

USDA National Nutrient Database for Standard Reference, Release 24

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19087	Candies, white chocolate	170	1 cup	33.000
19080	Candies, semisweet chocolate	168	1 cup	29.820
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93	1 cup	29.265
01036	Cheese, ricotta, whole milk	246	1 cup	20.406
01164	Cheese sauce, prepared from recipe	243	1 cup	19.523
01095	Milk, canned, condensed, sweetened	306	1 cup	16.787
18336	Pie crust, standard-type, prepared from recipe, baked	180	1 pie shell	15.520
21012	Fast foods, croissant, with egg, cheese, and bacon	129	1 croissant	15.432
12104	Nuts, coconut meat, raw	45	1 piece	13.364
14347	Shake, fast food, vanilla	333	16 fl oz	13.193
18330	Pie crust, cookie-type, prepared from recipe, graham cracker, baked	239	1 pie shell	12.418
01037	Cheese, ricotta, part skim milk	246	1 cup	12.120
21111	Fast foods, hamburger; double, regular patty; with condiments	215	1 sandwich	12.001
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	195	1 sandwich	11.946
19061	Snacks, trail mix, tropical	140	1 cup	11.872
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	126	1 pie shell	11.689
21005	Fast Foods, biscuit, with egg and sausage	180	1 biscuit	11.608
11373	Potatoes, au gratin, home-prepared from recipe using butter	245	1 cup	11.596
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	252	1 cup	11.569
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	263	1 large	11.530
21086	Fast foods, tostada, with beans, beef, and cheese	225	1 tostada	11.475
21092	Fast foods, cheeseburger; double, regular patty; plain	155	1 sandwich	10.974
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	10.855
21074	Fast foods, enchilada, with cheese	163	1 enchilada	10.588
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226	1 sandwich	10.518
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218	1 sandwich	10.420
11658	Spinach souffle	136	1 cup	10.125
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	9.631
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	9.631
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85	3 oz	9.452
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85	3 oz	9.231
19078	Baking chocolate, unsweetened, squares	28.35	1 square	9.172
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146	1 cup	8.906
05142	Duck, domesticated, meat only, cooked, roasted	221	1/2 duck	8.732
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166	1 sandwich	8.717
21102	Fast foods, chicken fillet sandwich, plain	182	1 sandwich	8.527
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	219	1 sandwich	8.526
21070	Fast foods, chimichanga, with beef	174	1 chimichanga	8.505
21094	Fast foods, cheeseburger, double, regular patty and bun, plain	160	1 sandwich	8.392
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	8.390
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	8.356

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19071	Candies, carob, unsweetened	28.35	1 oz	8.227
19120	Candies, milk chocolate	44	1 bar (1.55 oz)	8.144
21106	Fast foods, fish sandwich, with tartar sauce and cheese	183	1 sandwich	8.140
18147	Cheesecake commercially prepared	80	1 piece	7.937
22906	Chicken pot pie, frozen entree, prepared	217	1 small pie	7.840
21078	Fast foods, nachos, with cheese	113	6-8 nachos	7.780
21023	Fast foods, french toast with butter	135	2 slices	7.749
14346	Shake, fast food, chocolate	333	16 fl oz	7.702
19089	Ice creams, vanilla, rich	74	1/2 cup	7.643
19109	Candies, KIT KAT Wafer Bar	42	1 bar (1.5 oz)	7.540
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	171	1 small	7.497
35142	Frybread, made with lard (Navajo)	160	10-1/2" bread	7.394
22970	Macaroni and cheese, frozen entree	283	1 package	7.381
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	61	1 bar (2.15 oz)	7.330
01145	Butter, without salt	14.2	1 tbsp	7.294
01001	Butter, salted	14.2	1 tbsp	7.294
19132	Candies, milk chocolate, with almonds	41	1 bar (1.45 oz)	7.257
19077	Baking chocolate, unsweetened, liquid	28.35	1 oz	7.170
06166	Sauce, homemade, white, medium	250	1 cup	7.135
21125	Fast foods, submarine sandwich, with roast beef	216	1 sandwich, 6" roll	7.087
19145	Candies, NESTLE, CRUNCH Bar and Dessert Topping	44	1 bar (1.55 oz)	7.040
21130	Fast foods, onion rings, breaded and fried	83	8-9 rings	6.953
19143	Candies, MR. GOODBAR Chocolate Bar	49	1 bar (1.75 oz)	6.924
21083	Fast foods, taco salad	198	1-1/2 cups	6.823
21124	Fast foods, submarine sandwich, with cold cuts	228	1 sandwich, 6" roll	6.808
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210	1 cup	6.701
18239	Croissants, butter	57	1 croissant	6.646
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85	3 oz	6.630
21043	Fast foods, clams, breaded and fried	115	3/4 cup	6.603
01057	Eggnog	254	1 cup	6.581
21090	Fast foods, cheeseburger; single, regular patty, with condiments	113	1 sandwich	6.551
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	245	1 cup	6.451
19090	Ice creams, french vanilla, soft-serve	86	1/2 cup	6.433
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	245	1 cup	6.336
21059	Fast foods, shrimp, breaded and fried	164	6-8 shrimp	6.303
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85	3 oz	6.152
16008	Beans, baked, canned, with franks	259	1 cup	6.092
18316	Pie, coconut custard, commercially prepared	104	1 piece	6.088
01009	Cheese, cheddar	28.35	1 oz	5.980
01111	Milk shakes, thick vanilla	313	11 fl oz	5.903
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	5.857
21025	Fast foods, pancakes with butter and syrup	232	2 pancakes	5.851
19126	Candies, milk chocolate coated peanuts	40	10 pieces	5.840
01007	Cheese, camembert	38	1 wedge	5.798
23573	Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	85	3 oz	5.744
05172	Turkey, all classes, giblets, cooked, simmered, some gible fat	145	1 cup	5.688

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21024	Fast foods, french toast sticks	141	5 sticks	5.624
18310	Pie, chocolate creme, commercially prepared	113	1 piece	5.614
11372	Potatoes, scalloped, home-prepared with butter	245	1 cup	5.525
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	85	3 oz	5.500
01030	Cheese, muenster	28.35	1 oz	5.419
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	106	1 slice	5.398
18309	Pie, cherry, prepared from recipe	180	1 piece	5.373
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	85	3 oz	5.357
21089	Fast foods, cheeseburger; single, regular patty; plain	102	1 sandwich	5.350
21126	Fast foods, submarine sandwich, with tuna salad	256	1 sandwich, 6" roll	5.330
01004	Cheese, blue	28.35	1 oz	5.293
07069	Salami, cooked, beef and pork	56.7	2 slices	5.282
07014	Braunschweiger (a liver sausage), pork	56.7	2 slices	5.277
07008	Bologna, beef and pork	56.7	2 slices	5.274
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250	1 cup	5.260
13348	Beef, cured, corned beef, canned	85.05	3 oz	5.256
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	137	1 muffin	5.247
01013	Cheese, cottage, creamed, with fruit	226	1 cup	5.223
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	57	1 bar (2 oz)	5.169
21120	Fast foods, hotdog, with corn flour coating (corndog)	175	1 corn dog	5.161
18101	Cake, chocolate, prepared from recipe without frosting	95	1 piece	5.159
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	60	10 rings	5.151
21015	Fast foods, danish pastry, cheese	91	1 pastry	5.123
01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1 oz	5.119
21118	Fast foods, hotdog, plain	98	1 sandwich	5.109
10151	Pork, cured, ham, whole, separable lean and fat, roasted	85	3 oz	5.083
22905	Beef stew, canned entree	232	1 cup	5.069
01110	Milk shakes, thick chocolate	300	10.6 fl oz	5.043
01040	Cheese, swiss	28.35	1 oz	5.040
21033	Fast foods, sundae, hot fudge	158	1 sundae	5.023
04002	Lard	12.8	1 tbs	5.018
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85	3 oz	5.004
22907	Pasta with meatballs in tomato sauce, canned entree	252	1 cup	4.990
14316	Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	265	1 cup	4.963
14177	Chocolate-flavor beverage mix, powder, prepared with whole milk	266	1 cup	4.948
07022	Frankfurter, beef, unheated	45	1 frank	4.941
21088	Tostada with guacamole	130.5	1 tostada	4.933
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	140	1/2 breast	4.928
18327	Pie, pumpkin, prepared from recipe	155	1 piece	4.915
18325	Pie, pecan, prepared from recipe	122	1 piece	4.867
21119	Fast foods, hotdog, with chili	114	1 sandwich	4.854
14310	Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	265	1 cup	4.850
07023	Frankfurter, beef and pork	45	1 frank	4.847
01035	Cheese, provolone	28.35	1 oz	4.842

