221

16:1 undifferentiated S221

NDB No. 16114 Tempeh

Protein S39

Total lipid (fat) S39

Carbohydrate, by difference S39

Ash S39

Energy S39

Water S39

Calcium, Ca S39

Iron, Fe S39

Magnesium, Mg S39

Phosphorus, P S39

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NDB No. 16114 Tempeh

Potassium, K	S39
Sodium, Na	S39
Zinc, Zn	S39
Copper, Cu	S39
Manganese, Mn	S39
Selenium, Se	S39
Vitamin A, IU	S39
Vitamin A, RE	S39
Thiamin	S39
Riboflavin	S39
Niacin	S39
Pantothenic acid	S39
Vitamin B-6	S39
Folate, total	S39
Vitamin B-12	S39
Cholesterol	S39
Fatty acids, total saturated	S39
8:0	S39
10:0	S39
12:0	S39
14:0	S39
16:0	S39
18:0	S39
20:0	S39
18:1 undifferentiated	S39
18:2 undifferentiated	S39
18:3 undifferentiated	S39
20:4 undifferentiated	S39
22:0	S39
14:1	S39
16:1 undifferentiated	S39
20:1	S39
22:1 undifferentiated	S39
Fatty acids, total monounsaturated	S39
Fatty acids, total polyunsaturated	S39
15:0	S39
17:0	S39

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NDB No. 16114 Tempeh

24:0	S39
17:1	S39
20:3 undifferentiated	S39

NDB No. 16174 Tempeh, cooked

Protein	S18
Total lipid (fat)	S18
Ash	S18
Water	S18
Calcium, Ca	S18
Iron, Fe	S18
Magnesium, Mg	S18
Phosphorus, P	S18
Potassium, K	S18
Sodium, Na	S18
Zinc, Zn	S18
Copper, Cu	S18
Manganese, Mn	S18
Selenium, Se	S18
Thiamin	S18
Riboflavin	S18
Niacin	S18
Pantothenic acid	S18
Vitamin B-6	S18
Folate, total	S18
Vitamin B-12	S18
8:0	S18
10:0	S18
12:0	S18
14:0	S18
16:0	S18
18:0	S18
20:0	S18
18:1 undifferentiated	S18
18:2 undifferentiated	S18
18:3 undifferentiated	S18

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NDB No. 16174 Tempeh, cooked

20:4 undifferentiated	S18
22:0	S18
14:1	S18
16:1 undifferentiated	S18
20:1	S18
22:1 undifferentiated	S18
15:0	S18
17:0	S18
24:0	S18
17:1	S18
20:3 undifferentiated	S18

NDB No. 20020 Cornmeal, whole-grain, yellow

Tocopherol, alpha	S84
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