

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description  | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|---------------------|
| 14006  | Alcoholic beverage, beer, light  | 354        | 12 fl oz       | 0.99                |
| 14003  | Alcoholic beverage, beer, regular  | 355        | 12 fl oz       | 1.07                |
| 14010  | Alcoholic beverage, daiquiri, prepared-from-recipe                               | 60         | 2 fl oz        | 0.04                |
| 14037  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof           | 42         | 1.5 fl oz      | 0.00                |
| 14550  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof           | 42         | 1.5 fl oz      | 0.00                |
| 14551  | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof           | 42         | 1.5 fl oz      | 0.00                |
| 14414  | Alcoholic beverage, liqueur, coffee, 53 proof                                    | 52         | 1.5 fl oz      | 0.05                |
| 14017  | Alcoholic beverage, pina colada, prepared-from-recipe                            | 141        | 4.5 fl oz      | 0.59                |
| 14536  | Alcoholic beverage, wine, dessert, dry   | 103        | 3.5 fl oz      | 0.21                |
| 14057  | Alcoholic beverage, wine, dessert, sweet   | 103        | 3.5 fl oz      | 0.21                |
| 14096  | Alcoholic beverage, wine, table, red   | 103        | 3.5 fl oz      | 0.21                |
| 14106  | Alcoholic beverage, wine, table, white   | 103        | 3.5 fl oz      | 0.10                |
| 11001  | Alfalfa seeds, sprouted, raw   | 33         | 1 cup          | 1.32                |
| 09016  | Apple juice, canned or bottled, unsweetened, without added ascorbic acid         | 248        | 1 cup          | 0.15                |
| 09011  | Apples, dried, sulfured, uncooked  | 32         | 5 rings        | 0.30                |
| 09003  | Apples, raw, with skin   | 138        | 1 apple        | 0.36                |
| 09004  | Apples, raw, without skin  | 110        | 1 cup          | 0.30                |
| 09020  | Applesauce, canned, sweetened, without salt                                      | 255        | 1 cup          | 0.46                |
| 09019  | Applesauce, canned, unsweetened, without added ascorbic acid                     | 244        | 1 cup          | 0.41                |
| 09403  | Apricot nectar, canned, with added ascorbic acid                                 | 251        | 1 cup          | 0.93                |
| 09027  | Apricots, canned, heavy syrup pack, with skin, solids and liquids                | 258        | 1 cup          | 1.37                |
| 09024  | Apricots, canned, juice pack, with skin, solids and liquids                      | 244        | 1 cup          | 1.54                |
| 09032  | Apricots, dried, sulfured, uncooked  | 35         | 10 halves      | 1.19                |
| 09021  | Apricots, raw  | 35         | 1 apricot      | 0.49                |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt             | 168        | 1 cup          | 5.85                |
| 11008  | Artichokes, (globe or french), cooked, boiled, drained, without salt             | 120        | 1 medium       | 4.18                |
| 11015  | Asparagus, canned, drained solids  | 72         | 4 spears       | 1.54                |
| 11012  | Asparagus, cooked, boiled, drained   | 60         | 4 spears       | 1.44                |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                         | 180        | 1 cup          | 5.31                |
| 11019  | Asparagus, frozen, cooked, boiled, drained, without salt                         | 60         | 4 spears       | 1.77                |
| 09038  | Avocados, raw, California  | 28.35      | 1 oz           | 0.56                |
| 09039  | Avocados, raw, Florida   | 28.35      | 1 oz           | 0.63                |
| 18005  | Bagels, cinnamon-raisin  | 89         | 4" bagel       | 8.72                |
| 18005  | Bagels, cinnamon-raisin  | 71         | 3-1/2" bagel   | 6.96                |
| 18003  | Bagels, egg  | 89         | 4" bagel       | 9.43                |
| 18003  | Bagels, egg  | 71         | 3-1/2" bagel   | 7.53                |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 71         | 3-1/2" bagel   | 7.46                |
| 18001  | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 89         | 4" bagel       | 9.35                |
| 19077  | Baking chocolate, unsweetened, liquid  | 28.35      | 1 oz           | 3.43                |
| 19078  | Baking chocolate, unsweetened, squares   | 28.35      | 1 square       | 3.66                |
| 11028  | Bamboo shoots, canned, drained solids  | 131        | 1 cup          | 2.25                |
| 09040  | Bananas, raw   | 118        | 1 banana       | 1.29                |
| 09040  | Bananas, raw   | 150        | 1 cup          | 1.64                |
| 20006  | Barley, pearled, cooked  | 157        | 1 cup          | 3.55                |
| 20005  | Barley, pearled, raw   | 200        | 1 cup          | 19.82               |

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|--------|--|------------|----------------|---------------------|
| 16006  | Beans, baked, canned, plain or vegetarian  | 254        | 1 cup          | 12.07               |
| 16008  | Beans, baked, canned, with franks  | 259        | 1 cup          | 17.48               |
| 16010  | Beans, baked, canned, with pork and sweet sauce  | 253        | 1 cup          | 13.43               |
| 16011  | Beans, baked, canned, with pork and tomato sauce   | 253        | 1 cup          | 13.03               |
| 16015  | Beans, black, mature seeds, cooked, boiled, without salt   | 172        | 1 cup          | 15.24               |
| 16025  | Beans, great northern, mature seeds, cooked, boiled, without salt                                      | 177        | 1 cup          | 14.74               |
| 16034  | Beans, kidney, red, mature seeds, canned   | 256        | 1 cup          | 13.44               |
| 16033  | Beans, kidney, red, mature seeds, cooked, boiled, without salt   | 177        | 1 cup          | 15.35               |
| 16038  | Beans, navy, mature seeds, cooked, boiled, without salt  | 182        | 1 cup          | 14.98               |
| 16043  | Beans, pinto, mature seeds, cooked, boiled, without salt   | 171        | 1 cup          | 15.41               |
| 11056  | Beans, snap, green, canned, regular pack, drained solids   | 135        | 1 cup          | 1.55                |
| 11053  | Beans, snap, green, cooked, boiled, drained, without salt  | 125        | 1 cup          | 2.36                |
| 11061  | Beans, snap, green, frozen, cooked, boiled, drained without salt                                       | 135        | 1 cup          | 2.01                |
| 11932  | Beans, snap, yellow, canned, regular pack, drained solids  | 135        | 1 cup          | 1.55                |
| 11724  | Beans, snap, yellow, cooked, boiled, drained, without salt   | 125        | 1 cup          | 2.36                |
| 11732  | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt                                     | 135        | 1 cup          | 2.01                |
| 16051  | Beans, white, mature seeds, canned   | 262        | 1 cup          | 19.02               |
| 22905  | Beef stew, canned entree   | 232        | 1 cup          | 11.46               |
| 13050  | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/4" fat, all grades, cooked, braised     | 85         | 3 oz           | 22.58               |
| 13058  | Beef, chuck, blade roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised        | 85         | 3 oz           | 26.40               |
| 13348  | Beef, cured, corned beef, canned   | 85.05      | 3 oz           | 23.05               |
| 13350  | Beef, cured, dried   | 28.35      | 1 oz           | 8.82                |
| 23578  | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled  | 85         | 3 oz           | 21.73               |
| 23573  | Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled  | 85         | 3 oz           | 21.89               |
| 23568  | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled  | 85         | 3 oz           | 22.04               |
| 13073  | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/4" fat, all grades, cooked, roasted | 85         | 3 oz           | 19.13               |
| 13085  | Beef, rib, whole (ribs 6-12), separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted    | 85         | 3 oz           | 23.16               |
| 13869  | Beef, round, bottom round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised    | 85         | 3 oz           | 27.85               |
| 23605  | Beef, round, bottom round, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised       | 85         | 3 oz           | 29.19               |
| 13878  | Beef, round, eye of round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted    | 85         | 3 oz           | 24.06               |
| 23598  | Beef, round, eye of round, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted       | 85         | 3 oz           | 25.27               |
| 13930  | Beef, top sirloin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled            | 85         | 3 oz           | 22.92               |
| 23610  | Beef, top sirloin, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled               | 85         | 3 oz           | 25.01               |
| 13327  | Beef, variety meats and by-products, liver, cooked, pan-fried  | 85         | 3 oz           | 22.54               |
| 11087  | Beet greens, cooked, boiled, drained, without salt   | 144        | 1 cup          | 3.70                |
| 11084  | Beets, canned, drained solids  | 170        | 1 cup          | 1.55                |
| 11084  | Beets, canned, drained solids  | 24         | 1 beet         | 0.22                |
| 11081  | Beets, cooked, boiled, drained   | 50         | 1 beet         | 0.84                |
| 11081  | Beets, cooked, boiled, drained   | 170        | 1 cup          | 2.86                |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe  | 101        | 4" biscuit     | 7.07                |
| 18016  | Biscuits, plain or buttermilk, prepared from recipe  | 60         | 2-1/2" biscuit | 4.20                |
| 18015  | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked                                   | 27         | 2-1/2" biscuit | 1.81                |

# USDA National Nutrient Database for Standard Reference, Release 17

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| 18013  | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked | 21         | 2-1/4" biscuit | 1.64                |
| 09042  | Blackberries, raw   | 144        | 1 cup          | 2.00                |
| 09055  | Blueberries, frozen, sweetened                                      | 230        | 1 cup          | 0.92                |
| 09050  | Blueberries, raw  | 145        | 1 cup          | 1.07                |
| 07008  | Bologna, beef and pork  | 56.7       | 2 slices       | 8.62                |
| 07014  | Braunschweiger (a liver sausage), pork                              | 56.7       | 2 slices       | 8.22                |
| 18079  | Bread crumbs, dry, grated, plain                                    | 28.35      | 1 oz           | 3.78                |
| 18376  | Bread crumbs, dry, grated, seasoned                                 | 120        | 1 cup          | 16.96               |
| 18082  | Bread stuffing, bread, dry mix, prepared                            | 100        | 1/2 cup        | 3.20                |
| 18019  | Bread, banana, prepared from recipe, made with margarine            | 60         | 1 slice        | 2.58                |
| 18023  | Bread, cornbread, dry mix, prepared                                 | 60         | 1 piece        | 4.32                |
| 18024  | Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 65         | 1 piece        | 4.35                |
| 18025  | Bread, cracked-wheat  | 25         | 1 slice        | 2.17                |
| 18027  | Bread, egg  | 40         | 1/2" slice     | 3.80                |
| 18029  | Bread, french or vienna (includes sourdough)                        | 25         | 1/2" slice     | 2.20                |
| 35142  | Bread, Indian, fry, made with lard (Navajo)                         | 160        | 10-1/2" bread  | 10.70               |
| 35142  | Bread, Indian, fry, made with lard (Navajo)                         | 90         | 5" bread       | 6.02                |
| 18033  | Bread, italian  | 20         | 1 slice        | 1.76                |
| 18035  | Bread, mixed-grain (includes whole-grain, 7-grain)                  | 26         | 1 slice        | 2.60                |
| 18036  | Bread, mixed-grain, toasted (includes whole-grain, 7-grain)         | 24         | 1 slice        | 2.62                |
| 18039  | Bread, oatmeal  | 27         | 1 slice        | 2.27                |
| 18040  | Bread, oatmeal, toasted   | 25         | 1 slice        | 2.30                |
| 18041  | Bread, pita, white, enriched  | 28         | 4" pita        | 2.55                |
| 18041  | Bread, pita, white, enriched  | 60         | 6-1/2" pita    | 5.46                |
| 18044  | Bread, pumpernickel   | 32         | 1 slice        | 2.78                |
| 18045  | Bread, pumpernickel, toasted  | 29         | 1 slice        | 2.76                |
| 18047  | Bread, raisin, enriched   | 26         | 1 slice        | 2.05                |
| 18048  | Bread, raisin, toasted, enriched                                    | 24         | 1 slice        | 2.06                |
| 18053  | Bread, reduced-calorie, rye   | 23         | 1 slice        | 2.09                |
| 18055  | Bread, reduced-calorie, wheat                                       | 23         | 1 slice        | 2.09                |
| 18057  | Bread, reduced-calorie, white                                       | 23         | 1 slice        | 2.00                |
| 18060  | Bread, rye  | 32         | 1 slice        | 2.72                |
| 18061  | Bread, rye, toasted   | 24         | 1 slice        | 2.26                |
| 18064  | Bread, wheat (includes wheat berry)                                 | 25         | 1 slice        | 2.28                |
| 18065  | Bread, wheat, toasted (includes wheat berry)                        | 23         | 1 slice        | 2.28                |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)    | 25         | 1 slice        | 1.91                |
| 18069  | Bread, white, commercially prepared (includes soft bread crumbs)    | 45         | 1 cup          | 3.44                |
| 18070  | Bread, white, commercially prepared, toasted                        | 22         | 1 slice        | 1.98                |
| 18075  | Bread, whole-wheat, commercially prepared                           | 28         | 1 slice        | 2.72                |
| 18076  | Bread, whole-wheat, commercially prepared, toasted                  | 25         | 1 slice        | 2.72                |
| 21005  | Breakfast items, biscuit with egg and sausage                       | 180        | 1 biscuit      | 19.15               |
| 21023  | Breakfast items, french toast with butter                           | 135        | 2 slices       | 10.34               |
| 11091  | Broccoli, cooked, boiled, drained, without salt                     | 156        | 1 cup          | 3.71                |
| 11091  | Broccoli, cooked, boiled, drained, without salt                     | 37         | 1 spear        | 0.88                |
| 11740  | Broccoli, flower clusters, raw                                      | 11         | 1 floweret     | 0.33                |
| 11093  | Broccoli, frozen, chopped, cooked, boiled, drained, without salt    | 184        | 1 cup          | 5.70                |
| 11090  | Broccoli, raw   | 31         | 1 spear        | 0.87                |