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19150	Candies, REESE'S Peanut Butter Cups	45	1 package (contains 2)	4.829
18245	Danish pastry, cheese	71	1 danish	4.824
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1 bar	4.822
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	4.763
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	227	8-oz container	4.758
18302	Pie, apple, prepared from recipe	155	1 piece	4.728
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248	1 cup	4.638
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85	3 oz	4.626
17112	Veal, rib, separable lean and fat, cooked, roasted	85	3 oz	4.599
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244	1 cup	4.551
01044	Cheese, pasteurized process, swiss	28.35	1 oz	4.549
19270	Ice creams, chocolate	66	1/2 cup	4.488
19095	Ice creams, vanilla	66	1/2 cup	4.481
18301	Pie, apple, commercially prepared, enriched flour	117	1 piece	4.442
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85	3 oz	4.386
18016	Biscuits, plain or buttermilk, prepared from recipe	101	4" biscuit	4.367
18102	Cake, white, prepared from recipe with coconut frosting	112	1 piece	4.365
05126	Chicken, stewing, meat only, cooked, stewed	140	1 cup	4.340
12078	Nuts, brazilnuts, dried, unblanched	28.35	1 oz (6-8 nuts)	4.291
18306	Pie, blueberry, prepared from recipe	147	1 piece	4.279
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85	3 oz	4.276
01046	Cheese food, pasteurized process, American, vitamin D fortified	28.35	1 oz	4.269
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	106	6 pieces	4.263
21108	Fast foods, hamburger; single, regular patty; with condiments	106	1 sandwich	4.240
01019	Cheese, feta	28.35	1 oz	4.237
35142	Frybread, made with lard (Navajo)	90	5" bread	4.159
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85	3 oz	4.137
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85	3 oz	4.126
18257	Eclairs, custard-filled with chocolate glaze, prepared from recipe	100	1 eclair	4.119
21077	Fast foods, frijoles with cheese	167	1 cup	4.075
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	4.046
18321	Pie, lemon meringue, prepared from recipe	127	1 piece	4.045
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	79	1 serving	4.016
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	3.830
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	86	1 thigh	3.793
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	64	1 piece	3.787
06930	Sauce, cheese, ready-to-serve	63	1/4 cup	3.786
01048	Cheese spread, pasteurized process, American	28.35	1 oz	3.778
01026	Cheese, mozzarella, whole milk	28.35	1 oz	3.729
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	64	1 piece	3.708
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	63	1 piece	3.652

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01031	Cheese, neufchatel	28.35	1 oz	3.626
01012	Cheese, cottage, creamed, large or small curd	210	1 cup	3.608
21121	Fast foods, roast beef sandwich, plain	139	1 sandwich	3.606
11414	Potato salad, home-prepared	250	1 cup	3.573
21026	Fast foods, potatoes, hashed brown	72	1/2 cup	3.562
21138	Fast foods, potato, french fried in vegetable oil	169	1 large	3.522
01053	Cream, fluid, heavy whipping	15	1 tbsp	3.455
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	71	1 danish	3.451
21042	Fast foods, chili con carne	253	1 cup	3.431
12632	Nuts, macadamia nuts, dry roasted, with salt added	28.35	1 oz (10-12 nuts)	3.387
07065	Pork and beef sausage, fresh, cooked	26	2 links	3.370
21063	Fast foods, burrito, with beans and beef	115.5	1 burrito	3.355
18119	Cake, pineapple upside-down, prepared from recipe	115	1 piece	3.352
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	47	1 medium	3.350
05180	Turkey, all classes, neck, meat only, cooked, simmered	152	1 neck	3.335
06007	Soup, bean with ham, canned, chunky, ready-to-serve	243	1 cup	3.329
21017	Fast foods, danish pastry, fruit	94	1 pastry	3.315
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	248	1 cup	3.266
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	60	1 medium	3.264
18120	Cake, pound, commercially prepared, butter	28	1 piece	3.237
19041	Snacks, pork skins, plain	28.35	1 oz	3.223
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	12.8	1 tbsp	3.200
15128	Fish, tuna salad	205	1 cup	3.165
18444	Pie, fried pies, cherry	128	1 pie	3.145
18319	Pie, fried pies, fruit	128	1 pie	3.145
05277	Chicken, canned, meat only, with broth	142	5 oz	3.124
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	3.114
19811	Snacks, potato chips, plain, unsalted	28.35	1 oz	3.107
01029	Cheese, mozzarella, part skim milk, low moisture	28.35	1 oz	3.084
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244	1 cup	3.067
18116	Cake, gingerbread, prepared from recipe	74	1 piece	3.050
05292	Turkey patties, breaded, battered, fried	64	1 patty	3.002
18324	Pie, pecan, commercially prepared	113	1 piece	2.999
18308	Pie, cherry, commercially prepared	117	1 piece	2.998
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85	3 oz	2.990
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	72	1 drumstick	2.981
21053	Fast foods, salad, vegetable, tossed, without dressing, with cheese and egg	217	1-1/2 cups	2.975
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85	3 oz	2.958
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250	1 cup	2.943
11370	Potatoes, hashed brown, home-prepared	156	1 cup	2.937
01052	Cream, fluid, light whipping	15	1 tbsp	2.901
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	49	1 wing	2.857

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10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	85	3 oz	2.805
01017	Cheese, cream	14.5	1 tbsp	2.797
15011	Fish, catfish, channel, cooked, breaded and fried	85	3 oz	2.795
21138	Fast foods, potato, french fried in vegetable oil	134	1 medium	2.793
22904	Chili con carne with beans, canned entree	222	1 cup	2.782
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85	3 oz	2.766
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85	3 oz	2.717
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	248	1 cup	2.713
19022	Snacks, granola bars, soft, uncoated, raisin	28.35	1 bar	2.713
21224	Pizza, cheese topping, regular crust, frozen, cooked	63	1 serving	2.691
19410	Snack, potato chips, made from dried potatoes, plain	28.35	1 oz	2.691
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1 oz	2.685
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	84	3 oz	2.621
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	103	1 cone	2.618
19393	Frozen yogurts, chocolate, soft-serve	72	1/2 cup	2.614
10124	Pork, cured, bacon, cooked, broiled, pan-fried or roasted	19	3 medium slices	2.610
12585	Nuts, cashew nuts, dry roasted, with salt added	28.35	1 oz	2.596
18016	Biscuits, plain or buttermilk, prepared from recipe	60	2-1/2" biscuit	2.594
21047	Entrees, fish fillet, battered or breaded, and fried	91	1 fillet	2.566
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1 oz	2.520
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	93	6 large	2.482
07064	Pork sausage, fresh, cooked	27	1 patty	2.471
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	28.35	1 oz	2.470
16089	Peanuts, all types, oil-roasted, with salt	28.35	1 oz	2.462
19293	Frozen yogurts, vanilla, soft-serve	72	1/2 cup	2.462
18126	Cake, shortcake, biscuit-type, prepared from recipe	65	1 shortcake	2.452
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	13.6	1 tbsp	2.448
18127	Cake, snack cakes, creme-filled, chocolate with frosting	50	1 cupcake	2.442
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85	3 oz	2.423
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	28.35	1 oz (142 seeds)	2.422
18139	Cake, white, prepared from recipe without frosting	74	1 piece	2.419
12586	Nuts, cashew nuts, oil roasted, with salt added	28.35	1 oz (18 nuts)	2.404
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	98	1/2 breast	2.401
10185	Pork, cured, ham, extra lean and regular, canned, roasted	85	3 oz	2.389
07064	Pork sausage, fresh, cooked	26	2 links	2.380
18151	Cookies, brownies, commercially prepared	56	1 brownie	2.372
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85	3 oz	2.346
14017	Alcoholic beverage, pina colada, prepared-from-recipe	141	4.5 fl oz	2.307
19042	Snacks, potato chips, barbecue-flavor	28.35	1 oz	2.282
04042	Oil, peanut, salad or cooking	13.5	1 tbsp	2.282
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	227	8-oz container	2.270
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	85	3 oz	2.264
18090	Cake, boston cream pie, commercially prepared	92	1 piece	2.249