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|--------|--|------------|----------------|---------------------|
| 11090  | Broccoli, raw  | 88         | 1 cup          | 2.48                |
| 11099  | Brussels sprouts, cooked, boiled, drained, without salt            | 156        | 1 cup          | 3.98                |
| 11101  | Brussels sprouts, frozen, cooked, boiled, drained, without salt    | 155        | 1 cup          | 5.64                |
| 20011  | Buckwheat flour, whole-groat                                       | 120        | 1 cup          | 15.14               |
| 20010  | Buckwheat groats, roasted, cooked                                  | 168        | 1 cup          | 5.68                |
| 20013  | Bulgur, cooked   | 182        | 1 cup          | 5.61                |
| 20012  | Bulgur, dry  | 140        | 1 cup          | 17.21               |
| 01001  | Butter, salted   | 14.2       | 1 tbsp         | 0.12                |
| 01145  | Butter, without salt   | 14.2       | 1 tbsp         | 0.12                |
| 11117  | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170        | 1 cup          | 2.65                |
| 11120  | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt  | 119        | 1 cup          | 1.79                |
| 11110  | Cabbage, cooked, boiled, drained, without salt                     | 150        | 1 cup          | 1.53                |
| 11109  | Cabbage, raw   | 70         | 1 cup          | 1.01                |
| 11112  | Cabbage, red, raw  | 70         | 1 cup          | 1.00                |
| 11114  | Cabbage, savoy, raw  | 70         | 1 cup          | 1.40                |
| 18086  | Cake, angelfood, commercially prepared                             | 28         | 1 piece        | 1.65                |
| 18088  | Cake, angelfood, dry mix, prepared                                 | 50         | 1 piece        | 3.05                |
| 18090  | Cake, boston cream pie, commercially prepared                      | 92         | 1 piece        | 2.21                |
| 18096  | Cake, chocolate, commercially prepared with chocolate frosting     | 64         | 1 piece        | 2.62                |
| 18101  | Cake, chocolate, prepared from recipe without frosting             | 95         | 1 piece        | 5.04                |
| 18110  | Cake, fruitcake, commercially prepared                             | 43         | 1 piece        | 1.25                |
| 18116  | Cake, gingerbread, prepared from recipe                            | 74         | 1 piece        | 2.89                |
| 18119  | Cake, pineapple upside-down, prepared from recipe                  | 115        | 1 piece        | 4.03                |
| 18120  | Cake, pound, commercially prepared, butter                         | 28         | 1 piece        | 1.54                |
| 18451  | Cake, pound, commercially prepared, fat-free                       | 28         | 1 slice        | 1.51                |
| 18126  | Cake, shortcake, biscuit-type, prepared from recipe                | 65         | 1 shortcake    | 3.96                |
| 18127  | Cake, snack cakes, creme-filled, chocolate with frosting           | 50         | 1 cupcake      | 1.70                |
| 18128  | Cake, snack cakes, creme-filled, sponge                            | 42.5       | 1 cake         | 1.32                |
| 18452  | Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat     | 43         | 1 cupcake      | 1.85                |
| 18133  | Cake, sponge, commercially prepared                                | 30         | 1 shortcake    | 1.62                |
| 18134  | Cake, sponge, prepared from recipe                                 | 63         | 1 piece        | 4.60                |
| 18102  | Cake, white, prepared from recipe with coconut frosting            | 112        | 1 piece        | 4.93                |
| 18139  | Cake, white, prepared from recipe without frosting                 | 74         | 1 piece        | 4.00                |
| 18140  | Cake, yellow, commercially prepared, with chocolate frosting       | 64         | 1 piece        | 2.43                |
| 18141  | Cake, yellow, commercially prepared, with vanilla frosting         | 64         | 1 piece        | 2.24                |
| 19074  | Candies, caramels  | 10.1       | 1 piece        | 0.46                |
| 19076  | Candies, caramels, chocolate-flavor roll                           | 7          | 1 piece        | 0.11                |
| 19071  | Candies, carob   | 28.35      | 1 oz           | 2.31                |
| 19087  | Candies, confectioner's coating, white                             | 170        | 1 cup          | 9.98                |
| 19100  | Candies, fudge, chocolate, prepared-from-recipe                    | 17         | 1 piece        | 0.41                |
| 19101  | Candies, fudge, chocolate, with nuts, prepared-from-recipe         | 19         | 1 piece        | 0.83                |
| 19104  | Candies, fudge, vanilla with nuts                                  | 15         | 1 piece        | 0.45                |
| 19103  | Candies, fudge, vanilla, prepared-from-recipe                      | 16         | 1 piece        | 0.17                |
| 19106  | Candies, gumdrops, starch jelly pieces                             | 22         | 10 bears       | 0.00                |
| 19106  | Candies, gumdrops, starch jelly pieces                             | 74         | 10 worms       | 0.00                |
| 19106  | Candies, gumdrops, starch jelly pieces                             | 4.2        | 1 medium       | 0.00                |
| 19107  | Candies, hard  | 3          | 1 small piece  | 0.00                |

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| 19107  | Candies, hard  | 6          | 1 piece                | 0.00                |
| 19108  | Candies, jellybeans  | 28.35      | 10 large               | 0.00                |
| 19109  | Candies, KIT KAT Wafer Bar   | 42         | 1 bar (1.5 oz)         | 2.73                |
| 19141  | Candies, M&M MARS, "M&M's" Milk Chocolate Candies  | 7          | 10 pieces              | 0.30                |
| 19140  | Candies, M&M MARS, "M&M's" Peanut Chocolate Candies                                      | 20         | 10 pieces              | 1.89                |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar  | 61         | 1 bar (2.15 oz)        | 2.75                |
| 19135  | Candies, M&M MARS, MARS MILKY WAY Bar  | 18         | 1 fun size bar         | 0.81                |
| 19155  | Candies, M&M MARS, SNICKERS Bar  | 57         | 1 bar (2 oz)           | 5.19                |
| 19156  | Candies, M&M MARS, STARBURST Fruit Chews   | 5          | 1 piece                | 0.02                |
| 19116  | Candies, marshmallows  | 50         | 1 cup                  | 0.90                |
| 19120  | Candies, milk chocolate  | 44         | 1 bar (1.55 oz)        | 3.37                |
| 19126  | Candies, milk chocolate coated peanuts   | 40         | 10 pieces              | 5.24                |
| 19127  | Candies, milk chocolate coated raisins   | 10         | 10 pieces              | 0.41                |
| 19132  | Candies, milk chocolate, with almonds  | 41         | 1 bar (1.45 oz)        | 3.69                |
| 19143  | Candies, MR. GOODBAR Chocolate Bar   | 49         | 1 bar (1.75 oz)        | 5.01                |
| 19069  | Candies, NESTLE, BUTTERFINGER Bar  | 7          | 1 fun size bar         | 0.41                |
| 19145  | Candies, NESTLE, CRUNCH Bar and Dessert Topping  | 44         | 1 bar (1.55 oz)        | 2.64                |
| 19150  | Candies, REESE'S Peanut Butter Cups  | 45         | 1 package (contains 2) | 4.61                |
| 19080  | Candies, semisweet chocolate   | 168        | 1 cup                  | 7.06                |
| 19164  | Candies, SPECIAL DARK Chocolate Bar  | 8.4        | 1 miniature            | 0.47                |
| 09060  | Carambola, (starfruit), raw  | 108        | 1 cup                  | 1.12                |
| 09060  | Carambola, (starfruit), raw  | 91         | 1 fruit                | 0.95                |
| 14121  | Carbonated beverage, club soda   | 355        | 12 fl oz               | 0.00                |
| 14400  | Carbonated beverage, cola, contains caffeine   | 370        | 12 fl oz               | 0.19                |
| 14136  | Carbonated beverage, ginger ale  | 366        | 12 fl oz               | 0.00                |
| 14142  | Carbonated beverage, grape soda  | 372        | 12 fl oz               | 0.00                |
| 14145  | Carbonated beverage, lemon-lime soda   | 368        | 12 fl oz               | 0.00                |
| 14416  | Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine | 355        | 12 fl oz               | 0.36                |
| 14143  | Carbonated beverage, low calorie, other than cola or pepper, without caffeine            | 355        | 12 fl oz               | 0.36                |
| 14150  | Carbonated beverage, orange  | 372        | 12 fl oz               | 0.00                |
| 14153  | Carbonated beverage, pepper-type, contains caffeine                                      | 368        | 12 fl oz               | 0.00                |
| 14157  | Carbonated beverage, root beer   | 370        | 12 fl oz               | 0.00                |
| 16055  | Carob flour  | 8          | 1 tbsp                 | 0.37                |
| 11655  | Carrot juice, canned   | 236        | 1 cup                  | 2.24                |
| 11960  | Carrots, baby, raw   | 10         | 1 medium               | 0.06                |
| 11128  | Carrots, canned, regular pack, drained solids  | 146        | 1 cup                  | 0.93                |
| 11125  | Carrots, cooked, boiled, drained, without salt   | 156        | 1 cup                  | 1.19                |
| 11131  | Carrots, frozen, cooked, boiled, drained, without salt                                   | 146        | 1 cup                  | 0.85                |
| 11124  | Carrots, raw   | 110        | 1 cup                  | 1.02                |
| 11124  | Carrots, raw   | 72         | 1 carrot               | 0.67                |
| 11935  | Catsup   | 6          | 1 packet               | 0.10                |
| 11935  | Catsup   | 15         | 1 tbsp                 | 0.26                |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                                       | 124        | 1 cup                  | 2.28                |
| 11136  | Cauliflower, cooked, boiled, drained, without salt                                       | 54         | 3 flowerets            | 0.99                |
| 11138  | Cauliflower, frozen, cooked, boiled, drained, without salt                               | 180        | 1 cup                  | 2.90                |
| 11135  | Cauliflower, raw   | 13         | 1 floweret             | 0.26                |

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| 11135  | Cauliflower, raw  | 100        | 1 cup          | 1.98                |
| 11144  | Celery, cooked, boiled, drained, without salt                           | 37.5       | 1 stalk        | 0.31                |
| 11144  | Celery, cooked, boiled, drained, without salt                           | 150        | 1 cup          | 1.24                |
| 11143  | Celery, raw   | 40         | 1 stalk        | 0.28                |
| 11143  | Celery, raw   | 120        | 1 cup          | 0.83                |
| 08263  | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS            | 30         | 3/4 cup        | 1.80                |
| 08262  | Cereals ready-to-eat, GENERAL MILLS, BASIC 4                            | 55         | 1 cup          | 4.40                |
| 08274  | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX                    | 30         | 3/4 cup        | 1.20                |
| 08013  | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS                           | 30         | 1 cup          | 3.55                |
| 08272  | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH              | 30         | 3/4 cup        | 1.50                |
| 08271  | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS                        | 30         | 1 cup          | 1.20                |
| 08019  | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX                          | 30         | 1 cup          | 2.10                |
| 08266  | Cereals ready-to-eat, GENERAL MILLS, FROSTED WHEATIES                   | 30         | 3/4 cup        | 1.50                |
| 08035  | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS                     | 30         | 3/4 cup        | 1.50                |
| 08045  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS                 | 30         | 1 cup          | 2.70                |
| 08057  | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX                     | 30         | 3/4 cup        | 1.50                |
| 08243  | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS                 | 55         | 1 cup          | 4.40                |
| 08048  | Cereals ready-to-eat, GENERAL MILLS, KIX                                | 30         | 1-1/3 cup      | 1.80                |
| 08050  | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS                       | 30         | 1 cup          | 2.10                |
| 08261  | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN                    | 55         | 1 cup          | 5.16                |
| 08194  | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS                      | 30         | 3/4 cup        | 1.80                |
| 08064  | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX                          | 31         | 1-1/4 cup      | 1.86                |
| 08246  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes                  | 30         | 1-1/3 cup      | 1.82                |
| 08247  | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran                  | 55         | 1 cup          | 3.85                |
| 08078  | Cereals ready-to-eat, GENERAL MILLS, TRIX                               | 30         | 1 cup          | 0.90                |
| 08082  | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX                         | 30         | 1 cup          | 3.00                |
| 08089  | Cereals ready-to-eat, GENERAL MILLS, WHEATIES                           | 30         | 1 cup          | 3.00                |
| 08077  | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL                  | 30         | 3/4 cup        | 2.66                |
| 08001  | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original              | 30         | 1/2 cup        | 3.94                |
| 08003  | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS                    | 30         | 1 cup          | 0.90                |
| 08014  | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES                 | 31         | 3/4 cup        | 1.62                |
| 08028  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Complete Wheat Bran Flakes     | 29         | 3/4 cup        | 2.90                |
| 08020  | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes                    | 28         | 1 cup          | 1.85                |
| 08068  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS                      | 31         | 1 cup          | 1.15                |
| 08259  | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX                        | 29         | 1 cup          | 1.97                |
| 08030  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS                    | 30         | 1 cup          | 1.51                |
| 08069  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES                 | 31         | 3/4 cup        | 1.02                |
| 08319  | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size | 55         | 1 cup          | 5.56                |
| 08058  | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19                     | 30         | 1 cup          | 2.31                |
| 08060  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN                    | 61         | 1 cup          | 5.19                |
| 08065  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES                  | 33         | 1-1/4 cup      | 2.29                |
| 08288  | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal    | 30         | 3/4 cup        | 1.20                |
| 08071  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMACKS                         | 27         | 3/4 cup        | 1.73                |
| 08067  | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K                      | 31         | 1 cup          | 6.98                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure | Content per Measure |
|--------|---|------------|----------------|---------------------|
| 08031  | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, original                             | 51         | 1 cup          | 5.00                |
| 08010  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH  | 27         | 3/4 cup        | 1.17                |
| 08011  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES                             | 26         | 3/4 cup        | 1.16                |
| 08012  | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH                         | 27         | 3/4 cup        | 1.87                |
| 08219  | Cereals ready-to-eat, QUAKER, Honey Nut Heaven  | 49         | 1 cup          | 4.48                |
| 08220  | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins                   | 50         | 1/2 cup        | 3.97                |
| 08218  | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Cereal with oats, honey, and raisins    | 51         | 1/2 cup        | 5.26                |
| 08210  | Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE                                    | 32         | 3/4 cup        | 2.85                |
| 08049  | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain                                      | 32         | 3/4 cup        | 3.17                |
| 08156  | Cereals ready-to-eat, rice, puffed, fortified   | 14         | 1 cup          | 0.88                |
| 08084  | Cereals ready-to-eat, wheat germ, toasted, plain  | 7.119      | 1 tbsp         | 2.07                |
| 08157  | Cereals ready-to-eat, wheat, puffed, fortified  | 12         | 1 cup          | 1.76                |
| 08147  | Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free                         | 46         | 2 biscuits     | 5.23                |
| 08091  | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt  | 242        | 1 cup          | 3.44                |
| 08164  | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 242        | 1 cup          | 3.44                |
| 08109  | Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water                            | 142        | 1 packet       | 2.70                |
| 08105  | Cereals, CREAM OF WHEAT, quick, cooked with water, without salt                           | 239        | 1 cup          | 3.59                |
| 08103  | Cereals, CREAM OF WHEAT, regular, cooked with water, without salt                         | 251        | 1 cup          | 3.66                |
| 08117  | Cereals, MALT-O-MEAL, plain and chocolate, cooked with water, without salt                | 240        | 1 cup          | 3.60                |
| 08123  | Cereals, oats, instant, fortified, plain, prepared with water                             | 177        | 1 packet       | 4.11                |
| 08121  | Cereals, oats, regular and quick and instant, unenriched, cooked with water, without salt | 234        | 1 cup          | 6.08                |
| 08093  | Cereals, QUAKER, corn grits, instant, plain, prepared with water                          | 137        | 1 packet       | 2.21                |
| 08131  | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, prepared with boiling water      | 155        | 1 packet       | 3.69                |
| 08125  | Cereals, QUAKER, Instant Oatmeal, apples and cinnamon, prepared with boiling water        | 149        | 1 packet       | 2.71                |
| 08143  | Cereals, WHEATENA, cooked with water  | 243        | 1 cup          | 4.86                |
| 01046  | Cheese food, pasteurized process, american, without di sodium phosphate                   | 28.35      | 1 oz           | 5.22                |
| 01164  | Cheese sauce, prepared from recipe  | 243        | 1 cup          | 25.10               |
| 01048  | Cheese spread, pasteurized process, american, without di sodium phosphate                 | 28.35      | 1 oz           | 4.65                |
| 01004  | Cheese, blue  | 28.35      | 1 oz           | 6.07                |
| 01007  | Cheese, camembert   | 38         | 1 wedge        | 7.52                |
| 01009  | Cheese, cheddar   | 28.35      | 1 oz           | 7.06                |
| 01012  | Cheese, cottage, creamed, large or small curd   | 210        | 1 cup          | 26.23               |
| 01013  | Cheese, cottage, creamed, with fruit  | 226        | 1 cup          | 24.16               |
| 01016  | Cheese, cottage, lowfat, 1% milkfat   | 226        | 1 cup          | 28.00               |
| 01015  | Cheese, cottage, lowfat, 2% milkfat   | 226        | 1 cup          | 31.05               |
| 01014  | Cheese, cottage, nonfat, uncreamed, dry, large or small curd                              | 145        | 1 cup          | 25.04               |
| 01017  | Cheese, cream   | 14.5       | 1 tbsp         | 1.09                |
| 01186  | Cheese, cream, fat free   | 15.6       | 1 tbsp         | 2.25                |
| 01019  | Cheese, feta  | 28.35      | 1 oz           | 4.03                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 01168  | Cheese, low fat, cheddar or colby   | 28.35      | 1 oz            | 6.90                |
| 01029  | Cheese, mozzarella, part skim milk, low moisture  | 28.35      | 1 oz            | 7.36                |
| 01026  | Cheese, mozzarella, whole milk  | 28.35      | 1 oz            | 6.29                |
| 01030  | Cheese, muenster  | 28.35      | 1 oz            | 6.64                |
| 01031  | Cheese, neufchatel  | 28.35      | 1 oz            | 2.82                |
| 01032  | Cheese, parmesan, grated  | 5          | 1 tbsp          | 1.92                |
| 01042  | Cheese, pasteurized process, american, with di sodium phosphate   | 28.35      | 1 oz            | 6.28                |
| 01044  | Cheese, pasteurized process, swiss, with di sodium phosphate  | 28.35      | 1 oz            | 7.01                |
| 01035  | Cheese, provolone   | 28.35      | 1 oz            | 7.25                |
| 01037  | Cheese, ricotta, part skim milk   | 246        | 1 cup           | 28.02               |
| 01036  | Cheese, ricotta, whole milk   | 246        | 1 cup           | 27.70               |
| 01040  | Cheese, swiss   | 28.35      | 1 oz            | 7.63                |
| 18147  | Cheesecake commercially prepared  | 80         | 1 piece         | 4.40                |
| 09064  | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244        | 1 cup           | 1.88                |
| 09070  | Cherries, sweet, raw  | 68         | 10 cherries     | 0.72                |
| 22906  | Chicken pot pie, frozen entree  | 217        | 1 small pie     | 13.04               |
| 07017  | Chicken roll, light meat  | 56.7       | 2 slices        | 11.07               |
| 05058  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter                                       | 140        | 1/2 breast      | 34.78               |
| 05059  | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour  | 98         | 1/2 breast      | 31.20               |
| 05064  | Chicken, broilers or fryers, breast, meat only, cooked, roasted   | 86         | 1/2 breast      | 26.68               |
| 05044  | Chicken, broilers or fryers, dark meat, meat only, cooked, fried  | 84         | 3 oz            | 24.35               |
| 05067  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter                                    | 72         | 1 drumstick     | 15.80               |
| 05068  | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour                                     | 49         | 1 drumstick     | 13.21               |
| 05073  | Chicken, broilers or fryers, drumstick, meat only, cooked, roasted  | 44         | 1 drumstick     | 12.45               |
| 05022  | Chicken, broilers or fryers, giblets, cooked, simmered  | 145        | 1 cup           | 39.37               |
| 05040  | Chicken, broilers or fryers, light meat, meat only, cooked, fried   | 84         | 3 oz            | 27.57               |
| 05090  | Chicken, broilers or fryers, neck, meat only, cooked, simmered  | 18         | 1 neck          | 4.42                |
| 05092  | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter  | 86         | 1 thigh         | 18.58               |
| 05098  | Chicken, broilers or fryers, thigh, meat only, cooked, roasted  | 52         | 1 thigh         | 13.49               |
| 05101  | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter   | 49         | 1 wing          | 9.74                |
| 05277  | Chicken, canned, meat only, with broth  | 142        | 5 oz            | 30.91               |
| 05028  | Chicken, liver, all classes, cooked, simmered   | 19.6       | 1 liver         | 4.79                |
| 05126  | Chicken, stewing, meat only, cooked, stewed   | 140        | 1 cup           | 42.59               |
| 16058  | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned   | 240        | 1 cup           | 11.88               |
| 16057  | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt                             | 164        | 1 cup           | 14.53               |
| 22904  | Chili con carne with beans, canned entree   | 222        | 1 cup           | 15.74               |
| 11156  | Chives, raw   | 3          | 1 tbsp          | 0.10                |
| 14181  | Chocolate syrup   | 18.75      | 1 tbsp          | 0.39                |
| 14175  | Chocolate-flavor beverage mix for milk, powder, without added nutrients   | 21.6       | 2-3 heaping tsp | 0.71                |
| 14177  | Chocolate-flavor beverage mix, powder, prepared with whole milk   | 266        | 1 cup           | 8.59                |
| 14196  | Cocoa mix, no sugar added, powder   | 15         | 1/2 oz envelope | 2.42                |
| 14192  | Cocoa mix, powder   | 28.35      | 3 heaping tsp   | 1.67                |
| 14194  | Cocoa mix, powder, prepared with water  | 206        | 1 serving       | 1.67                |
| 14390  | Cocoa mix, with aspartame, powder, prepared from item 14196   | 192        | 1 serving       | 2.42                |



# USDA National Nutrient Database for Standard Reference, Release 17

## Protein (g) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description  | Weight (g) | Common Measure                | Content per Measure |
|--------|--|------------|-------------------------------|---------------------|
| 19165  | Cocoa, dry powder, unsweetened   | 5.4        | 1 tbsp                        | 1.06                |
| 14209  | Coffee, brewed from grounds, prepared with tap water                               | 178        | 6 fl oz                       | 0.21                |
| 14210  | Coffee, brewed, espresso, restaurant-prepared                                      | 60         | 2 fl oz                       | 0.07                |
| 14215  | Coffee, instant, regular, prepared with water                                      | 179        | 6 fl oz                       | 0.18                |
| 18104  | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched           | 63         | 1 piece                       | 4.28                |
| 11159  | Coleslaw, home-prepared  | 120        | 1 cup                         | 1.55                |
| 11162  | Collards, cooked, boiled, drained, without salt                                    | 190        | 1 cup                         | 4.01                |
| 11164  | Collards, frozen, chopped, cooked, boiled, drained, without salt                   | 170        | 1 cup                         | 5.05                |
| 18151  | Cookies, brownies, commercially prepared   | 56         | 1 brownie                     | 2.69                |
| 18197  | Cookies, brownies, dry mix, special dietary, prepared                              | 22         | 1 brownie                     | 0.84                |
| 18155  | Cookies, butter, commercially prepared, enriched                                   | 5          | 1 cookie                      | 0.30                |
| 18159  | Cookies, chocolate chip, commercially prepared, reg, higher fat, enriched          | 10         | 1 cookie                      | 0.55                |
| 18158  | Cookies, chocolate chip, commercially prepared, regular, lower fat                 | 10         | 1 cookie                      | 0.58                |
| 18165  | Cookies, chocolate chip, prepared from recipe, made with margarine                 | 16         | 1 cookie                      | 0.91                |
| 18164  | Cookies, chocolate chip, refrigerated dough, baked                                 | 26         | 1 cookie                      | 1.27                |
| 18166  | Cookies, chocolate sandwich, with creme filling, regular                           | 10         | 1 cookie                      | 0.53                |
| 18170  | Cookies, fig bars  | 16         | 1 cookie                      | 0.59                |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                       | 14         | 2 squares                     | 0.97                |
| 18173  | Cookies, graham crackers, plain or honey (includes cinnamon)                       | 84         | 1 cup                         | 5.80                |
| 18177  | Cookies, molasses  | 15         | 1 cookie, medium              | 0.84                |
| 18177  | Cookies, molasses  | 32         | 1 cookie, large (3-1/2" to 4" | 1.79                |
| 18456  | Cookies, oatmeal, commercially prepared, fat-free                                  | 11         | 1 cookie                      | 0.65                |
| 18178  | Cookies, oatmeal, commercially prepared, regular                                   | 25         | 1 cookie                      | 1.55                |
| 18179  | Cookies, oatmeal, commercially prepared, soft-type                                 | 15         | 1 cookie                      | 0.91                |
| 18184  | Cookies, oatmeal, prepared from recipe, with raisins                               | 15         | 1 cookie                      | 0.98                |
| 18185  | Cookies, peanut butter, commercially prepared, regular                             | 15         | 1 cookie                      | 1.44                |
| 18189  | Cookies, peanut butter, prepared from recipe                                       | 20         | 1 cookie                      | 1.80                |
| 18193  | Cookies, shortbread, commercially prepared, pecan                                  | 14         | 1 cookie                      | 0.69                |
| 18192  | Cookies, shortbread, commercially prepared, plain                                  | 8          | 1 cookie                      | 0.49                |
| 18204  | Cookies, sugar, commercially prepared, regular (includes vanilla)                  | 15         | 1 cookie                      | 0.76                |
| 18208  | Cookies, sugar, prepared from recipe, made with margarine                          | 14         | 1 cookie                      | 0.83                |
| 18206  | Cookies, sugar, refrigerated dough, baked  | 15         | 1 cookie                      | 0.70                |
| 18210  | Cookies, vanilla sandwich with creme filling                                       | 10         | 1 cookie                      | 0.45                |
| 18210  | Cookies, vanilla sandwich with creme filling                                       | 15         | 1 cookie                      | 0.68                |
| 18212  | Cookies, vanilla wafers, lower fat   | 4          | 1 cookie                      | 0.20                |
| 11901  | Corn, sweet, white, cooked, boiled, drained, without salt                          | 77         | 1 ear                         | 2.56                |
| 11174  | Corn, sweet, yellow, canned, cream style, regular pack                             | 256        | 1 cup                         | 4.45                |
| 11176  | Corn, sweet, yellow, canned, vacuum pack, regular pack                             | 210        | 1 cup                         | 5.06                |
| 11168  | Corn, sweet, yellow, cooked, boiled, drained, without salt                         | 77         | 1 ear                         | 2.56                |
| 11179  | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt    | 164        | 1 cup                         | 4.18                |
| 11181  | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 63         | 1 ear                         | 1.96                |
| 20022  | Cornmeal, degermed, enriched, yellow   | 138        | 1 cup                         | 11.70               |
| 20025  | Cornmeal, self-rising, degermed, enriched, yellow                                  | 138        | 1 cup                         | 11.61               |
| 20020  | Cornmeal, whole-grain, yellow  | 122        | 1 cup                         | 9.91                |
| 20027  | Cornstarch   | 8.064      | 1 tbsp                        | 0.02                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

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|--------|--|------------|----------------|---------------------|
| 20029  | Couscous, cooked   | 157        | 1 cup          | 5.95                |
| 20028  | Couscous, dry  | 173        | 1 cup          | 22.07               |
| 11192  | Cowpeas (Blackeyes), immature seeds, cooked, boiled, drained, without salt                 | 165        | 1 cup          | 5.23                |
| 11196  | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt         | 170        | 1 cup          | 14.43               |
| 16064  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain                | 240        | 1 cup          | 11.38               |
| 16063  | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 172        | 1 cup          | 13.30               |
| 18214  | Crackers, cheese, regular  | 10         | 10 crackers    | 1.01                |
| 18215  | Crackers, cheese, sandwich-type with peanut butter filling                                 | 7          | 1 sandwich     | 0.87                |
| 18217  | Crackers, matzo, plain   | 28.35      | 1 matzo        | 2.84                |
| 18220  | Crackers, melba toast, plain   | 20         | 4 pieces       | 2.42                |
| 18226  | Crackers, rye, wafers, plain   | 11         | 1 wafer        | 1.06                |
| 18228  | Crackers, saltines (includes oyster, soda, soup)   | 12         | 4 crackers     | 1.11                |
| 18229  | Crackers, standard snack-type, regular   | 12         | 4 crackers     | 0.89                |
| 18230  | Crackers, standard snack-type, sandwich, with cheese filling                               | 7          | 1 sandwich     | 0.65                |
| 18232  | Crackers, wheat, regular   | 8          | 4 crackers     | 0.69                |
| 18235  | Crackers, whole-wheat  | 16         | 4 crackers     | 1.41                |
| 14242  | Cranberry juice cocktail, bottled  | 253        | 8 fl oz        | 0.00                |
| 09081  | Cranberry sauce, canned, sweetened   | 57         | 1 slice        | 0.11                |
| 01067  | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein                  | 15         | 1 tbsp         | 0.15                |
| 01069  | Cream substitute, powdered   | 2          | 1 tsp          | 0.10                |
| 01049  | Cream, fluid, half and half  | 15         | 1 tbsp         | 0.44                |
| 01053  | Cream, fluid, heavy whipping   | 15         | 1 tbsp         | 0.31                |
| 01050  | Cream, fluid, light (coffee cream or table cream)  | 15         | 1 tbsp         | 0.41                |
| 01052  | Cream, fluid, light whipping   | 15         | 1 tbsp         | 0.33                |
| 01056  | Cream, sour, cultured  | 12         | 1 tbsp         | 0.38                |
| 01055  | Cream, sour, reduced fat, cultured   | 15         | 1 tbsp         | 0.44                |
| 01054  | Cream, whipped, cream topping, pressurized   | 3          | 1 tbsp         | 0.10                |
| 18239  | Croissants, butter   | 57         | 1 croissant    | 4.67                |
| 18243  | Croutons, seasoned   | 40         | 1 cup          | 4.32                |
| 15137  | Crustaceans, crab, alaska king, cooked, moist heat   | 85         | 3 oz           | 16.45               |
| 15138  | Crustaceans, crab, alaska king, imitation, made from surimi                                | 85         | 3 oz           | 10.22               |
| 15141  | Crustaceans, crab, blue, canned  | 135        | 1 cup          | 27.70               |
| 15140  | Crustaceans, crab, blue, cooked, moist heat  | 85         | 3 oz           | 17.17               |
| 15142  | Crustaceans, crab, blue, crab cakes  | 60         | 1 cake         | 12.13               |
| 15148  | Crustaceans, lobster, northern, cooked, moist heat   | 85         | 3 oz           | 17.43               |
| 15152  | Crustaceans, shrimp, mixed species, canned   | 85.05      | 3 oz           | 19.63               |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                              | 45         | 6 large        | 9.63                |
| 15150  | Crustaceans, shrimp, mixed species, cooked, breaded and fried                              | 85         | 3 oz           | 18.18               |
| 11206  | Cucumber, peeled, raw  | 119        | 1 cup          | 0.70                |
| 11206  | Cucumber, peeled, raw  | 280        | 1 large        | 1.65                |
| 11205  | Cucumber, with peel, raw   | 301        | 1 large        | 1.96                |
| 11205  | Cucumber, with peel, raw   | 104        | 1 cup          | 0.68                |
| 11208  | Dandelion greens, cooked, boiled, drained, without salt                                    | 105        | 1 cup          | 2.10                |
| 18245  | Danish pastry, cheese  | 71         | 1 danish       | 5.68                |