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16109	Soybeans, mature cooked, boiled, without salt	172	1 cup	2.231
22247	Macaroni and Cheese, canned entree	252	1 cup	2.220
01015	Cheese, cottage, lowfat, 2% milkfat	226	1 cup	2.213
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85	3 oz	2.207
05306	Poultry food products, ground turkey, cooked	82	1 patty	2.189
18326	Pie, pumpkin, commercially prepared	109	1 piece	2.167
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	18	1 fun size bar	2.163
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85	3 oz	2.151
18367	Waffles, plain, prepared from recipe	75	1 waffle	2.150
19002	Snacks, beef jerky, chopped and formed	19.8	1 large piece	2.148
21061	Fast foods, burrito, with beans and cheese	93	1 burrito	2.147
04610	Margarine, regular, 80% fat, composite, stick, with salt	14	1 tbsp	2.126
07072	Salami, dry or hard, pork, beef	20	2 slices	2.122
19226	Frostings, chocolate, creamy, ready-to-eat	38	1/12 package	2.100
18243	Croutons, seasoned	40	1 cup	2.099
06416	Soup, cream of chicken, canned, prepared with equal volume water	244	1 cup	2.074
21129	Fast foods, hush puppies	78	5 pieces	2.044
05168	Turkey, all classes, meat only, cooked, roasted	140	1 cup	2.043
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210	1 cup	2.041
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	20	10 pieces	2.034
01132	Egg, whole, cooked, scrambled	61	1 large	2.032
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	13.6	1 tbsp	2.026
15111	Fish, swordfish, cooked, dry heat	106	1 piece	2.026
15041	Fish, herring, Atlantic, pickled	85.05	3 oz	2.025
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	57	1 muffin	2.023
04611	Margarine, regular, 80% fat, composite, tub, with salt	14.2	1 tbsp	2.020
18164	Cookies, chocolate chip, refrigerated dough, baked	26	1 cookie	2.017
04585	Margarine-like, margarine-butter blend, soybean oil and butter	14.2	1 tbsp	2.016
19193	Puddings, rice, ready-to-eat	113.4	4 oz	2.000
18320	Pie, lemon meringue, commercially prepared	113	1 piece	1.996
01128	Egg, whole, cooked, fried	46	1 large	1.989
20113	Noodles, chinese, chow mein	45	1 cup	1.973
18305	Pie, blueberry, commercially prepared	117	1 piece	1.964
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	28.35	1 oz	1.956
16390	Peanuts, all types, dry-roasted, without salt	28.35	1 oz (approx 28)	1.954
16090	Peanuts, all types, dry-roasted, with salt	28.35	1 oz (approx 28)	1.954
19088	Ice creams, vanilla, light	66	1/2 cup	1.932
04058	Oil, sesame, salad or cooking	13.6	1 tbsp	1.931
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145	1 cup	1.917
19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1 oz	1.916
11672	Potato pancakes	76	1 pancake	1.897
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	85	3 oz	1.890
04053	Oil, olive, salad or cooking	13.5	1 tbsp	1.864
18356	Sweet rolls, cinnamon, commercially prepared with raisins	60	1 roll	1.847
05188	Turkey, all classes, dark meat, cooked, roasted	84	3 oz	1.833

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	85	3 oz	1.833
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	142	1/2 cup	1.830
18361	Toaster pastries, brown-sugar-cinnamon	50	1 pastry	1.820
01123	Egg, whole, raw, fresh	58	1 extra large	1.813
01050	Cream, fluid, light (coffee cream or table cream)	15	1 tbsp	1.803
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	49	1 drumstick	1.793
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85	3 oz	1.774
21138	Fast foods, potato, french fried in vegetable oil	85	1 small	1.771
18269	French toast, prepared from recipe, made with low fat (2%) milk	65	1 slice	1.770
04133	Salad dressing, french, home recipe	14	1 tbsp	1.764
04518	Oil, corn, industrial and retail, all purpose salad or cooking	13.6	1 tbsp	1.761
18128	Cake, snack cakes, creme-filled, sponge	42.5	1 cake	1.759
12142	Nuts, pecans	28.35	1 oz (20 halves)	1.752
12155	Nuts, walnuts, english	28.35	1 oz (14 halves)	1.737
07024	Frankfurter, chicken	45	1 frank	1.735
18082	Bread stuffing, bread, dry mix, prepared	100	1/2 cup	1.734
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	248	1 cup	1.724
19404	Snacks, granola bars, soft, uncoated, chocolate chip	28.35	1 bar	1.718
16098	Peanut butter, smooth style, with salt	16	1 tbsp	1.682
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	32	1/4 cup	1.670
18376	Bread crumbs, dry, grated, seasoned	120	1 cup	1.669
07029	Ham, sliced, regular (approximately 11% fat)	56.7	2 slices	1.665
06443	Soup, cream of mushroom, canned, prepared with equal volume water	244	1 cup	1.649
18023	Bread, cornbread, dry mix, prepared	60	1 piece	1.643
04025	Salad dressing, mayonnaise, soybean oil, with salt	13.8	1 tbsp	1.640
01129	Egg, whole, cooked, hard-boiled	50	1 large	1.634
15111	Fish, swordfish, cooked, dry heat	85	3 oz	1.624
05296	Turkey roast, boneless, frozen, seasoned, light and dark meat, roasted	85.05	3 oz	1.616
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1 oz	1.604
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12	1 tbsp	1.593
01125	Egg, yolk, raw, fresh	16.6	1 large	1.585
21127	Fast foods, coleslaw	99	3/4 cup	1.583
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	227	8-oz container	1.582
15027	Fish, fish portions and sticks, frozen, preheated	57	1 portion (4" x 2" x 1/2")	1.572
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	147	1/2 cup	1.564
10153	Pork, cured, ham, whole, separable lean only, roasted	85	3 oz	1.564
01123	Egg, whole, raw, fresh	50	1 large	1.563
01131	Egg, whole, cooked, poached	50	1 large	1.557
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	14.3	1 tbsp	1.556
12652	Nuts, pistachio nuts, dry roasted, with salt added	28.35	1 oz (47 nuts)	1.547
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244	1 cup	1.545
01104	Milk, chocolate, fluid, commercial, lowfat, with added vitamin A and vitamin D	250	1 cup	1.540
18141	Cake, yellow, commercially prepared, with vanilla frosting	64	1 piece	1.517
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	28.35	1 oz	1.480
01016	Cheese, cottage, lowfat, 1% milkfat	226	1 cup	1.458