# USDA National Nutrient Database for Standard Reference, Release 17

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|--------|---|------------|----------------|---------------------|
| 18246  | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 71         | 1 danish       | 3.83                |
| 09087  | Dates, deglet noor  | 178        | 1 cup          | 4.36                |
| 09087  | Dates, deglet noor  | 41.5       | 5 dates        | 1.02                |
| 01071  | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk                                 | 4          | 1 tbsp         | 0.14                |
| 01072  | Dessert topping, pressurized  | 4          | 1 tbsp         | 0.04                |
| 01073  | Dessert topping, semi solid, frozen   | 4          | 1 tbsp         | 0.05                |
| 02045  | Dill weed, fresh  | 1          | 5 sprigs       | 0.03                |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                 | 14         | 1 hole         | 0.70                |
| 18248  | Doughnuts, cake-type, plain (includes unsugared, old-fashioned)                                 | 47         | 1 medium       | 2.35                |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                               | 13         | 1 hole         | 0.83                |
| 18255  | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)                               | 60         | 1 medium       | 3.84                |
| 05142  | Duck, domesticated, meat only, cooked, roasted  | 221        | 1/2 duck       | 51.89               |
| 18257  | Eclairs, custard-filled with chocolate glaze, prepared from recipe                              | 100        | 1 eclair       | 6.40                |
| 01143  | Egg substitute, liquid  | 62.75      | 1/4 cup        | 7.53                |
| 01124  | Egg, white, raw, fresh  | 33.4       | 1 large        | 3.64                |
| 01128  | Egg, whole, cooked, fried   | 46         | 1 large        | 6.27                |
| 01129  | Egg, whole, cooked, hard-boiled   | 50         | 1 large        | 6.29                |
| 01131  | Egg, whole, cooked, poached   | 50         | 1 large        | 6.26                |
| 01132  | Egg, whole, cooked, scrambled   | 61         | 1 large        | 6.76                |
| 01123  | Egg, whole, raw, fresh  | 44         | 1 medium       | 5.54                |
| 01123  | Egg, whole, raw, fresh  | 50         | 1 large        | 6.29                |
| 01123  | Egg, whole, raw, fresh  | 58         | 1 extra large  | 7.30                |
| 01125  | Egg, yolk, raw, fresh   | 16.6       | 1 large        | 2.63                |
| 01057  | Eggnog  | 254        | 1 cup          | 9.68                |
| 11210  | Eggplant, cooked, boiled, drained, without salt   | 99         | 1 cup          | 0.82                |
| 11213  | Endive, raw   | 50         | 1 cup          | 0.63                |
| 18258  | English muffins, plain, enriched, with ca prop (includes sourdough)                             | 57         | 1 muffin       | 4.39                |
| 18259  | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)         | 52         | 1 muffin       | 4.37                |
| 21047  | Entrees, fish fillet, battered or breaded, and fried  | 91         | 1 fillet       | 13.34               |
| 21051  | Entrees, pizza with pepperoni   | 71         | 1 slice        | 10.12               |
| 21061  | Fast foods, burrito, with beans and cheese  | 93         | 1 burrito      | 7.53                |
| 21063  | Fast foods, burrito, with beans and meat  | 115.5      | 1 burrito      | 11.24               |
| 21098  | Fast foods, cheeseburger, large, single patty, with condiments and vegetables                   | 219        | 1 sandwich     | 28.19               |
| 21094  | Fast foods, cheeseburger, regular, double patty and bun, plain                                  | 160        | 1 sandwich     | 22.13               |
| 21092  | Fast foods, cheeseburger, regular, double patty, plain  | 155        | 1 sandwich     | 27.67               |
| 21093  | Fast foods, cheeseburger, regular, double patty, with condiments and vegetables                 | 166        | 1 sandwich     | 21.25               |
| 21090  | Fast foods, cheeseburger, regular, single patty, with condiments                                | 113        | 1 sandwich     | 15.96               |
| 21102  | Fast foods, chicken fillet sandwich, plain  | 182        | 1 sandwich     | 24.12               |
| 21229  | Fast foods, chicken, breaded and fried, boneless pieces, plain                                  | 106        | 6 pieces       | 16.53               |
| 21042  | Fast foods, chili con carne   | 253        | 1 cup          | 24.62               |
| 21070  | Fast foods, chimichanga, with beef  | 174        | 1 chimichanga  | 19.61               |
| 21043  | Fast foods, clams, breaded and fried  | 115        | 3/4 cup        | 12.82               |
| 21127  | Fast foods, coleslaw  | 99         | 3/4 cup        | 1.46                |
| 21012  | Fast foods, croissant, with egg, cheese, and bacon  | 129        | 1 croissant    | 16.23               |
| 21015  | Fast foods, danish pastry, cheese   | 91         | 1 pastry       | 5.83                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure             | Content per Measure |
|--------|---|------------|----------------------------|---------------------|
| 21017  | Fast foods, danish pastry, fruit  | 94         | 1 pastry                   | 4.76                |
| 21074  | Fast foods, enchilada, with cheese  | 163        | 1 enchilada                | 9.63                |
| 21021  | Fast foods, english muffin, with egg, cheese, and canadian bacon            | 137        | 1 muffin                   | 16.69               |
| 21106  | Fast foods, fish sandwich, with tartar sauce and cheese                     | 183        | 1 sandwich                 | 20.61               |
| 21024  | Fast foods, french toast sticks   | 141        | 5 sticks                   | 8.28                |
| 21077  | Fast foods, frijoles with cheese  | 167        | 1 cup                      | 11.37               |
| 21114  | Fast foods, hamburger, large, double patty, with condiments and vegetables  | 226        | 1 sandwich                 | 34.28               |
| 21111  | Fast foods, hamburger, regular, double patty, with condiments               | 215        | 1 sandwich                 | 31.82               |
| 21108  | Fast foods, hamburger, regular, single patty, with condiments               | 106        | 1 sandwich                 | 12.32               |
| 21118  | Fast foods, hotdog, plain   | 98         | 1 sandwich                 | 10.39               |
| 21119  | Fast foods, hotdog, with chili  | 114        | 1 sandwich                 | 13.51               |
| 21120  | Fast foods, hotdog, with corn flour coating (corndog)                       | 175        | 1 corn dog                 | 16.80               |
| 21129  | Fast foods, hush puppies  | 78         | 5 pieces                   | 4.88                |
| 21028  | Fast foods, ice milk, vanilla, soft-serve, with cone                        | 103        | 1 cone                     | 3.89                |
| 21078  | Fast foods, nachos, with cheese   | 113        | 6-8 nachos                 | 9.10                |
| 21130  | Fast foods, onion rings, breaded and fried                                  | 83         | 8-9 rings                  | 3.70                |
| 21025  | Fast foods, pancakes with butter and syrup                                  | 232        | 2 pancakes                 | 8.26                |
| 21138  | Fast foods, potato, french fried in vegetable oil                           | 169        | 1 large                    | 7.27                |
| 21138  | Fast foods, potato, french fried in vegetable oil                           | 134        | 1 medium                   | 5.76                |
| 21138  | Fast foods, potato, french fried in vegetable oil                           | 85         | 1 small                    | 3.66                |
| 21139  | Fast foods, potato, mashed  | 80         | 1/3 cup                    | 1.85                |
| 21026  | Fast foods, potatoes, hashed brown  | 72         | 1/2 cup                    | 1.94                |
| 21121  | Fast foods, roast beef sandwich, plain                                      | 139        | 1 sandwich                 | 21.50               |
| 21053  | Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg | 217        | 1-1/2 cups                 | 8.77                |
| 21054  | Fast foods, salad, vegetable, tossed, without dressing, with chicken        | 218        | 1-1/2 cups                 | 17.44               |
| 21059  | Fast foods, shrimp, breaded and fried                                       | 164        | 6-8 shrimp                 | 18.88               |
| 21124  | Fast foods, submarine sandwich, with cold cuts                              | 228        | 1 sandwich, 6" roll        | 21.84               |
| 21125  | Fast foods, submarine sandwich, with roast beef                             | 216        | 1 sandwich, 6" roll        | 28.64               |
| 21126  | Fast foods, submarine sandwich, with tuna salad                             | 256        | 1 sandwich, 6" roll        | 29.70               |
| 21033  | Fast foods, sundae, hot fudge   | 158        | 1 sundae                   | 5.64                |
| 21082  | Fast foods, taco  | 263        | 1 large                    | 31.77               |
| 21082  | Fast foods, taco  | 171        | 1 small                    | 20.66               |
| 21083  | Fast foods, taco salad  | 198        | 1-1/2 cups                 | 13.23               |
| 21086  | Fast foods, tostada, with beans, beef, and cheese                           | 225        | 1 tostada                  | 16.09               |
| 09094  | Figs, dried, uncooked   | 38         | 2 figs                     | 1.25                |
| 15011  | Fish, catfish, channel, cooked, breaded and fried                           | 85         | 3 oz                       | 15.38               |
| 15017  | Fish, cod, Atlantic, canned, solids and liquid                              | 85         | 3 oz                       | 19.35               |
| 15192  | Fish, cod, Pacific, cooked, dry heat  | 85         | 3 oz                       | 19.51               |
| 15027  | Fish, fish portions and sticks, frozen, preheated                           | 57         | 1 portion (4" x 2" x 1/2") | 8.92                |
| 15027  | Fish, fish portions and sticks, frozen, preheated                           | 28         | 1 stick (4" x 1" x 1/2")   | 4.38                |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                | 127        | 1 fillet                   | 30.68               |
| 15029  | Fish, flatfish (flounder and sole species), cooked, dry heat                | 85         | 3 oz                       | 20.54               |
| 15034  | Fish, haddock, cooked, dry heat   | 85         | 3 oz                       | 20.60               |
| 15034  | Fish, haddock, cooked, dry heat   | 150        | 1 fillet                   | 36.36               |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat                       | 159        | 1/2 fillet                 | 42.44               |
| 15037  | Fish, halibut, Atlantic and Pacific, cooked, dry heat                       | 85         | 3 oz                       | 22.69               |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein (g) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 15041  | Fish, herring, Atlantic, pickled  | 85.05      | 3 oz              | 12.07               |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat   | 50         | 1 fillet          | 11.94               |
| 15058  | Fish, ocean perch, Atlantic, cooked, dry heat   | 85         | 3 oz              | 20.30               |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 60         | 1 fillet          | 14.11               |
| 15067  | Fish, pollock, walleye, cooked, dry heat  | 85         | 3 oz              | 19.98               |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat  | 149        | 1 fillet          | 35.82               |
| 15071  | Fish, rockfish, Pacific, mixed species, cooked, dry heat  | 85         | 3 oz              | 20.43               |
| 15232  | Fish, roughy, orange, cooked, dry heat  | 85         | 3 oz              | 16.02               |
| 15077  | Fish, salmon, chinook, smoked   | 85.05      | 3 oz              | 15.55               |
| 15084  | Fish, salmon, pink, canned, solids with bone and liquid   | 85         | 3 oz              | 16.81               |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 155        | 1/2 fillet        | 42.33               |
| 15086  | Fish, salmon, sockeye, cooked, dry heat   | 85         | 3 oz              | 23.21               |
| 15088  | Fish, sardine, Atlantic, canned in oil, drained solids with bone  | 85.05      | 3 oz              | 20.94               |
| 15111  | Fish, swordfish, cooked, dry heat   | 85         | 3 oz              | 21.58               |
| 15111  | Fish, swordfish, cooked, dry heat   | 106        | 1 piece           | 26.91               |
| 15241  | Fish, trout, rainbow, farmed, cooked, dry heat  | 85         | 3 oz              | 20.63               |
| 15128  | Fish, tuna salad  | 205        | 1 cup             | 32.88               |
| 15119  | Fish, tuna, light, canned in oil, drained solids  | 85.05      | 3 oz              | 24.78               |
| 15121  | Fish, tuna, light, canned in water, drained solids  | 85         | 3 oz              | 21.68               |
| 15126  | Fish, tuna, white, canned in water, drained solids  | 85         | 3 oz              | 20.08               |
| 15221  | Fish, tuna, yellowfin, fresh, cooked, dry heat  | 85         | 3 oz              | 25.47               |
| 07022  | Frankfurter, beef   | 45         | 1 frank           | 5.06                |
| 07023  | Frankfurter, beef and pork  | 45         | 1 frank           | 5.19                |
| 07024  | Frankfurter, chicken  | 45         | 1 frank           | 5.82                |
| 18268  | French toast, frozen, ready-to-heat   | 59         | 1 slice           | 4.37                |
| 18269  | French toast, prepared from recipe, made with low fat (2%) milk   | 65         | 1 slice           | 5.00                |
| 19226  | Frostings, chocolate, creamy, ready-to-eat  | 38         | 1/12 package      | 0.42                |
| 19230  | Frostings, vanilla, creamy, ready-to-eat  | 38         | 1/12 package      | 0.00                |
| 19263  | Frozen juice novelties, fruit and juice bars  | 77         | 1 bar (2.5 fl oz) | 0.92                |
| 19393  | Frozen yogurts, chocolate, soft-serve   | 72         | 1/2 cup           | 2.88                |
| 19293  | Frozen yogurts, vanilla, soft-serve   | 72         | 1/2 cup           | 2.88                |
| 19294  | Fruit butters, apple  | 17         | 1 tbsp            | 0.07                |
| 09100  | Fruit cocktail, (peach and pineapple and pear and grape and cherry),<br>canned, heavy syrup, solids and liquids | 248        | 1 cup             | 0.97                |
| 09097  | Fruit cocktail, (peach and pineapple and pear and grape and cherry),<br>canned, juice pack, solids and liquids  | 237        | 1 cup             | 1.09                |
| 14267  | Fruit punch drink, with added nutrients, canned   | 248        | 8 fl oz           | 0.00                |
| 09189  | Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and<br>grape and boysenberry), frozen, sweetened  | 250        | 1 cup             | 3.55                |
| 11215  | Garlic, raw   | 3          | 1 clove           | 0.19                |
| 19173  | Gelatin desserts, dry mix, prepared with water  | 135        | 1/2 cup           | 1.65                |
| 19176  | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared<br>with water                              | 117        | 1/2 cup           | 0.97                |
| 14277  | Grape drink, canned   | 250        | 8 fl oz           | 0.02                |
| 09135  | Grape juice, canned or bottled, unsweetened, without added vitamin C  | 253        | 1 cup             | 1.42                |
| 09137  | Grape juice, frozen concentrate, sweetened, diluted with 3 volume<br>water, with added vitamin C                | 250        | 1 cup             | 0.47                |
| 09136  | Grape juice, frozen concentrate, sweetened, undiluted, with added<br>vitamin C                                  | 216        | 6-fl-oz can       | 1.40                |
| 09404  | Grapefruit juice, pink, raw   | 247        | 1 cup             | 1.24                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein (g) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description  | Weight (g) | Common Measure  | Content per Measure |
|--------|--|------------|-----------------|---------------------|
| 09124  | Grapefruit juice, white, canned, sweetened   | 250        | 1 cup           | 1.45                |
| 09123  | Grapefruit juice, white, canned, unsweetened   | 247        | 1 cup           | 1.28                |
| 09126  | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water                                | 247        | 1 cup           | 1.36                |
| 09125  | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted  | 207        | 6-fl-oz can     | 4.08                |
| 09128  | Grapefruit juice, white, raw   | 247        | 1 cup           | 1.24                |
| 09112  | Grapefruit, raw, pink and red, all areas   | 123        | 1/2 grapefruit  | 0.95                |
| 09116  | Grapefruit, raw, white, all areas  | 118        | 1/2 grapefruit  | 0.81                |
| 09121  | Grapefruit, sections, canned, light syrup pack, solids and liquids   | 254        | 1 cup           | 1.42                |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw                                      | 160        | 1 cup           | 1.15                |
| 09132  | Grapes, red or green (european type varieties, such as, Thompson seedless), raw                                      | 50         | 10 grapes       | 0.36                |
| 06116  | Gravy, beef, canned  | 58.25      | 1/4 cup         | 2.18                |
| 06119  | Gravy, chicken, canned   | 59.5       | 1/4 cup         | 1.15                |
| 06121  | Gravy, mushroom, canned  | 59.6       | 1/4 cup         | 0.75                |
| 06800  | Gravy, NESTLE, CHEF-MATE Country Sausage Gravy, ready-to-serve   | 62         | 1/4 cup         | 2.85                |
| 06125  | Gravy, turkey, canned  | 59.6       | 1/4 cup         | 1.55                |
| 07027  | Ham, chopped, not canned   | 21         | 2 slices        | 3.47                |
| 07028  | Ham, sliced, extra lean  | 56.7       | 2 slices        | 9.80                |
| 07029  | Ham, sliced, regular (approximately 11% fat)   | 56.7       | 2 slices        | 9.41                |
| 22402  | HEALTHY CHOICE Beef Macaroni, frozen entree  | 240        | 1 package       | 14.14               |
| 11961  | Hearts of palm, canned   | 33         | 1 piece         | 0.83                |
| 19296  | Honey  | 21         | 1 tbsp          | 0.06                |
| 02055  | Horseradish, prepared  | 5          | 1 tsp           | 0.06                |
| 16158  | Hummus, commercial   | 14         | 1 tbsp          | 1.11                |
| 19270  | Ice creams, chocolate  | 66         | 1/2 cup         | 2.51                |
| 19090  | Ice creams, french vanilla, soft-serve   | 86         | 1/2 cup         | 3.53                |
| 19095  | Ice creams, vanilla  | 66         | 1/2 cup         | 2.31                |
| 19088  | Ice creams, vanilla, light   | 66         | 1/2 cup         | 3.15                |
| 19089  | Ice creams, vanilla, rich  | 74         | 1/2 cup         | 2.59                |
| 19281  | Ice novelties, italian, restaurant-prepared  | 116        | 1/2 cup         | 0.03                |
| 19283  | Ice novelties, pop   | 59         | 1 bar (2 fl oz) | 0.00                |
| 19297  | Jams and preserves   | 20         | 1 tbsp          | 0.07                |
| 19300  | Jellies  | 19         | 1 tbsp          | 0.03                |
| 11226  | Jerusalem-artichokes, raw  | 150        | 1 cup           | 3.00                |
| 11234  | Kale, cooked, boiled, drained, without salt  | 130        | 1 cup           | 2.47                |
| 11236  | Kale, frozen, cooked, boiled, drained, without salt  | 130        | 1 cup           | 3.69                |
| 18505  | KELLOGG'S Eggo Lowfat Homestyle Waffles  | 35         | 1 waffle        | 2.47                |
| 09148  | Kiwi fruit, (chinese gooseberries), fresh, raw   | 76         | 1 medium        | 0.87                |
| 11242  | Kohlrabi, cooked, boiled, drained, without salt  | 165        | 1 cup           | 2.97                |
| 17012  | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85         | 3 oz            | 21.72               |
| 17014  | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted    | 85         | 3 oz            | 24.05               |
| 17024  | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled                           | 85         | 3 oz            | 21.39               |
| 17027  | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled                              | 85         | 3 oz            | 25.49               |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure   | Content per Measure |
|--------|---|------------|------------------|---------------------|
| 17031  | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted           | 85         | 3 oz             | 17.95               |
| 17034  | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted              | 85         | 3 oz             | 22.24               |
| 17044  | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85         | 3 oz             | 25.83               |
| 17048  | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised    | 85         | 3 oz             | 30.21               |
| 04002  | Lard  | 12.8       | 1 tbsp           | 0.00                |
| 18369  | Leavening agents, baking powder, double-acting, sodium aluminum sulfate                             | 4.6        | 1 tsp            | 0.00                |
| 18370  | Leavening agents, baking powder, double-acting, straight phosphate                                  | 4.6        | 1 tsp            | 0.00                |
| 18371  | Leavening agents, baking powder, low-sodium   | 5          | 1 tsp            | 0.01                |
| 18372  | Leavening agents, baking soda   | 4.6        | 1 tsp            | 0.00                |
| 18373  | Leavening agents, cream of tartar   | 3          | 1 tsp            | 0.00                |
| 18375  | Leavening agents, yeast, baker's, active dry  | 4          | 1 tsp            | 1.53                |
| 18375  | Leavening agents, yeast, baker's, active dry  | 7          | 1 pkg            | 2.68                |
| 18374  | Leavening agents, yeast, baker's, compressed  | 17         | 1 cake           | 1.43                |
| 11247  | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt                         | 104        | 1 cup            | 0.84                |
| 09153  | Lemon juice, canned or bottled  | 15.2       | 1 tbsp           | 0.06                |
| 09153  | Lemon juice, canned or bottled  | 244        | 1 cup            | 0.98                |
| 09152  | Lemon juice, raw  | 47         | juice of 1 lemon | 0.18                |
| 14293  | Lemonade, frozen concentrate, white, prepared with water  | 248        | 8 fl oz          | 0.22                |
| 14290  | Lemonade, low calorie, with aspartame, powder, prepared with water                                  | 237        | 8 fl oz          | 0.05                |
| 14297  | Lemonade-flavor drink, powder, prepared with water  | 266        | 8 fl oz          | 0.00                |
| 09150  | Lemons, raw, without peel   | 58         | 1 lemon          | 0.64                |
| 16070  | Lentils, mature seeds, cooked, boiled, without salt   | 198        | 1 cup            | 17.86               |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw   | 7.5        | 1 medium leaf    | 0.10                |
| 11250  | Lettuce, butterhead (includes boston and bibb types), raw   | 163        | 1 head           | 2.20                |
| 11251  | Lettuce, cos or romaine, raw  | 10         | 1 leaf           | 0.12                |
| 11251  | Lettuce, cos or romaine, raw  | 56         | 1 cup            | 0.69                |
| 11253  | Lettuce, green leaf, raw  | 10         | 1 leaf           | 0.14                |
| 11253  | Lettuce, green leaf, raw  | 56         | 1 cup            | 0.76                |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 8          | 1 medium         | 0.07                |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 539        | 1 head           | 4.85                |
| 11252  | Lettuce, iceberg (includes crisphead types), raw  | 55         | 1 cup            | 0.49                |
| 11040  | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt                     | 180        | 1 cup            | 11.97               |
| 11038  | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt                 | 170        | 1 cup            | 10.32               |
| 16073  | Lima beans, large, mature seeds, canned   | 241        | 1 cup            | 11.88               |
| 16072  | Lima beans, large, mature seeds, cooked, boiled, without salt                                       | 188        | 1 cup            | 14.66               |
| 09161  | Lime juice, canned or bottled, unsweetened  | 15.4       | 1 tbsp           | 0.04                |
| 09161  | Lime juice, canned or bottled, unsweetened  | 246        | 1 cup            | 0.62                |
| 09160  | Lime juice, raw   | 38         | juice of 1 lime  | 0.16                |
| 22247  | Macaroni and Cheese, canned entree  | 252        | 1 cup            | 8.52                |
| 20100  | Macaroni, cooked, enriched  | 140        | 1 cup            | 6.68                |
| 14315  | Malted drink mix, chocolate, with added nutrients, powder   | 21         | 3 heaping tsp    | 1.03                |
| 14316  | Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk                 | 265        | 1 cup            | 8.90                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure  | Content per Measure |
|--------|---|------------|-----------------|---------------------|
| 14309  | Malted drink mix, natural, with added nutrients, powder                           | 21         | 4-5 heaping tsp | 1.85                |
| 14310  | Malted drink mix, natural, with added nutrients, powder, prepared with whole milk | 265        | 1 cup           | 9.73                |
| 09176  | Mangos, raw   | 165        | 1 cup           | 0.84                |
| 09176  | Mangos, raw   | 207        | 1 mango         | 1.06                |
| 04611  | Margarine, regular, tub, composite, 80% fat, with salt                            | 14.2       | 1 tbsp          | 0.11                |
| 04132  | Margarine, regular, unspecified oils, with salt added                             | 14.1       | 1 tbsp          | 0.13                |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick                                   | 14.3       | 1 tbsp          | 0.09                |
| 04612  | Margarine, vegetable oil spread, 60% fat, stick                                   | 4.8        | 1 tsp           | 0.03                |
| 04613  | Margarine, vegetable oil spread, 60% fat, tub/bottle                              | 4.8        | 1 tsp           | 0.03                |
| 04585  | Margarine-butter blend, 60% corn oil margarine and 40% butter                     | 14.2       | 1 tbsp          | 0.12                |
| 04128  | Margarine-like spread, (approximately 40% fat), unspecified oils                  | 4.8        | 1 tsp           | 0.02                |
| 09181  | Melons, cantaloupe, raw   | 69         | 1/8 melon       | 0.58                |
| 09181  | Melons, cantaloupe, raw   | 160        | 1 cup           | 1.34                |
| 09184  | Melons, honeydew, raw   | 170        | 1 cup           | 0.92                |
| 09184  | Melons, honeydew, raw   | 160        | 1/8 melon       | 0.86                |
| 01110  | Milk shakes, thick chocolate  | 300        | 10.6 fl oz      | 9.15                |
| 01111  | Milk shakes, thick vanilla  | 313        | 11 fl oz        | 12.08               |
| 01094  | Milk, buttermilk, dried   | 6.5        | 1 tbsp          | 2.23                |
| 01088  | Milk, buttermilk, fluid, cultured, lowfat   | 245        | 1 cup           | 8.11                |
| 01095  | Milk, canned, condensed, sweetened  | 306        | 1 cup           | 24.20               |
| 01097  | Milk, canned, evaporated, nonfat  | 256        | 1 cup           | 19.33               |
| 01096  | Milk, canned, evaporated, without added vitamin A                                 | 252        | 1 cup           | 17.16               |
| 01102  | Milk, chocolate, fluid, commercial,   | 250        | 1 cup           | 7.93                |
| 01104  | Milk, chocolate, fluid, commercial, lowfat  | 250        | 1 cup           | 8.10                |
| 01103  | Milk, chocolate, fluid, commercial, reduced fat                                   | 250        | 1 cup           | 8.03                |
| 01092  | Milk, dry, nonfat, instant, with added vitamin A                                  | 23         | 1/3 cup         | 8.07                |
| 01082  | Milk, lowfat, fluid, 1% milkfat, with added vitamin A                             | 244        | 1 cup           | 8.22                |
| 01085  | Milk, nonfat, fluid, with added vitamin A (fat free or skim)                      | 245        | 1 cup           | 8.26                |
| 01079  | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A                        | 244        | 1 cup           | 8.05                |
| 01077  | Milk, whole, 3.25% milkfat  | 244        | 1 cup           | 7.86                |
| 16112  | Miso  | 68.75      | 1 cup           | 8.04                |
| 19305  | Molasses, blackstrap  | 20         | 1 tbsp          | 0.00                |
| 15160  | Mollusks, clam, mixed species, canned, drained solids                             | 85         | 3 oz            | 21.72               |
| 15157  | Mollusks, clam, mixed species, raw  | 85         | 3 oz            | 10.85               |
| 15168  | Mollusks, oyster, eastern, cooked, breaded and fried                              | 85         | 3 oz            | 7.45                |
| 15167  | Mollusks, oyster, eastern, wild, raw  | 84         | 6 medium        | 5.92                |
| 15173  | Mollusks, scallop, mixed species, cooked, breaded and fried                       | 93         | 6 large         | 16.81               |
| 18274  | Muffins, blueberry, commercially prepared   | 57         | 1 muffin        | 3.14                |
| 18278  | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk             | 57         | 1 muffin        | 3.71                |
| 18279  | Muffins, corn, commercially prepared  | 57         | 1 muffin        | 3.36                |
| 18280  | Muffins, corn, dry mix, prepared  | 50         | 1 muffin        | 3.70                |
| 18283  | Muffins, oat bran   | 57         | 1 muffin        | 3.99                |
| 18388  | Muffins, wheat bran, toaster-type with raisins, toasted                           | 34         | 1 muffin        | 1.87                |
| 11044  | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt         | 124        | 1 cup           | 2.52                |
| 11043  | Mung beans, mature seeds, sprouted, raw   | 104        | 1 cup           | 3.16                |
| 11264  | Mushrooms, canned, drained solids   | 156        | 1 cup           | 2.92                |