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11399	Potato puffs, frozen, oven-heated	79	10 puffs	1.440
06024	Soup, chicken vegetable, chunky, canned, ready-to-serve	240	1 cup	1.440
19183	Puddings, chocolate, ready-to-eat	113	4 oz	1.427
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	140	1/2 cup	1.424
04135	Salad dressing, home recipe, vinegar and oil	15.6	1 tbsp	1.420
11659	Sweet potato, cooked, candied, home-prepared	105	1 piece	1.418
06404	Soup, bean with pork, canned, prepared with equal volume water	253	1 cup	1.412
15086	Fish, salmon, sockeye, cooked, dry heat	155	1/2 fillet	1.409
15241	Fish, trout, rainbow, farmed, cooked, dry heat	85	3 oz	1.403
04506	Oil, sunflower, linoleic, (approx. 65%)	13.6	1 tbsp	1.401
18280	Muffins, corn, dry mix, prepared	50	1 muffin	1.399
12147	Nuts, pine nuts, dried	28.35	1 oz	1.389
01056	Cream, sour, cultured	12	1 tbsp	1.381
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85	3 oz	1.380
01123	Egg, whole, raw, fresh	44	1 medium	1.375
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	52	1 pastry	1.361
01088	Milk, buttermilk, fluid, cultured, lowfat	245	1 cup	1.343
18019	Bread, banana, prepared from recipe, made with margarine	60	1 slice	1.342
11451	Soybeans, green, cooked, boiled, drained, without salt	180	1 cup	1.332
10131	Pork, cured, canadian-style bacon, grilled	46.5	2 slices	1.321
06449	Soup, pea, green, canned, prepared with equal volume water	250	1 cup	1.310
15119	Fish, tuna, light, canned in oil, drained solids	85.05	3 oz	1.305
11391	Potatoes, hashed brown, frozen, plain, prepared	29	1 patty	1.303
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	85.05	3 oz	1.300
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	16	1 cookie	1.292
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	84	3 oz	1.277
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	84	1 cup	1.276
19039	Snacks, popcorn, caramel-coated, without peanuts	35.2	1 cup	1.271
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	85	3 oz	1.269
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	15.3	1 tbsp	1.266
12120	Nuts, hazelnuts or filberts	28.35	1 oz	1.266
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1 oz	1.264
20033	Oat bran, raw	94	1 cup	1.248
16010	Beans, baked, canned, with pork and sweet sauce	253	1 cup	1.242
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	19	1 piece	1.233
01168	Cheese, low fat, cheddar or colby	28.35	1 oz	1.231
16097	Peanut butter, chunk style, with salt	16	1 tbsp	1.217
05286	Turkey and gravy, frozen	142	5-oz package	1.207
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	52	1 thigh	1.186
19422	Snacks, potato chips, reduced fat	28.35	1 oz	1.179
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	57	1 muffin	1.157
18193	Cookies, shortbread, commercially prepared, pecan	14	1 cookie	1.149
19201	Puddings, vanilla, ready-to-eat	113	4 oz	1.148
07083	Sausage, Vienna, canned, chicken, beef, pork	16	1 sausage	1.140
19411	Snacks, potato chips, plain, salted	28.35	1 oz	1.138

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19230	Frostings, vanilla, creamy, ready-to-eat	38	1/12 package	1.130
18178	Cookies, oatmeal, commercially prepared, regular	25	1 cookie	1.130
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15	1 tbsp	1.129
18197	Cookies, brownies, dry mix, special dietary, prepared	22	1 brownie	1.121
01055	Cream, sour, reduced fat, cultured	15	1 tbsp	1.121
19057	Snacks, tortilla chips, nacho cheese	28.35	1 oz	1.116
06409	Soup, beef noodle, canned, prepared with equal volume water	244	1 cup	1.110
19100	Candies, fudge, chocolate, prepared-from-recipe	17	1 piece	1.096
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	27	3/4 cup	1.094
19218	Puddings, tapioca, ready-to-eat	113	4 oz	1.087
01049	Cream, fluid, half and half	15	1 tbsp	1.074
19031	Snacks, oriental mix, rice-based	28.35	1 oz (about 1/4 cup)	1.073
12061	Nuts, almonds	28.35	1 oz (24 nuts)	1.058
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	27	2-1/2" biscuit	1.032
04582	Oil, canola	14	1 tbsp	1.031
18177	Cookies, molasses	32	1 cookie, large (3-1/2" to	1.028
19127	Candies, milk chocolate coated raisins	10	10 pieces	1.027
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	13.6	1 tbsp	1.026
19003	Snacks, corn-based, extruded, chips, plain	28.35	1 oz	1.024
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	65	1 piece	1.011
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	30	1 roll	1.004
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	14	1 hole	0.998
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	10	1 cookie	0.995
22401	Spaghetti with meat sauce, frozen entree	283	1 package	0.991
18482	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted chocolate fudge	52	1 pastry	0.988
16103	Refried beans, canned, traditional style (includes USDA commodity)	252	1 cup	0.985
06018	Soup, chunky chicken noodle, canned, ready-to-serve	240	1 cup	0.979
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	45	6 large	0.939
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	7	10 pieces	0.916
18268	French toast, frozen, ready-to-heat	59	1 slice	0.904
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	27	3/4 cup	0.903
07073	Sandwich spread, pork, beef	15	1 tbsp	0.897
15142	Crustaceans, crab, blue, crab cakes	60	1 cake	0.890
18189	Cookies, peanut butter, prepared from recipe	20	1 cookie	0.888
18206	Cookies, sugar, refrigerated dough, baked	15	1 cookie	0.886
04120	Salad dressing, french dressing, commercial, regular	15.6	1 tbsp	0.881
01073	Dessert topping, semi solid, frozen	4	1 tbsp	0.871
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	86	1/2 breast	0.869
05186	Turkey, all classes, light meat, cooked, roasted	84	3 oz	0.865
01032	Cheese, parmesan, grated	5	1 tbsp	0.865
19097	Sherbet, orange	74	1/2 cup	0.858
06119	Gravy, chicken, canned, ready-to-serve	59.5	1/4 cup	0.839
18360	Taco shells, baked	13.3	1 medium	0.831
06471	Soup, vegetable beef, canned, prepared with equal volume water	244	1 cup	0.830

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1 oz	0.825
18134	Cake, sponge, prepared from recipe	63	1 piece	0.820
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	15	1 cookie	0.815
20011	Buckwheat flour, whole-groat	120	1 cup	0.812
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	26	3/4 cup	0.800
19056	Snacks, tortilla chips, plain, white corn	28.35	1 oz	0.797
04017	Salad dressing, thousand island, commercial, regular	15.6	1 tbsp	0.794
15077	Fish, salmon, chinook, smoked	85.05	3 oz	0.790
16112	Miso	68.75	1 cup	0.783
18292	Pancakes, plain, dry mix, incomplete, prepared	38	1 pancake	0.777
15086	Fish, salmon, sockeye, cooked, dry heat	85	3 oz	0.773
15027	Fish, fish portions and sticks, frozen, preheated	28	1 stick (4" x 1" x 1/2")	0.772
18279	Muffins, corn, commercially prepared	57	1 muffin	0.772
01072	Dessert topping, pressurized	4	1 tbsp	0.756
19348	Syrups, chocolate, fudge-type	19	1 tbsp	0.756
19035	Snacks, popcorn, oil-popped, microwave, regular flavor	11	1 cup	0.750
16011	Beans, baked, canned, with pork and tomato sauce	253	1 cup	0.741
15084	Fish, salmon, pink, canned, total can contents	85	3 oz	0.733
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234	1 cup	0.725
12201	Seeds, sesame seed kernels, dried (decorticated)	8	1 tbsp	0.724
07027	Ham, chopped, not canned	21	2 slices	0.719
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	13	1 hole	0.707
19040	Snacks, popcorn, cheese-flavor	11	1 cup	0.705
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	81	1/4 block	0.699
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127	1 fillet	0.688
14194	Cocoa mix, powder, prepared with water	206	1 serving	0.676
14192	Cocoa mix, powder	28.35	3 heaping tsp	0.674
15126	Fish, tuna, white, canned in water, drained solids	85	3 oz	0.673
18185	Cookies, peanut butter, commercially prepared, regular	15	1 cookie	0.673
19015	Snacks, granola bars, hard, plain	28.35	1 bar	0.672
06116	Gravy, beef, canned, ready-to-serve	58.25	1/4 cup	0.672
20110	Noodles, egg, cooked, enriched	160	1 cup	0.670
19069	Candies, NESTLE, BUTTERFINGER Bar	7	1 fun size bar	0.665
04114	Salad dressing, italian dressing, commercial, regular	14.7	1 tbsp	0.658
18208	Cookies, sugar, prepared from recipe, made with margarine	14	1 cookie	0.657
01069	Cream substitute, powdered	2	1 tsp	0.651
18229	Crackers, standard snack-type, regular	12	4 crackers	0.648
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120	1 piece	0.640
18166	Cookies, chocolate sandwich, with creme filling, regular	10	1 cookie	0.638
18027	Bread, egg	40	1/2" slice	0.637
11657	Potatoes, mashed, home-prepared, whole milk added	210	1 cup	0.634
06419	Soup, chicken noodle, canned, prepared with equal volume water	241	1 cup	0.631
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149	1 fillet	0.626
18283	Muffins, oat bran	57	1 muffin	0.620