# USDA National Nutrient Database for Standard Reference, Release 17

## Protein (g) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure    | Content per Measure |
|--------|---|------------|-------------------|---------------------|
| 11261  | Mushrooms, cooked, boiled, drained, without salt  | 156        | 1 cup             | 3.39                |
| 11260  | Mushrooms, raw  | 70         | 1 cup             | 2.18                |
| 11269  | Mushrooms, shiitake, cooked, without salt   | 145        | 1 cup             | 2.26                |
| 11268  | Mushrooms, shiitake, dried  | 3.6        | 1 mushroom        | 0.34                |
| 11271  | Mustard greens, cooked, boiled, drained, without salt   | 140        | 1 cup             | 3.16                |
| 02046  | Mustard, prepared, yellow   | 5          | 1 tsp or 1 packet | 0.20                |
| 18651  | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes                                 | 16         | 1 cookie          | 0.80                |
| 09191  | Nectarines, raw   | 136        | 1 nectarine       | 1.44                |
| 20113  | Noodles, chinese, chow mein   | 45         | 1 cup             | 3.77                |
| 20110  | Noodles, egg, cooked, enriched  | 160        | 1 cup             | 7.60                |
| 20112  | Noodles, egg, spinach, cooked, enriched   | 160        | 1 cup             | 8.06                |
| 12061  | Nuts, almonds   | 28.35      | 1 oz (24 nuts)    | 6.03                |
| 12078  | Nuts, brazilnuts, dried, unblanched   | 28.35      | 1 oz (6-8 nuts)   | 4.06                |
| 12585  | Nuts, cashew nuts, dry roasted, with salt added   | 28.35      | 1 oz              | 4.34                |
| 12586  | Nuts, cashew nuts, oil roasted, with salt added   | 28.35      | 1 oz (18 nuts)    | 4.77                |
| 12167  | Nuts, chestnuts, european, roasted  | 143        | 1 cup             | 4.53                |
| 12179  | Nuts, coconut meat, dried (desiccated), sweetened, shredded                                     | 93         | 1 cup             | 2.68                |
| 12104  | Nuts, coconut meat, raw   | 45         | 1 piece           | 1.50                |
| 12120  | Nuts, hazelnuts or filberts   | 28.35      | 1 oz              | 4.24                |
| 12632  | Nuts, macadamia nuts, dry roasted, with salt added  | 28.35      | 1 oz (10-12 nuts) | 2.21                |
| 12635  | Nuts, mixed nuts, dry roasted, with peanuts, with salt added                                    | 28.35      | 1 oz              | 4.90                |
| 12637  | Nuts, mixed nuts, oil roasted, with peanuts, with salt added                                    | 28.35      | 1 oz              | 4.75                |
| 12142  | Nuts, pecans  | 28.35      | 1 oz (20 halves)  | 2.60                |
| 12147  | Nuts, pine nuts, dried  | 8.6        | 1 tbsp            | 1.18                |
| 12147  | Nuts, pine nuts, dried  | 28.35      | 1 oz              | 3.88                |
| 12652  | Nuts, pistachio nuts, dry roasted, with salt added  | 28.35      | 1 oz (47 nuts)    | 6.05                |
| 12155  | Nuts, walnuts, english  | 28.35      | 1 oz (14 halves)  | 4.32                |
| 20034  | Oat bran, cooked  | 219        | 1 cup             | 7.03                |
| 20033  | Oat bran, raw   | 94         | 1 cup             | 16.26               |
| 04053  | Oil, olive, salad or cooking  | 13.5       | 1 tbsp            | 0.00                |
| 04042  | Oil, peanut, salad or cooking   | 13.5       | 1 tbsp            | 0.00                |
| 04058  | Oil, sesame, salad or cooking   | 13.6       | 1 tbsp            | 0.00                |
| 04034  | Oil, soybean, salad or cooking, (hydrogenated)  | 13.6       | 1 tbsp            | 0.00                |
| 04543  | Oil, soybean, salad or cooking, (hydrogenated) and cottonseed                                   | 13.6       | 1 tbsp            | 0.00                |
| 04511  | Oil, vegetable safflower, salad or cooking, oleic, over 70% (primary safflower oil of commerce) | 13.6       | 1 tbsp            | 0.00                |
| 04518  | Oil, vegetable, corn, industrial and retail, all purpose salad or cooking                       | 13.6       | 1 tbsp            | 0.00                |
| 04506  | Oil, vegetable, sunflower, linoleic, (approx. 65%)  | 13.6       | 1 tbsp            | 0.00                |
| 11279  | Okra, cooked, boiled, drained, without salt   | 160        | 1 cup             | 2.99                |
| 11281  | Okra, frozen, cooked, boiled, drained, without salt   | 184        | 1 cup             | 3.83                |
| 09193  | Olives, ripe, canned (small-extra large)  | 22         | 5 large           | 0.18                |
| 11296  | Onion rings, breaded, par fried, frozen, prepared, heated in oven                               | 60         | 10 rings          | 3.20                |
| 11283  | Onions, cooked, boiled, drained, without salt   | 210        | 1 cup             | 2.86                |
| 11283  | Onions, cooked, boiled, drained, without salt   | 94         | 1 medium          | 1.28                |
| 11284  | Onions, dehydrated flakes   | 5          | 1 tbsp            | 0.45                |
| 11282  | Onions, raw   | 110        | 1 whole           | 1.01                |
| 11282  | Onions, raw   | 14         | 1 slice           | 0.13                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description  | Weight (g) | Common Measure      | Content per Measure |
|--------|--|------------|---------------------|---------------------|
| 11282  | Onions, raw  | 160        | 1 cup               | 1.47                |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                  | 100        | 1 cup               | 1.83                |
| 11291  | Onions, spring or scallions (includes tops and bulb), raw                  | 15         | 1 whole             | 0.27                |
| 09207  | Orange juice, canned, unsweetened  | 249        | 1 cup               | 1.47                |
| 09209  | Orange juice, chilled, includes from concentrate                           | 249        | 1 cup               | 1.99                |
| 09215  | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 249        | 1 cup               | 1.69                |
| 09214  | Orange juice, frozen concentrate, unsweetened, undiluted                   | 213        | 6-fl-oz can         | 5.09                |
| 09206  | Orange juice, raw  | 86         | juice from 1 orange | 0.60                |
| 09206  | Orange juice, raw  | 248        | 1 cup               | 1.74                |
| 09200  | Oranges, raw, all commercial varieties                                     | 180        | 1 cup               | 1.69                |
| 09200  | Oranges, raw, all commercial varieties                                     | 131        | 1 orange            | 1.23                |
| 18288  | Pancakes plain, frozen, ready-to-heat (includes buttermilk)                | 36         | 1 pancake           | 1.87                |
| 18290  | Pancakes, plain, dry mix, complete, prepared                               | 38         | 1 pancake           | 1.98                |
| 18292  | Pancakes, plain, dry mix, incomplete, prepared                             | 38         | 1 pancake           | 2.96                |
| 09226  | Papayas, raw   | 140        | 1 cup               | 0.85                |
| 09226  | Papayas, raw   | 304        | 1 papaya            | 1.85                |
| 11297  | Parsley, raw   | 10         | 10 sprigs           | 0.30                |
| 11299  | Parsnips, cooked, boiled, drained, without salt                            | 156        | 1 cup               | 2.06                |
| 22907  | Pasta with meatballs in tomato sauce, canned entree                        | 252        | 1 cup               | 10.89               |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids                      | 262        | 1 cup               | 1.18                |
| 09241  | Peaches, canned, heavy syrup pack, solids and liquids                      | 98         | 1 half              | 0.44                |
| 09238  | Peaches, canned, juice pack, solids and liquids                            | 98         | 1 half              | 0.62                |
| 09238  | Peaches, canned, juice pack, solids and liquids                            | 248        | 1 cup               | 1.56                |
| 09246  | Peaches, dried, sulfured, uncooked   | 39         | 3 halves            | 1.41                |
| 09250  | Peaches, frozen, sliced, sweetened   | 250        | 1 cup               | 1.57                |
| 09236  | Peaches, raw   | 170        | 1 cup               | 1.55                |
| 09236  | Peaches, raw   | 98         | 1 peach             | 0.89                |
| 16097  | Peanut butter, chunk style, with salt                                      | 16         | 1 tbsp              | 3.85                |
| 16098  | Peanut butter, smooth style, with salt                                     | 16         | 1 tbsp              | 4.01                |
| 16090  | Peanuts, all types, dry-roasted, with salt                                 | 28.35      | 1 oz (approx 28)    | 6.71                |
| 16390  | Peanuts, all types, dry-roasted, without salt                              | 28.35      | 1 oz (approx 28)    | 6.71                |
| 16089  | Peanuts, all types, oil-roasted, with salt                                 | 28.35      | 1 oz                | 7.95                |
| 09340  | Pears, asian, raw  | 122        | 1 pear              | 0.61                |
| 09340  | Pears, asian, raw  | 275        | 1 pear              | 1.38                |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                        | 266        | 1 cup               | 0.53                |
| 09257  | Pears, canned, heavy syrup pack, solids and liquids                        | 76         | 1 half              | 0.15                |
| 09254  | Pears, canned, juice pack, solids and liquids                              | 248        | 1 cup               | 0.84                |
| 09254  | Pears, canned, juice pack, solids and liquids                              | 76         | 1 half              | 0.26                |
| 09252  | Pears, raw   | 166        | 1 pear              | 0.63                |
| 11301  | Peas, edible-podded, cooked, boiled, drained, without salt                 | 160        | 1 cup               | 5.23                |
| 11303  | Peas, edible-podded, frozen, cooked, boiled, drained, without salt         | 160        | 1 cup               | 5.60                |
| 11308  | Peas, green, canned, regular pack, drained solids                          | 170        | 1 cup               | 7.51                |
| 11313  | Peas, green, frozen, cooked, boiled, drained, without salt                 | 160        | 1 cup               | 8.24                |
| 16086  | Peas, split, mature seeds, cooked, boiled, without salt                    | 196        | 1 cup               | 16.35               |
| 11670  | Peppers, hot chili, green, raw   | 45         | 1 pepper            | 0.90                |
| 11819  | Peppers, hot chili, red, raw   | 45         | 1 pepper            | 0.84                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

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|--------|---|------------|------------------|---------------------|
| 11632  | Peppers, jalapeno, canned, solids and liquids                       | 26         | 1/4 cup          | 0.24                |
| 11334  | Peppers, sweet, green, cooked, boiled, drained, without salt        | 136        | 1 cup            | 1.25                |
| 11333  | Peppers, sweet, green, raw  | 149        | 1 cup            | 1.28                |
| 11333  | Peppers, sweet, green, raw  | 10         | 1 ring           | 0.09                |
| 11333  | Peppers, sweet, green, raw  | 119        | 1 pepper         | 1.02                |
| 11823  | Peppers, sweet, red, cooked, boiled, drained, without salt          | 136        | 1 cup            | 1.25                |
| 11821  | Peppers, sweet, red, raw  | 119        | 1 pepper         | 1.18                |
| 11821  | Peppers, sweet, red, raw  | 149        | 1 cup            | 1.48                |
| 11945  | Pickle relish, sweet  | 15         | 1 tbsp           | 0.06                |
| 11937  | Pickles, cucumber, dill   | 65         | 1 pickle         | 0.40                |
| 18330  | Pie crust, cookie-type, prepared from recipe, graham cracker, baked | 239        | 1 pie shell      | 10.04               |
| 18335  | Pie crust, standard-type, frozen, ready-to-bake, baked              | 126        | 1 pie shell      | 5.54                |
| 18336  | Pie crust, standard-type, prepared from recipe, baked               | 180        | 1 pie shell      | 11.52               |
| 19312  | Pie fillings, apple, canned   | 74         | 1/8 of 21-oz can | 0.07                |
| 19314  | Pie fillings, canned, cherry  | 74         | 1/8 of 21-oz can | 0.27                |
| 18301  | Pie, apple, commercially prepared, enriched flour                   | 117        | 1 piece          | 2.22                |
| 18302  | Pie, apple, prepared from recipe                                    | 155        | 1 piece          | 3.72                |
| 18305  | Pie, blueberry, commercially prepared                               | 117        | 1 piece          | 2.11                |
| 18306  | Pie, blueberry, prepared from recipe                                | 147        | 1 piece          | 3.97                |
| 18308  | Pie, cherry, commercially prepared                                  | 117        | 1 piece          | 2.34                |
| 18309  | Pie, cherry, prepared from recipe                                   | 180        | 1 piece          | 5.04                |
| 18310  | Pie, chocolate creme, commercially prepared                         | 113        | 1 piece          | 2.94                |
| 18316  | Pie, coconut custard, commercially prepared                         | 104        | 1 piece          | 6.14                |
| 18444  | Pie, fried pies, cherry   | 128        | 1 pie            | 3.84                |
| 18319  | Pie, fried pies, fruit  | 128        | 1 pie            | 3.84                |
| 18320  | Pie, lemon meringue, commercially prepared                          | 113        | 1 piece          | 1.70                |
| 18321  | Pie, lemon meringue, prepared from recipe                           | 127        | 1 piece          | 4.83                |
| 18324  | Pie, pecan, commercially prepared                                   | 113        | 1 piece          | 4.52                |
| 18325  | Pie, pecan, prepared from recipe                                    | 122        | 1 piece          | 5.98                |
| 18326  | Pie, pumpkin, commercially prepared                                 | 109        | 1 piece          | 4.25                |
| 18327  | Pie, pumpkin, prepared from recipe                                  | 155        | 1 piece          | 6.98                |
| 11943  | Pimento, canned   | 12         | 1 tbsp           | 0.13                |
| 14334  | Pineapple and grapefruit juice drink, canned                        | 250        | 8 fl oz          | 0.50                |
| 14341  | Pineapple and orange juice drink, canned                            | 250        | 8 fl oz          | 3.25                |
| 09273  | Pineapple juice, canned, unsweetened, without added ascorbic acid   | 250        | 1 cup            | 0.80                |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids             | 49         | 1 slice          | 0.17                |
| 09270  | Pineapple, canned, heavy syrup pack, solids and liquids             | 254        | 1 cup            | 0.89                |
| 09268  | Pineapple, canned, juice pack, solids and liquids                   | 47         | 1 slice          | 0.20                |
| 09268  | Pineapple, canned, juice pack, solids and liquids                   | 249        | 1 cup            | 1.05                |
| 09266  | Pineapple, raw, all varieties                                       | 155        | 1 cup            | 0.84                |
| 21224  | Pizza, cheese, regular crust, frozen                                | 63         | 1 serving        | 6.53                |
| 21226  | Pizza, meat and vegetable, regular crust, frozen                    | 79         | 1 serving        | 8.91                |
| 09278  | Plantains, cooked   | 154        | 1 cup            | 1.22                |
| 09277  | Plantains, raw  | 179        | 1 medium         | 2.33                |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids         | 258        | 1 cup            | 0.93                |
| 09284  | Plums, canned, purple, heavy syrup pack, solids and liquids         | 46         | 1 plum           | 0.17                |
| 09282  | Plums, canned, purple, juice pack, solids and liquids               | 46         | 1 plum           | 0.23                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

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|--------|--|------------|-----------------|---------------------|
| 09282  | Plums, canned, purple, juice pack, solids and liquids  | 252        | 1 cup           | 1.29                |
| 09292  | Plums, dried (prunes), stewed, without added sugar   | 248        | 1 cup           | 2.38                |
| 09291  | Plums, dried (prunes), uncooked  | 42         | 5 prunes        | 0.92                |
| 09279  | Plums, raw   | 66         | 1 plum          | 0.46                |
| 07065  | Pork and beef sausage, fresh, cooked   | 26         | 2 links         | 3.59                |
| 07064  | Pork sausage, fresh, cooked  | 26         | 2 links         | 5.05                |
| 07064  | Pork sausage, fresh, cooked  | 27         | 1 patty         | 5.25                |
| 10124  | Pork, cured, bacon, cooked, broiled, pan-fried or roasted                                    | 19         | 3 medium slices | 7.04                |
| 10131  | Pork, cured, canadian-style bacon, grilled   | 46.5       | 2 slices        | 11.27               |
| 10185  | Pork, cured, ham, extra lean and regular, canned, roasted                                    | 85         | 3 oz            | 17.80               |
| 10151  | Pork, cured, ham, whole, separable lean and fat, roasted                                     | 85         | 3 oz            | 18.33               |
| 10153  | Pork, cured, ham, whole, separable lean only, roasted  | 85         | 3 oz            | 21.29               |
| 10193  | Pork, fresh, backribs, separable lean and fat, cooked, roasted                               | 85         | 3 oz            | 20.62               |
| 10009  | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted                       | 85         | 3 oz            | 22.81               |
| 10011  | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted                          | 85         | 3 oz            | 25.00               |
| 10038  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled     | 85         | 3 oz            | 24.40               |
| 10179  | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried   | 85         | 3 oz            | 25.42               |
| 10042  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled        | 85         | 3 oz            | 25.66               |
| 10176  | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried      | 85         | 3 oz            | 27.35               |
| 10047  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted     | 85         | 3 oz            | 23.32               |
| 10051  | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted        | 85         | 3 oz            | 24.41               |
| 10205  | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised               | 85         | 3 oz            | 20.29               |
| 10075  | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised                   | 85         | 3 oz            | 23.79               |
| 10078  | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised                      | 85         | 3 oz            | 27.42               |
| 10089  | Pork, fresh, spareribs, separable lean and fat, cooked, braised                              | 85         | 3 oz            | 24.70               |
| 11672  | Potato pancakes, home-prepared   | 76         | 1 pancake       | 4.68                |
| 11399  | Potato puffs, frozen, prepared   | 79         | 10 puffs        | 2.65                |
| 11414  | Potato salad, home-prepared  | 250        | 1 cup           | 6.70                |
| 11674  | Potato, baked, flesh and skin, without salt  | 202        | 1 potato        | 5.05                |
| 11385  | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter                     | 245        | 1 cup           | 5.63                |
| 11373  | Potatoes, au gratin, home-prepared from recipe using butter                                  | 245        | 1 cup           | 12.40               |
| 11363  | Potatoes, baked, flesh, without salt   | 156        | 1 potato        | 3.06                |
| 11364  | Potatoes, baked, skin, without salt  | 58         | 1 skin          | 2.49                |
| 11365  | Potatoes, boiled, cooked in skin, flesh, without salt  | 136        | 1 potato        | 2.54                |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                                   | 156        | 1 cup           | 2.67                |
| 11367  | Potatoes, boiled, cooked without skin, flesh, without salt                                   | 135        | 1 potato        | 2.31                |
| 11403  | Potatoes, french fried, frozen, home-prepared, heated in oven, without salt                  | 50         | 10 strips       | 1.59                |
| 11391  | Potatoes, hashed brown, frozen, plain, prepared  | 29         | 1 patty         | 0.92                |
| 11370  | Potatoes, hashed brown, home-prepared  | 156        | 1 cup           | 4.68                |
| 11379  | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 210        | 1 cup           | 3.76                |
| 11657  | Potatoes, mashed, home-prepared, whole milk added  | 210        | 1 cup           | 4.03                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