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	44	1 drumstick	0.617
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31	3/4 cup	0.617
20020	Cornmeal, whole-grain, yellow	122	1 cup	0.616
08219	Cereals ready-to-eat, QUAKER, QUAKER toasted Oatmeal Cereal, Honey Nut	49	1 cup	0.610
09038	Avocados, raw, California	28.35	1 oz	0.603
12167	Nuts, chestnuts, european, roasted	143	1 cup	0.592
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	51	1/2 cup	0.584
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	4.8	1 tsp	0.580
07028	Ham, sliced, prepackaged (96% fat free, water added)	56.7	2 slices	0.579
21054	Fast foods, salad, vegetable, tossed, without dressing, with chicken	218	1-1/2 cups	0.578
20112	Noodles, egg, spinach, cooked, enriched	160	1 cup	0.578
19104	Candies, fudge, vanilla with nuts	15	1 piece	0.574
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	159	1/2 fillet	0.563
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	55	1 cup	0.561
09039	Avocados, raw, Florida	28.35	1 oz	0.556
06440	Soup, minestrone, canned, prepared with equal volume water	241	1 cup	0.554
18155	Cookies, butter, commercially prepared, enriched	5	1 cookie	0.553
06067	Soup, chunky vegetable, canned, ready-to-serve	240	1 cup	0.552
22120	MORNINGSTAR FARMS Grillers Burger Style Recipe Crumbles, frozen, unprepared	110	1 cup	0.550
18179	Cookies, oatmeal, commercially prepared, soft-type	15	1 cookie	0.545
20046	Rice, white, long-grain, parboiled, enriched, dry	185	1 cup	0.544
19103	Candies, fudge, vanilla, prepared-from-recipe	16	1 piece	0.541
18403	Waffles, plain, frozen, ready -to-heat, toasted	33	1 waffle	0.541
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	30	1 cup	0.540
18214	Crackers, cheese, regular	10	10 crackers	0.529
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	4.8	1 tsp	0.522
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	32	1 tortilla	0.522
20080	Wheat flour, whole-grain	120	1 cup	0.516
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	50	10 strips	0.515
18388	Muffins, wheat bran, toaster-type with raisins, toasted	34	1 muffin	0.510
16120	Soymilk, original and vanilla, unfortified	245	1 cup	0.502
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	30	3/4 cup	0.501
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240	1 cup	0.490
18192	Cookies, shortbread, commercially prepared, plain	8	1 cookie	0.488
20005	Barley, pearled, raw	200	1 cup	0.488
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	50	1/2 cup	0.485
18184	Cookies, oatmeal, prepared from recipe, with raisins	15	1 cookie	0.485
18177	Cookies, molasses	15	1 cookie, medium	0.482
06174	Soup, stock, fish, home-prepared	233	1 cup	0.473
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	177	1 packet	0.473
18452	Cake, snack cakes, cupcakes, chocolate, with frosting, low-fat	43	1 cupcake	0.466
04134	Salad dressing, home recipe, cooked	16	1 tbsp	0.464
11159	Coleslaw, home-prepared	120	1 cup	0.462

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
21139	Fast foods, potato, mashed	80	1/3 cup	0.462
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	85	3 oz	0.461
18110	Cake, fruitcake, commercially prepared	43	1 piece	0.451
19441	Snacks, KELLOGG'S, NUTRI-GRAIN Cereal Bars, fruit	37	1 bar	0.450
18210	Cookies, vanilla sandwich with creme filling	15	1 cookie	0.447
06423	Soup, chicken with rice, canned, prepared with equal volume water	241	1 cup	0.446
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	55	1 cup	0.444
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164	1 cup	0.441
19038	Snacks, popcorn, caramel-coated, with peanuts	42	1 cup	0.437
19165	Cocoa, dry powder, unsweetened	5.4	1 tbsp	0.436
18230	Crackers, standard snack-type, sandwich, with cheese filling	7	1 sandwich	0.429
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	4	1 tbsp	0.427
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	30	3/4 cup	0.427
22121	MORNINGSTAR FARMS Grillers Vegan, frozen, unprepared	85	1 patty	0.425
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	250	1 cup	0.425
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	28.35	1 oz (about 2/3 cup)	0.425
12147	Nuts, pine nuts, dried	8.6	1 tbsp	0.421
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	30	1 cup	0.420
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	57	1 muffin	0.418
01054	Cream, whipped, cream topping, pressurized	3	1 tbsp	0.415
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	4.8	1 tsp	0.415
14315	Malted drink mix, chocolate, with added nutrients, powder	21	3 heaping tsp	0.412
05028	Chicken, liver, all classes, cooked, simmered	19.6	1 liver	0.404
15167	Mollusks, oyster, eastern, wild, raw	84	6 medium	0.398
14175	Chocolate-flavor beverage mix for milk, powder, without added nutrients	21.6	2-3 heaping tsp	0.396
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	5	1 piece	0.389
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28	1 roll	0.385
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	10	1 cookie	0.381
18350	Rolls, hamburger or hotdog, plain	43	1 roll	0.381
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	18	1 neck	0.378
18003	Bagels, egg	89	4" bagel	0.375
06125	Gravy, turkey, canned, ready-to-serve	59.6	1/4 cup	0.370
04015	Salad dressing, russian dressing	15.3	1 tbsp	0.366
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	244	1 cup	0.364
11424	Pumpkin, canned, without salt	245	1 cup	0.358
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	85	3 oz	0.357
20034	Oat bran, cooked	219	1 cup	0.357
07017	Chicken roll, light meat	56.7	2 slices	0.352
20037	Rice, brown, long-grain, cooked	195	1 cup	0.351
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	89	4" bagel	0.350
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240	1 cup	0.346
18353	Rolls, hard (includes kaiser)	57	1 roll	0.345