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|--------|--|------------|----------------|---------------------|
| 11371  | Potatoes, mashed, home-prepared, whole milk and margarine added          | 210        | 1 cup          | 4.20                |
| 11387  | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter | 245        | 1 cup          | 5.19                |
| 11372  | Potatoes, scalloped, home-prepared with butter                           | 245        | 1 cup          | 7.03                |
| 05306  | Poultry food products, ground turkey, cooked                             | 82         | 1 patty        | 22.44               |
| 09294  | Prune juice, canned  | 256        | 1 cup          | 1.56                |
| 19123  | Puddings, chocolate, dry mix, instant, prepared with 2% milk             | 147        | 1/2 cup        | 4.63                |
| 19190  | Puddings, chocolate, dry mix, regular, prepared with 2% milk             | 142        | 1/2 cup        | 4.66                |
| 19183  | Puddings, chocolate, ready-to-eat  | 113        | 4 oz           | 3.05                |
| 19193  | Puddings, rice, ready-to-eat   | 113.4      | 4 oz           | 2.27                |
| 19218  | Puddings, tapioca, ready-to-eat  | 113        | 4 oz           | 2.26                |
| 19212  | Puddings, vanilla, dry mix, regular, prepared with 2% milk               | 140        | 1/2 cup        | 4.12                |
| 19201  | Puddings, vanilla, ready-to-eat  | 113        | 4 oz           | 2.60                |
| 11424  | Pumpkin, canned, without salt  | 245        | 1 cup          | 2.70                |
| 11423  | Pumpkin, cooked, boiled, drained, without salt                           | 245        | 1 cup          | 1.76                |
| 11429  | Radishes, raw  | 4.5        | 1 radish       | 0.03                |
| 09298  | Raisins, seedless  | 14         | 1 packet       | 0.43                |
| 09298  | Raisins, seedless  | 145        | 1 cup          | 4.45                |
| 09306  | Raspberries, frozen, red, sweetened                                      | 250        | 1 cup          | 1.75                |
| 09302  | Raspberries, raw   | 123        | 1 cup          | 1.48                |
| 16103  | Refried beans, canned (includes USDA commodity)                          | 252        | 1 cup          | 13.83               |
| 09310  | Rhubarb, frozen, cooked, with sugar                                      | 240        | 1 cup          | 0.94                |
| 14342  | Rice beverage, RICE DREAM, canned  | 245        | 1 cup          | 0.42                |
| 20037  | Rice, brown, long-grain, cooked  | 195        | 1 cup          | 5.03                |
| 20047  | Rice, white, long-grain, parboiled, enriched, cooked                     | 175        | 1 cup          | 4.01                |
| 20046  | Rice, white, long-grain, parboiled, enriched, dry                        | 185        | 1 cup          | 12.56               |
| 20049  | Rice, white, long-grain, precooked or instant, enriched, prepared        | 165        | 1 cup          | 3.40                |
| 20045  | Rice, white, long-grain, regular, cooked                                 | 158        | 1 cup          | 4.25                |
| 20044  | Rice, white, long-grain, regular, raw, enriched                          | 185        | 1 cup          | 13.19               |
| 18342  | Rolls, dinner, plain, commercially prepared (includes brown-and-serve)   | 28         | 1 roll         | 2.35                |
| 18350  | Rolls, hamburger or hotdog, plain  | 43         | 1 roll         | 4.09                |
| 18353  | Rolls, hard (includes kaiser)  | 57         | 1 roll         | 5.64                |
| 11436  | Rutabagas, cooked, boiled, drained, without salt                         | 170        | 1 cup          | 2.19                |
| 04539  | Salad dressing, blue or roquefort cheese dressing, commercial, regular   | 15.3       | 1 tbsp         | 0.73                |
| 04120  | Salad dressing, french dressing, commercial, regular                     | 15.6       | 1 tbsp         | 0.12                |
| 04020  | Salad dressing, french dressing, reduced fat                             | 16.3       | 1 tbsp         | 0.09                |
| 04133  | Salad dressing, french, home recipe                                      | 14         | 1 tbsp         | 0.01                |
| 04134  | Salad dressing, home recipe, cooked                                      | 16         | 1 tbsp         | 0.67                |
| 04135  | Salad dressing, home recipe, vinegar and oil                             | 15.6       | 1 tbsp         | 0.00                |
| 04114  | Salad dressing, italian dressing, commercial, regular                    | 14.7       | 1 tbsp         | 0.06                |
| 04021  | Salad dressing, italian dressing, reduced fat                            | 15         | 1 tbsp         | 0.07                |
| 04025  | Salad dressing, mayonnaise, soybean oil, with salt                       | 13.8       | 1 tbsp         | 0.15                |
| 04015  | Salad dressing, russian dressing   | 15.3       | 1 tbsp         | 0.24                |
| 04022  | Salad dressing, russian dressing, low calorie                            | 16.3       | 1 tbsp         | 0.08                |
| 04023  | Salad dressing, thousand island dressing, reduced fat                    | 15.3       | 1 tbsp         | 0.13                |
| 04017  | Salad dressing, thousand island, commercial, regular                     | 15.6       | 1 tbsp         | 0.17                |
| 07069  | Salami, cooked, beef and pork  | 56.7       | 2 slices       | 7.89                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description   | Weight (g) | Common Measure       | Content per Measure |
|--------|---|------------|----------------------|---------------------|
| 07072  | Salami, dry or hard, pork, beef   | 20         | 2 slices             | 4.64                |
| 02047  | Salt, table   | 6          | 1 tsp                | 0.00                |
| 07073  | Sandwich spread, pork, beef   | 15         | 1 tbsp               | 1.15                |
| 21097  | Sandwiches and burgers, cheeseburger, large, single meat patty, with bacon and condiments   | 195        | 1 sandwich           | 32.00               |
| 21089  | Sandwiches and burgers, cheeseburger, regular, single meat patty, plain                     | 102        | 1 sandwich           | 14.77               |
| 21113  | Sandwiches and burgers, hamburger, large, single meat patty, with condiments and vegetables | 218        | 1 sandwich           | 25.83               |
| 06150  | Sauce, barbecue sauce   | 15.75      | 1 tbsp               | 0.28                |
| 06930  | Sauce, cheese, ready-to-serve   | 63         | 1/4 cup              | 4.23                |
| 06175  | Sauce, hoisin, ready-to-serve   | 16         | 1 tbsp               | 0.53                |
| 06166  | Sauce, homemade, white, medium  | 250        | 1 cup                | 9.60                |
| 06909  | Sauce, NESTLE, ORTEGA Mild Nacho Cheese Sauce, ready-to-serve                               | 63         | 1/4 cup              | 4.52                |
| 06931  | Sauce, pasta, spaghetti/marinara, ready-to-serve  | 250        | 1 cup                | 4.88                |
| 06168  | Sauce, ready-to-serve, pepper or hot  | 4.7        | 1 tsp                | 0.02                |
| 06164  | Sauce, ready-to-serve, salsa  | 16         | 1 tbsp               | 0.25                |
| 06112  | Sauce, teriyaki, ready-to-serve   | 18         | 1 tbsp               | 1.07                |
| 11439  | Sauerkraut, canned, solids and liquids  | 236        | 1 cup                | 2.15                |
| 07083  | Sausage, Vienna, canned, chicken, beef, pork  | 16         | 1 sausage            | 1.68                |
| 11445  | Seaweed, kelp, raw  | 10         | 2 tbsp               | 0.17                |
| 11667  | Seaweed, spirulina, dried   | 0.93       | 1 tbsp               | 0.53                |
| 12516  | Seeds, pumpkin and squash seed kernels, roasted, with salt added                            | 28.35      | 1 oz (142 seeds)     | 9.35                |
| 12166  | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)           | 15         | 1 tbsp               | 2.55                |
| 12201  | Seeds, sesame seed kernels, dried (decorticated)  | 8          | 1 tbsp               | 1.63                |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                                 | 28.35      | 1 oz                 | 5.48                |
| 12537  | Seeds, sunflower seed kernels, dry roasted, with salt added                                 | 32         | 1/4 cup              | 6.19                |
| 14346  | Shake, fast food, chocolate   | 333        | 16 fl oz             | 11.32               |
| 14347  | Shake, fast food, vanilla   | 333        | 16 fl oz             | 11.66               |
| 11677  | Shallots, raw   | 10         | 1 tbsp               | 0.25                |
| 19097  | Sherbet, orange   | 74         | 1/2 cup              | 0.81                |
| 04031  | Shortening, household, soybean (hydrogenated)-cottonseed (hydrogenated)                     | 12.8       | 1 tbsp               | 0.00                |
| 19002  | Snacks, beef jerky, chopped and formed  | 19.8       | 1 large piece        | 6.57                |
| 19033  | Snacks, CHEX mix  | 28.35      | 1 oz (about 2/3 cup) | 3.12                |
| 19004  | Snacks, corn-based, extruded, chips, barbecue-flavor  | 28.35      | 1 oz                 | 1.98                |
| 19003  | Snacks, corn-based, extruded, chips, plain  | 28.35      | 1 oz                 | 1.87                |
| 19008  | Snacks, corn-based, extruded, puffs or twists, cheese-flavor                                | 28.35      | 1 oz                 | 2.15                |
| 19013  | Snacks, fruit leather, pieces   | 28.35      | 1 oz                 | 0.28                |
| 19014  | Snacks, fruit leather, rolls  | 21         | 1 large              | 0.02                |
| 19015  | Snacks, granola bars, hard, plain   | 28.35      | 1 bar                | 2.86                |
| 19026  | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter                   | 28.35      | 1 bar                | 2.89                |
| 19404  | Snacks, granola bars, soft, uncoated, chocolate chip  | 28.35      | 1 bar                | 2.07                |
| 19022  | Snacks, granola bars, soft, uncoated, raisin  | 28.35      | 1 bar                | 2.15                |
| 19441  | Snacks, KELLOGG, KELLOGG'S NUTRI-GRAIN Cereal Bars, fruit                                   | 37         | 1 bar                | 1.63                |
| 19438  | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares                                     | 22         | 1 bar                | 0.75                |
| 19031  | Snacks, oriental mix, rice-based  | 28.35      | 1 oz (about 1/4 cup) | 4.91                |
| 19034  | Snacks, popcorn, air-popped   | 8          | 1 cup                | 0.96                |
| 19036  | Snacks, popcorn, cakes  | 10         | 1 cake               | 0.97                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

| NDB_No | Description  | Weight (g) | Common Measure | Content per Measure |
|--------|--|------------|----------------|---------------------|
| 19038  | Snacks, popcorn, caramel-coated, with peanuts  | 42         | 1 cup          | 2.69                |
| 19039  | Snacks, popcorn, caramel-coated, without peanuts                                     | 35.2       | 1 cup          | 1.34                |
| 19040  | Snacks, popcorn, cheese-flavor   | 11         | 1 cup          | 1.02                |
| 19035  | Snacks, popcorn, oil-popped  | 11         | 1 cup          | 0.99                |
| 19041  | Snacks, pork skins, plain  | 28.35      | 1 oz           | 17.38               |
| 19042  | Snacks, potato chips, barbecue-flavor  | 28.35      | 1 oz           | 2.18                |
| 19045  | Snacks, potato chips, made from dried potatoes, light                                | 28.35      | 1 oz           | 1.59                |
| 19410  | Snacks, potato chips, made from dried potatoes, plain                                | 28.35      | 1 oz           | 1.67                |
| 19046  | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor          | 28.35      | 1 oz           | 1.87                |
| 19411  | Snacks, potato chips, plain, salted  | 28.35      | 1 oz           | 1.98                |
| 19811  | Snacks, potato chips, plain, unsalted  | 28.35      | 1 oz           | 1.98                |
| 19422  | Snacks, potato chips, reduced fat  | 28.35      | 1 oz           | 2.01                |
| 19043  | Snacks, potato chips, sour-cream-and-onion-flavor                                    | 28.35      | 1 oz           | 2.30                |
| 19047  | Snacks, pretzels, hard, plain, salted  | 60         | 10 pretzels    | 5.46                |
| 19051  | Snacks, rice cakes, brown rice, plain  | 9          | 1 cake         | 0.74                |
| 19057  | Snacks, tortilla chips, nacho-flavor   | 28.35      | 1 oz           | 2.21                |
| 19424  | Snacks, tortilla chips, nacho-flavor, reduced fat                                    | 28.35      | 1 oz           | 2.47                |
| 19056  | Snacks, tortilla chips, plain  | 28.35      | 1 oz           | 1.98                |
| 19062  | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds              | 146        | 1 cup          | 20.73               |
| 19061  | Snacks, trail mix, tropical  | 140        | 1 cup          | 8.82                |
| 06007  | Soup, bean with ham, canned, chunky, ready-to-serve, commercial                      | 243        | 1 cup          | 12.61               |
| 06404  | Soup, bean with pork, canned, prepared with equal volume water, commercial           | 253        | 1 cup          | 7.89                |
| 06075  | Soup, beef broth or bouillon, powder, dry  | 6          | 1 packet       | 0.96                |
| 06432  | Soup, beef broth, bouillon, consomme, prepared with equal volume water, commercial   | 241        | 1 cup          | 5.35                |
| 06409  | Soup, beef noodle, canned, prepared with equal volume water, commercial              | 244        | 1 cup          | 4.83                |
| 06018  | Soup, chicken noodle, canned, chunky, ready-to-serve                                 | 240        | 1 cup          | 12.72               |
| 06419  | Soup, chicken noodle, canned, prepared with equal volume water, commercial           | 241        | 1 cup          | 4.05                |
| 06528  | Soup, chicken noodle, dehydrated, prepared with water                                | 252.3      | 1 cup          | 2.12                |
| 06024  | Soup, chicken vegetable, canned, chunky, ready-to-serve                              | 240        | 1 cup          | 12.31               |
| 06423  | Soup, chicken with rice, canned, prepared with equal volume water, commercial        | 241        | 1 cup          | 3.54                |
| 06428  | Soup, clam chowder, manhattan, canned, prepared with equal volume water              | 244        | 1 cup          | 2.20                |
| 06230  | Soup, clam chowder, new england, canned, prepared with equal volume milk, commercial | 248        | 1 cup          | 9.47                |
| 06416  | Soup, cream of chicken, canned, prepared with equal volume water, commercial         | 244        | 1 cup          | 3.44                |
| 06216  | Soup, cream of chicken, prepared with equal volume milk, commercial                  | 248        | 1 cup          | 7.46                |
| 06243  | Soup, cream of mushroom, canned, prepared with equal volume milk, commercial         | 248        | 1 cup          | 6.05                |
| 06443  | Soup, cream of mushroom, canned, prepared with equal volume water, commercial        | 244        | 1 cup          | 2.32                |
| 06440  | Soup, minestrone, canned, prepared with equal volume water, commercial               | 241        | 1 cup          | 4.27                |
| 06094  | Soup, onion mix, dehydrated, dry form  | 39         | 1 packet       | 2.92                |
| 06494  | Soup, onion, dehydrated, prepared with water   | 246        | 1 cup          | 1.11                |
| 06449  | Soup, pea, green, canned, prepared with equal volume water, commercial               | 250        | 1 cup          | 8.60                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