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
18079	Bread crumbs, dry, grated, plain	28.35	1 oz	0.341
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	241	1 cup	0.337
20083	Wheat flour, white, bread, enriched	137	1 cup	0.334
20044	Rice, white, long-grain, regular, raw, enriched	185	1 cup	0.333
18235	Crackers, whole-wheat	16	4 crackers	0.330
20012	Bulgur, dry	140	1 cup	0.325
20025	Cornmeal, self-rising, degermed, enriched, yellow	138	1 cup	0.323
18505	KELLOGG'S Eggo Lowfat Homestyle Waffles	35	1 waffle	0.315
18069	Bread, white, commercially prepared (includes soft bread crumbs)	45	1 cup	0.314
09193	Olives, ripe, canned (small-extra large)	22	5 large	0.311
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	256	1 cup	0.310
18215	Crackers, cheese, sandwich-type with peanut butter filling	7	1 sandwich	0.308
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	22	1 bar	0.308
06528	Soup, chicken noodle, dry, mix, prepared with water	252.3	1 cup	0.308
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85	3 oz	0.301
19047	Snacks, pretzels, hard, plain, salted	60	10 pretzels	0.301
18003	Bagels, egg	71	3-1/2" bagel	0.299
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	190	1 cup	0.298
18210	Cookies, vanilla sandwich with creme filling	10	1 cookie	0.298
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	170	1 cup	0.298
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	36	1 pancake	0.292
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15	1 tbsp	0.291
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	241	1 cup	0.289
06740	Soup, chicken vegetable, chunky, reduced fat, reduced sodium, ready-to-serve, single brand	238	1 serving	0.288
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	30	1 cup	0.286
18048	Bread, raisin, toasted, enriched	24	1 slice	0.282
18047	Bread, raisin, enriched	26	1 slice	0.281
15058	Fish, ocean perch, Atlantic, cooked, dry heat	85	3 oz	0.281
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	71	3-1/2" bagel	0.279
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	52	1 muffin	0.277
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	21	2-1/4" biscuit	0.272
15141	Crustaceans, crab, blue, canned	135	1 cup	0.271
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	30	3/4 cup	0.270
13350	Beef, cured, dried	28.35	1 oz	0.269
14390	Cocoa mix, with aspartame, powder, prepared with water	192	1 serving	0.267
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	32	3/4 cup	0.267
14196	Cocoa mix, no sugar added, powder	15	1/2 oz envelope	0.267
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	227	8-oz container	0.263
15160	Mollusks, clam, mixed species, canned, drained solids	85	3 oz	0.263
11546	Tomato products, canned, paste, without salt added	262	1 cup	0.262
06075	Soup, beef broth or bouillon, powder, dry	6	1 packet	0.259
14153	Carbonated beverage, pepper-type, contains caffeine	368	12 fl oz	0.258
09277	Plantains, raw	179	1 medium	0.256

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19074	Candies, caramels	10.1	1 piece	0.250
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177	1 cup	0.248
20121	Spaghetti, cooked, enriched, without added salt	140	1 cup	0.246
20100	Macaroni, cooked, enriched	140	1 cup	0.246
09226	Papayas, raw	304	1 papaya	0.246
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145	1 cup	0.245
08210	Cereals ready-to-eat, QUAKER, QUAKER OAT CINNAMON LIFE	32	3/4 cup	0.244
18005	Bagels, cinnamon-raisin	89	4" bagel	0.244
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	170	1 cup	0.243
18133	Cake, sponge, commercially prepared	30	1 shortcake	0.241
18228	Crackers, saltines (includes oyster, soda, soup)	12	4 crackers	0.240
16015	Beans, black, mature seeds, cooked, boiled, without salt	172	1 cup	0.239
06121	Gravy, mushroom, canned	59.6	1/4 cup	0.238
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	172	1 cup	0.237
01094	Milk, buttermilk, dried	6.5	1 tbsp	0.234
20022	Cornmeal, degermed, enriched, yellow	138	1 cup	0.233
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171	1 cup	0.233
18076	Bread, whole-wheat, commercially prepared, toasted	25	1 slice	0.231
18025	Bread, cracked-wheat	25	1 slice	0.229
18036	Bread, Multi-Grain, toasted (includes whole-grain)	24	1 slice	0.228
18065	Bread, wheat, toasted	23	1 slice	0.227
18035	Bread, Multi-Grain (includes whole-grain)	26	1 slice	0.227
20010	Buckwheat groats, roasted, cooked	168	1 cup	0.225
09136	Grape juice cocktail, frozen concentrate, undiluted, with added ascorbic acid	216	6-fl-oz can	0.222
18232	Crackers, wheat, regular	8	4 crackers	0.218
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	61	1 cup	0.215
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	14	2 squares	0.213
18075	Bread, whole-wheat, commercially prepared	28	1 slice	0.209
08147	Cereals ready-to-eat, wheat, shredded, plain, sugar and salt free	46	2 biscuits	0.207
20028	Couscous, dry	173	1 cup	0.202
16158	Hummus, commercial	14	1 tbsp	0.201
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	30	1 cup	0.201
18064	Bread, wheat	25	1 slice	0.201
18060	Bread, rye	32	1 slice	0.200
16051	Beans, white, mature seeds, canned	262	1 cup	0.199
15121	Fish, tuna, light, canned in water, drained solids	85	3 oz	0.199
18005	Bagels, cinnamon-raisin	71	3-1/2" bagel	0.195
20081	Wheat flour, white, all-purpose, enriched, bleached	125	1 cup	0.194
18055	Bread, reduced-calorie, wheat	23	1 slice	0.193
18290	Pancakes, plain, dry mix, complete, prepared	38	1 pancake	0.193
20082	Wheat flour, white, all-purpose, self-rising, enriched	125	1 cup	0.193
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	30	1/2 cup	0.192
18040	Bread, oatmeal, toasted	25	1 slice	0.191
09176	Mangos, raw	207	1 mango	0.190
18039	Bread, oatmeal	27	1 slice	0.190

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

NDB_No	Description	Weight (g)	Common Measure	Content per Measure
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256	1 cup	0.187
06559	Soup, tomato, canned, prepared with equal volume water, commercial	244	1 cup	0.185
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	30	1 cup	0.185
19013	Snacks, fruit leather, pieces	28.35	1 oz	0.184
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	51	1 cup	0.184
08143	Cereals, WHEATENA, cooked with water	243	1 cup	0.182
08319	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED MINI-WHEATS, bite size and little bites	55	1 cup	0.182
16006	Beans, baked, canned, plain or vegetarian	254	1 cup	0.180
18170	Cookies, fig bars	16	1 cookie	0.180
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182	1 cup	0.178
15148	Crustaceans, lobster, northern, cooked, moist heat	85	3 oz	0.177
11131	Carrots, frozen, cooked, boiled, drained, without salt	146	1 cup	0.175
18069	Bread, white, commercially prepared (includes soft bread crumbs)	25	1 slice	0.175
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85	3 oz	0.174
20084	Wheat flour, white, cake, enriched	137	1 cup	0.174
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	30	3/4 cup	0.174
11461	Spinach, canned, regular pack, drained solids	214	1 cup	0.173
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180	1 cup	0.173
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30	1-1/3 cup	0.173
18033	Bread, italian	20	1 slice	0.171
15140	Crustaceans, crab, blue, cooked, moist heat	85	3 oz	0.171
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	30	3/4 cup	0.170
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	164	1 cup	0.169
09040	Bananas, raw	150	1 cup	0.168
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188	1 cup	0.167
15034	Fish, haddock, cooked, dry heat	150	1 fillet	0.167
11174	Corn, sweet, yellow, canned, cream style, regular pack	256	1 cup	0.166
18061	Bread, rye, toasted	24	1 slice	0.165
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50	1 fillet	0.165
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	55	1 cup	0.163
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164	1 cup	0.162
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210	1 cup	0.162
15152	Crustaceans, shrimp, mixed species, canned	85.05	3 oz	0.160
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.160
11099	Brussels sprouts, cooked, boiled, drained, without salt	156	1 cup	0.159
15157	Mollusks, clam, mixed species, raw	85	3 oz	0.159
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	30	3/4 cup	0.159
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	165	1 cup	0.158
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	239	1 cup	0.158
18212	Cookies, vanilla wafers, lower fat	4	1 cookie	0.154
11208	Dandelion greens, cooked, boiled, drained, without salt	105	1 cup	0.153
09176	Mangos, raw	165	1 cup	0.152
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	77	1 ear	0.152
11901	Corn, sweet, white, cooked, boiled, drained, without salt	77	1 ear	0.152

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	30	1 cup	0.150
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85	3 oz	0.150
11644	Squash, winter, all varieties, cooked, baked, without salt	205	1 cup	0.148
20006	Barley, pearled, cooked	157	1 cup	0.146
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	242	1 cup	0.145
14309	Malted drink mix, natural, with added nutrients, powder	21	4-5 heaping tsp	0.143
15017	Fish, cod, Atlantic, canned, solids and liquid	85	3 oz	0.142
19014	Snacks, fruit leather, rolls	21	1 large	0.141
18044	Bread, pumpernickel	32	1 slice	0.140
18045	Bread, pumpernickel, toasted	29	1 slice	0.139
20125	Spaghetti, whole-wheat, cooked	140	1 cup	0.139
04020	Salad dressing, french dressing, reduced fat	16.3	1 tbsp	0.137
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245	1 cup	0.137
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	168	1 cup	0.136
11647	Sweet potato, canned, syrup pack, drained solids	196	1 cup	0.135
15067	Fish, pollock, walleye, cooked, dry heat	85	3 oz	0.135
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170	1 cup	0.133
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	207	6-fl-oz can	0.132
09040	Bananas, raw	118	1 banana	0.132
08084	Cereals ready-to-eat, wheat germ, toasted, plain	7.119	1 tbsp	0.130
20047	Rice, white, long-grain, parboiled, enriched, cooked	175	1 cup	0.130
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177	1 cup	0.127
18070	Bread, white, commercially prepared, toasted	22	1 slice	0.127
18057	Bread, reduced-calorie, white	23	1 slice	0.126
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	155	1 cup	0.126
18029	Bread, french or vienna (includes sourdough)	25	1/2" slice	0.124
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	31	1 cup	0.124
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	31	1 cup	0.124
11091	Broccoli, cooked, boiled, drained, without salt	156	1 cup	0.123
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180	1 cup	0.122
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	30	3/4 cup	0.122
20045	Rice, white, long-grain, regular, cooked	158	1 cup	0.122
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	55	1 cup	0.122
11028	Bamboo shoots, canned, drained solids	131	1 cup	0.121
08246	Cereals ready-to-eat, GENERAL MILLS, TOTAL Corn Flakes	30	1-1/3 cup	0.120
18363	Tortillas, ready-to-bake or -fry, corn	26	1 tortilla	0.118
08019	Cereals ready-to-eat, GENERAL MILLS Corn CHEX	30	1 cup	0.117
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160	1 cup	0.117
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	29	3/4 cup	0.116
11281	Okra, frozen, cooked, boiled, drained, without salt	184	1 cup	0.116
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180	1 cup	0.115
11056	Beans, snap, green, canned, regular pack, drained solids	135	1 cup	0.115
04023	Salad dressing, thousand island dressing, reduced fat	15.3	1 tbsp	0.114

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09226	Papayas, raw	140	1 cup	0.113
15137	Crustaceans, crab, alaska king, cooked, moist heat	85	3 oz	0.113
11205	Cucumber, with peel, raw	301	1 large	0.111
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	23	1/3 cup	0.107
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	30	1 cup	0.107
09278	Plantains, cooked	154	1 cup	0.106
16086	Peas, split, mature seeds, cooked, boiled, without salt	196	1 cup	0.106
11015	Asparagus, canned, drained solids	72	4 spears	0.106
16070	Lentils, mature seeds, cooked, boiled, without salt	198	1 cup	0.105
11512	Sweet potato, canned, vacuum pack	255	1 cup	0.105
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	137	1 packet	0.104
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170	1 cup	0.102
01186	Cheese, cream, fat free	15.6	1 tbsp	0.100
18041	Bread, pita, white, enriched	60	6-1/2" pita	0.100
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	30	1 cup	0.098
04022	Salad dressing, russian dressing, low calorie	16.3	1 tbsp	0.098
14181	Chocolate syrup	18.75	1 tbsp	0.097
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	120	1 medium	0.097
11252	Lettuce, iceberg (includes crisphead types), raw	539	1 head	0.097
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	30	3/4 cup	0.097
15067	Fish, pollock, walleye, cooked, dry heat	60	1 fillet	0.095
11261	Mushrooms, white, cooked, boiled, drained, without salt	156	1 cup	0.095
15034	Fish, haddock, cooked, dry heat	85	3 oz	0.094
16073	Lima beans, large, mature seeds, canned	241	1 cup	0.094
08511	Cereals, Malt-o-Meal, plain, prepared with water, without salt	268	1 serving (3 T dry cereal p	0.094
09153	Lemon juice, canned or bottled	244	1 cup	0.093
06175	Sauce, hoisin, ready-to-serve	16	1 tbsp	0.091
11423	Pumpkin, cooked, boiled, drained, without salt	245	1 cup	0.091
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	30	1 cup	0.090
11162	Collards, cooked, boiled, drained, without salt	190	1 cup	0.089
15192	Fish, cod, Pacific, cooked, dry heat	85	3 oz	0.089
18220	Crackers, melba toast, plain	20	4 pieces	0.089
11136	Cauliflower, cooked, boiled, drained, without salt	124	1 cup	0.087
11333	Peppers, sweet, green, raw	149	1 cup	0.086
09132	Grapes, red or green (European type, such as Thompson seedless), raw	160	1 cup	0.086
18053	Bread, reduced-calorie, rye	23	1 slice	0.085
09298	Raisins, seedless	145	1 cup	0.084
11581	Vegetables, mixed, canned, drained solids	163	1 cup	0.083
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251	1 cup	0.083
11236	Kale, frozen, cooked, boiled, drained, without salt	130	1 cup	0.082
09181	Melons, cantaloupe, raw	160	1 cup	0.082
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	27	3/4 cup	0.081
20089	Wild rice, cooked	164	1 cup	0.080
11439	Sauerkraut, canned, solids and liquids	236	1 cup	0.080
11313	Peas, green, frozen, cooked, boiled, drained, without salt	160	1 cup	0.078
11299	Parsnips, cooked, boiled, drained, without salt	156	1 cup	0.078

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
11053	Beans, snap, green, cooked, boiled, drained, without salt	125	1 cup	0.078
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125	1 cup	0.078
11458	Spinach, cooked, boiled, drained, without salt	180	1 cup	0.077
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	255	1 cup	0.077
20013	Bulgur, cooked	182	1 cup	0.076
11569	Turnip greens, cooked, boiled, drained, without salt	144	1 cup	0.076
18451	Cake, pound, commercially prepared, fat-free	28	1 slice	0.073
11547	Tomato products, canned, puree, without salt added	250	1 cup	0.073
11269	Mushrooms, shiitake, cooked, without salt	145	1 cup	0.073
09137	Grape juice cocktail, frozen concentrate, diluted with 3 volume water, with added ascorbic acid	250	1 cup	0.073
11279	Okra, cooked, boiled, drained, without salt	160	1 cup	0.072
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	63	1 ear	0.072
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33	1-1/4 cup	0.071
11674	Potato, baked, flesh and skin, without salt	202	1 potato	0.071
11301	Peas, edible-podded, boiled, drained, without salt	160	1 cup	0.070
18375	Leavening agents, yeast, baker's, active dry	7	1 pkg	0.070
11333	Peppers, sweet, green, raw	119	1 pepper	0.069
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	16	1 cookie	0.068
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	31	1-1/4 cup	0.068
19076	Candies, caramels, chocolate-flavor roll	7	1 piece	0.068
04021	Salad dressing, italian dressing, reduced fat	15	1 tbsp	0.068
11234	Kale, cooked, boiled, drained, without salt	130	1 cup	0.068
11282	Onions, raw	160	1 cup	0.067
11533	Tomatoes, red, ripe, canned, stewed	255	1 cup	0.066
11283	Onions, cooked, boiled, drained, without salt	210	1 cup	0.065
09184	Melons, honeydew, raw	170	1 cup	0.065
18217	Crackers, matzo, plain	28.35	1 matzo	0.064
02009	Spices, chili powder	2.6	1 tsp	0.064
11135	Cauliflower, raw	100	1 cup	0.064
09161	Lime juice, canned or bottled, unsweetened	246	1 cup	0.064
11655	Carrot juice, canned	236	1 cup	0.064
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253	1 cup	0.063
09189	Fruit, mixed, (peach and cherry-sweet and -sour and raspberry and grape and boysenberry), frozen, sweetened	250	1 cup	0.063
11549	Tomato products, canned, sauce	245	1 cup	0.061
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180	1 cup	0.061
09184	Melons, honeydew, raw	160	1/8 melon	0.061
11144	Celery, cooked, boiled, drained, without salt	150	1 cup	0.060
09206	Orange juice, raw	248	1 cup	0.060
11264	Mushrooms, canned, drained solids	156	1 cup	0.059
11019	Asparagus, frozen, cooked, boiled, drained, without salt	60	4 spears	0.058
09087	Dates, deglet noor	178	1 cup	0.057
11956	Tomatoes, sun-dried, packed in oil, drained	3	1 piece	0.057
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135	1 cup	0.057
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135	1 cup	0.057
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	182	1 cup	0.056