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|--------|---|------------|----------------|---------------------|
| 06200  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN NOODLE, canned, ready-to-serve               | 237        | 1 cup          | 5.74                |
| 06202  | Soup, PROGRESSO HEALTHY CLASSICS CHICKEN RICE WITH VEGETABLES, canned, ready-to-serve | 239        | 1 cup          | 6.26                |
| 06204  | Soup, PROGRESSO HEALTHY CLASSICS LENTIL, canned, ready-to-serve                       | 242        | 1 cup          | 7.79                |
| 06206  | Soup, PROGRESSO HEALTHY CLASSICS MINISTRONE, canned, ready-to-serve                   | 241        | 1 cup          | 4.77                |
| 06205  | Soup, PROGRESSO HEALTHY CLASSICS NEW ENGLAND CLAM CHOWDER, canned, ready-to-serve     | 244        | 1 cup          | 5.20                |
| 06207  | Soup, PROGRESSO HEALTHY CLASSICS VEGETABLE, canned, ready-to-serve                    | 238        | 1 cup          | 4.19                |
| 06174  | Soup, stock, fish, home-prepared  | 233        | 1 cup          | 5.27                |
| 06359  | Soup, tomato, canned, prepared with equal volume milk, commercial                     | 248        | 1 cup          | 6.10                |
| 06559  | Soup, tomato, canned, prepared with equal volume water, commercial                    | 244        | 1 cup          | 2.05                |
| 06471  | Soup, vegetable beef, prepared with equal volume water, commercial                    | 244        | 1 cup          | 5.59                |
| 06067  | Soup, vegetable, canned, chunky, ready-to-serve, commercial                           | 240        | 1 cup          | 3.50                |
| 06468  | Soup, vegetarian vegetable, canned, prepared with equal volume water, commercial      | 241        | 1 cup          | 2.10                |
| 01058  | Sour dressing, non-butterfat, cultured, filled cream-type                             | 12         | 1 tbsp         | 0.39                |
| 16120  | Soy milk, fluid   | 245        | 1 cup          | 10.98               |
| 16123  | Soy sauce made from soy and wheat (shoyu)   | 16         | 1 tbsp         | 1.00                |
| 11451  | Soybeans, green, cooked, boiled, drained, without salt                                | 180        | 1 cup          | 22.23               |
| 16109  | Soybeans, mature cooked, boiled, without salt   | 172        | 1 cup          | 28.62               |
| 22401  | Spaghetti with meat sauce, frozen entree  | 283        | 1 package      | 14.29               |
| 20121  | Spaghetti, cooked, enriched, without added salt                                       | 140        | 1 cup          | 6.68                |
| 20125  | Spaghetti, whole-wheat, cooked  | 140        | 1 cup          | 7.46                |
| 02007  | Spices, celery seed   | 2          | 1 tsp          | 0.36                |
| 02009  | Spices, chili powder  | 2.6        | 1 tsp          | 0.32                |
| 02010  | Spices, cinnamon, ground  | 2.3        | 1 tsp          | 0.09                |
| 02015  | Spices, curry powder  | 2          | 1 tsp          | 0.25                |
| 02020  | Spices, garlic powder   | 2.8        | 1 tsp          | 0.47                |
| 02026  | Spices, onion powder  | 2.1        | 1 tsp          | 0.21                |
| 02027  | Spices, oregano, dried  | 1.5        | 1 tsp          | 0.17                |
| 02028  | Spices, paprika   | 2.1        | 1 tsp          | 0.31                |
| 02029  | Spices, parsley, dried  | 1.3        | 1 tbsp         | 0.29                |
| 02030  | Spices, pepper, black   | 2.1        | 1 tsp          | 0.23                |
| 11658  | Spinach souffle, home-prepared  | 136        | 1 cup          | 10.99               |
| 11461  | Spinach, canned, drained solids   | 214        | 1 cup          | 6.01                |
| 11458  | Spinach, cooked, boiled, drained, without salt  | 180        | 1 cup          | 5.35                |
| 11464  | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt               | 190        | 1 cup          | 7.62                |
| 11457  | Spinach, raw  | 30         | 1 cup          | 0.86                |
| 11457  | Spinach, raw  | 10         | 1 leaf         | 0.29                |
| 11642  | Squash, summer, all varieties, cooked, boiled, drained, without salt                  | 180        | 1 cup          | 1.64                |
| 11641  | Squash, summer, all varieties, raw  | 113        | 1 cup          | 1.37                |
| 11644  | Squash, winter, all varieties, cooked, baked, without salt                            | 205        | 1 cup          | 1.82                |
| 11488  | Squash, winter, butternut, frozen, cooked, boiled, without salt                       | 240        | 1 cup          | 2.95                |
| 09320  | Strawberries, frozen, sweetened, sliced   | 255        | 1 cup          | 1.35                |
| 09316  | Strawberries, raw   | 166        | 1 cup          | 1.11                |
| 09316  | Strawberries, raw   | 18         | 1 strawberry   | 0.12                |



# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

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|--------|---|------------|-----------------|---------------------|
| 09316  | Strawberries, raw   | 12         | 1 strawberry    | 0.08                |
| 19334  | Sugars, brown   | 3.2        | 1 tsp           | 0.00                |
| 19335  | Sugars, granulated  | 4.2        | 1 tsp           | 0.00                |
| 19336  | Sugars, powdered  | 8          | 1 tbsp          | 0.00                |
| 11647  | Sweet potato, canned, syrup pack, drained solids  | 196        | 1 cup           | 2.51                |
| 11512  | Sweet potato, canned, vacuum pack   | 255        | 1 cup           | 4.21                |
| 11508  | Sweet potato, cooked, baked in skin, without salt   | 146        | 1 potato        | 2.93                |
| 11510  | Sweet potato, cooked, boiled, without skin  | 156        | 1 potato        | 2.14                |
| 11659  | Sweet potato, cooked, candied, home-prepared  | 105        | 1 piece         | 0.91                |
| 18356  | Sweet rolls, cinnamon, commercially prepared with raisins   | 60         | 1 roll          | 3.72                |
| 18358  | Sweet rolls, cinnamon, refrigerated dough with frosting, baked                                    | 30         | 1 roll          | 1.62                |
| 19348  | Syrups, chocolate, fudge-type   | 19         | 1 tbsp          | 0.87                |
| 19350  | Syrups, corn, light   | 20         | 1 tbsp          | 0.00                |
| 19353  | Syrups, maple   | 20         | 1 tbsp          | 0.00                |
| 19129  | Syrups, table blends, pancake   | 20         | 1 tbsp          | 0.00                |
| 19128  | Syrups, table blends, pancake, reduced-calorie  | 15         | 1 tbsp          | 0.00                |
| 18360  | Taco shells, baked  | 13.3       | 1 medium        | 0.96                |
| 09223  | Tangerine juice, canned, sweetened  | 249        | 1 cup           | 1.25                |
| 09220  | Tangerines, (mandarin oranges), canned, light syrup pack  | 252        | 1 cup           | 1.13                |
| 09218  | Tangerines, (mandarin oranges), raw   | 84         | 1 tangerine     | 0.68                |
| 20068  | Tapioca, pearl, dry   | 152        | 1 cup           | 0.29                |
| 14355  | Tea, brewed, prepared with tap water  | 178        | 6 fl oz         | 0.00                |
| 14545  | Tea, herb, chamomile, brewed  | 178        | 6 fl oz         | 0.00                |
| 14381  | Tea, herb, other than chamomile, brewed   | 178        | 6 fl oz         | 0.00                |
| 14376  | Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared                           | 237        | 8 fl oz         | 0.05                |
| 14371  | Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared | 259        | 8 fl oz         | 0.13                |
| 14367  | Tea, instant, unsweetened, powder, prepared   | 237        | 8 fl oz         | 0.07                |
| 18361  | Toaster pastries, brown-sugar-cinnamon  | 50         | 1 pastry        | 2.55                |
| 18362  | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)                           | 52         | 1 pastry        | 2.44                |
| 18482  | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge                           | 52         | 1 pastry        | 2.65                |
| 16126  | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)                         | 81         | 1/4 block       | 6.63                |
| 16127  | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)                         | 120        | 1 piece         | 7.86                |
| 11954  | Tomatillos, raw   | 34         | 1 medium        | 0.33                |
| 11540  | Tomato juice, canned, with salt added   | 243        | 1 cup           | 1.85                |
| 11546  | Tomato products, canned, paste, without salt added  | 262        | 1 cup           | 11.32               |
| 11547  | Tomato products, canned, puree, without salt added  | 250        | 1 cup           | 4.12                |
| 11549  | Tomato products, canned, sauce  | 245        | 1 cup           | 3.23                |
| 11533  | Tomatoes, red, ripe, canned, stewed   | 255        | 1 cup           | 2.32                |
| 11531  | Tomatoes, red, ripe, canned, whole, regular pack  | 240        | 1 cup           | 1.92                |
| 11529  | Tomatoes, red, ripe, raw, year round average  | 180        | 1 cup           | 1.58                |
| 11529  | Tomatoes, red, ripe, raw, year round average  | 17         | 1 cherry tomato | 0.15                |
| 11529  | Tomatoes, red, ripe, raw, year round average  | 20         | 1 slice         | 0.18                |
| 11529  | Tomatoes, red, ripe, raw, year round average  | 123        | 1 tomato        | 1.08                |
| 11955  | Tomatoes, sun-dried   | 2          | 1 piece         | 0.28                |

# USDA National Nutrient Database for Standard Reference, Release 17

## Protein ( g ) Content of Selected Foods per Common Measure, sorted alphabetically

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|--------|--|------------|----------------|---------------------|
| 11956  | Tomatoes, sun-dried, packed in oil, drained                            | 3          | 1 piece        | 0.15                |
| 18363  | Tortillas, ready-to-bake or -fry, corn                                 | 26         | 1 tortilla     | 1.48                |
| 18364  | Tortillas, ready-to-bake or -fry, flour                                | 32         | 1 tortilla     | 2.65                |
| 21088  | Tostada with guacamole   | 130.5      | 1 tostada      | 6.24                |
| 05286  | Turkey and gravy, frozen   | 142        | 5-oz package   | 8.35                |
| 05292  | Turkey patties, breaded, battered, fried                               | 64         | 1 patty        | 8.96                |
| 05296  | Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted | 85.05      | 3 oz           | 18.13               |
| 05188  | Turkey, all classes, dark meat, cooked, roasted                        | 84         | 3 oz           | 24.00               |
| 05172  | Turkey, all classes, giblets, cooked, simmered, some giblet fat        | 145        | 1 cup          | 30.29               |
| 05186  | Turkey, all classes, light meat, cooked, roasted                       | 84         | 3 oz           | 25.12               |
| 05168  | Turkey, all classes, meat only, cooked, roasted                        | 140        | 1 cup          | 41.05               |
| 05180  | Turkey, all classes, neck, meat only, cooked, simmered                 | 152        | 1 neck         | 40.80               |
| 11569  | Turnip greens, cooked, boiled, drained, without salt                   | 144        | 1 cup          | 1.64                |
| 11575  | Turnip greens, frozen, cooked, boiled, drained, without salt           | 164        | 1 cup          | 5.49                |
| 11565  | Turnips, cooked, boiled, drained, without salt                         | 156        | 1 cup          | 1.11                |
| 02050  | Vanilla extract  | 4.2        | 1 tsp          | 0.00                |
| 17095  | Veal, leg (top round), separable lean and fat, cooked, braised         | 85         | 3 oz           | 30.74               |
| 17112  | Veal, rib, separable lean and fat, cooked, roasted                     | 85         | 3 oz           | 20.37               |
| 11578  | Vegetable juice cocktail, canned                                       | 242        | 1 cup          | 1.52                |
| 04582  | Vegetable oil, canola  | 14         | 1 tbsp         | 0.00                |
| 11581  | Vegetables, mixed, canned, drained solids                              | 163        | 1 cup          | 4.22                |
| 11584  | Vegetables, mixed, frozen, cooked, boiled, drained, without salt       | 182        | 1 cup          | 5.21                |
| 02048  | Vinegar, cider   | 15         | 1 tbsp         | 0.00                |
| 18403  | Waffles, plain, frozen, ready-to-heat, toasted (includes buttermilk)   | 33         | 1 waffle       | 2.05                |
| 18367  | Waffles, plain, prepared from recipe                                   | 75         | 1 waffle       | 5.93                |
| 14429  | Water, municipal   | 237        | 8 fl oz        | 0.00                |
| 11590  | Waterchestnuts, chinese, canned, solids and liquids                    | 140        | 1 cup          | 1.23                |
| 09326  | Watermelon, raw  | 286        | 1 wedge        | 1.74                |
| 09326  | Watermelon, raw  | 152        | 1 cup          | 0.93                |
| 20081  | Wheat flour, white, all-purpose, enriched, bleached                    | 125        | 1 cup          | 12.91               |
| 20082  | Wheat flour, white, all-purpose, self-rising, enriched                 | 125        | 1 cup          | 12.36               |
| 20083  | Wheat flour, white, bread, enriched                                    | 137        | 1 cup          | 16.41               |
| 20084  | Wheat flour, white, cake, enriched                                     | 137        | 1 cup          | 11.23               |
| 20080  | Wheat flour, whole-grain   | 120        | 1 cup          | 16.44               |
| 20089  | Wild rice, cooked  | 164        | 1 cup          | 6.54                |
| 22120  | WORTHINGTON FOODS, MORNINGSTAR FARMS "Burger" Crumbles                 | 110        | 1 cup          | 22.15               |
| 22121  | WORTHINGTON FOODS, MORNINGSTAR FARMS BETTER'N BURGERS, frozen          | 85         | 1 patty        | 13.91               |
| 01121  | Yogurt, fruit, low fat, 10 grams protein per 8 ounce                   | 227        | 8-oz container | 9.92                |
| 01117  | Yogurt, plain, low fat, 12 grams protein per 8 ounce                   | 227        | 8-oz container | 11.92               |
| 01118  | Yogurt, plain, skim milk, 13 grams protein per 8 ounce                 | 227        | 8-oz container | 13.01               |
| 01116  | Yogurt, plain, whole milk, 8 grams protein per 8 ounce                 | 227        | 8-oz container | 7.88                |