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	244	1 cup	0.056
14210	Coffee, brewed, espresso, restaurant-prepared	60	2 fl oz	0.055
14414	Alcoholic beverage, liqueur, coffee, 53 proof	52	1.5 fl oz	0.055
09094	Figs, dried, uncooked	38	2 figs	0.055
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	248	1 cup	0.055
11128	Carrots, canned, regular pack, drained solids	146	1 cup	0.053
19051	Snacks, rice cakes, brown rice, plain	9	1 cake	0.051
09214	Orange juice, frozen concentrate, unsweetened, undiluted	213	6-fl-oz can	0.051
11529	Tomatoes, red, ripe, raw, year round average	180	1 cup	0.050
11143	Celery, raw	120	1 cup	0.050
11641	Squash, summer, all varieties, raw	113	1 cup	0.050
11508	Sweet potato, cooked, baked in skin, without salt	146	1 potato	0.050
11436	Rutabagas, cooked, boiled, drained, without salt	170	1 cup	0.049
11510	Sweet potato, cooked, boiled, without skin	156	1 potato	0.048
08109	Cereals, CREAM OF WHEAT, mix'n eat, plain, prepared with water	142	1 packet	0.048
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28	1 cup	0.048
19036	Snacks, popcorn, cakes	10	1 cake	0.048
11043	Mung beans, mature seeds, sprouted, raw	104	1 cup	0.048
11081	Beets, cooked, boiled, drained	170	1 cup	0.048
11250	Lettuce, butterhead (includes boston and bibb types), raw	163	1 head	0.047
11954	Tomatillos, raw	34	1 medium	0.047
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	247	1 cup	0.047
11125	Carrots, cooked, boiled, drained, without salt	156	1 cup	0.047
18041	Bread, pita, white, enriched	28	4" pita	0.046
11282	Onions, raw	110	1 whole	0.046
09326	Watermelon, raw	286	1 wedge	0.046
19034	Snacks, popcorn, air-popped	8	1 cup	0.046
20029	Couscous, cooked	157	1 cup	0.046
02028	Spices, paprika	2.1	1 tsp	0.045
09207	Orange juice, canned, unsweetened	249	1 cup	0.045
02015	Spices, curry powder	2	1 tsp	0.045
11087	Beet greens, cooked, boiled, drained, without salt	144	1 cup	0.045
02007	Spices, celery seed	2	1 tsp	0.044
11210	Eggplant, cooked, boiled, drained, without salt	99	1 cup	0.044
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240	1 cup	0.043
11961	Hearts of palm, canned	33	1 piece	0.043
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119	1 cup	0.043
18374	Leavening agents, yeast, baker's, compressed	17	1 cake	0.041
11124	Carrots, raw	110	1 cup	0.041
09050	Blueberries, raw	145	1 cup	0.041
11367	Potatoes, boiled, cooked without skin, flesh, without salt	156	1 cup	0.041
11363	Potatoes, baked, flesh, without salt	156	1 potato	0.041
11821	Peppers, sweet, red, raw	149	1 cup	0.040
18375	Leavening agents, yeast, baker's, active dry	4	1 tsp	0.040
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	136	1 cup	0.039
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	136	1 cup	0.039

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09003	Apples, raw, with skin	138	1 apple	0.039
11205	Cucumber, with peel, raw	104	1 cup	0.038
11136	Cauliflower, cooked, boiled, drained, without salt	54	3 flowerets	0.038
11084	Beets, canned, drained solids	170	1 cup	0.037
09291	Plums, dried (prunes), uncooked	42	5 prunes	0.037
11206	Cucumber, peeled, raw	280	1 large	0.036
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170	1 cup	0.036
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254	1 cup	0.036
11365	Potatoes, boiled, cooked in skin, flesh, without salt	136	1 potato	0.035
09181	Melons, cantaloupe, raw	69	1/8 melon	0.035
11367	Potatoes, boiled, cooked without skin, flesh, without salt	135	1 potato	0.035
09250	Peaches, frozen, sliced, sweetened	250	1 cup	0.035
11260	Mushrooms, white, raw	70	1 cup	0.035
09209	Orange juice, chilled, includes from concentrate	249	1 cup	0.035
06094	Soup, onion, dry, mix	39	1 packet	0.035
09128	Grapefruit juice, white, raw	247	1 cup	0.035
09404	Grapefruit juice, pink, raw	247	1 cup	0.035
18456	Cookies, oatmeal, commercially prepared, fat-free	11	1 cookie	0.035
11529	Tomatoes, red, ripe, raw, year round average	123	1 tomato	0.034
11090	Broccoli, raw	88	1 cup	0.034
09191	Nectarines, raw	136	1 nectarine	0.034
18086	Cake, angelfood, commercially prepared	28	1 piece	0.034
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240	1 cup	0.034
09310	Rhubarb, frozen, cooked, with sugar	240	1 cup	0.034
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184	1 cup	0.033
09340	Pears, asian, raw	275	1 pear	0.033
09218	Tangerines, (mandarin oranges), raw	84	1 tangerine	0.033
09223	Tangerine juice, canned, sweetened	249	1 cup	0.032
09236	Peaches, raw	170	1 cup	0.032
11821	Peppers, sweet, red, raw	119	1 pepper	0.032
09123	Grapefruit juice, white, canned, unsweetened	247	1 cup	0.032
11291	Onions, spring or scallions (includes tops and bulb), raw	100	1 cup	0.032
09246	Peaches, dried, sulfured, uncooked	39	3 halves	0.032
11578	Vegetable juice cocktail, canned	242	1 cup	0.031
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124	1 cup	0.031
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252	1 cup	0.030
09124	Grapefruit juice, white, canned, sweetened	250	1 cup	0.030
11932	Beans, snap, yellow, canned, regular pack, drained solids	135	1 cup	0.030
02030	Spices, pepper, black	2.1	1 tsp	0.029
11091	Broccoli, cooked, boiled, drained, without salt	37	1 spear	0.029
11283	Onions, cooked, boiled, drained, without salt	94	1 medium	0.029
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	29	1 cup	0.029
15232	Fish, roughy, orange, cooked, dry heat	85	3 oz	0.029
11012	Asparagus, cooked, boiled, drained	60	4 spears	0.029
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	104	1 cup	0.028
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165	1 cup	0.028
19116	Candies, marshmallows	50	1 cup	0.028

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
09132	Grapes, red or green (European type, such as Thompson seedless), raw	50	10 grapes	0.027
09200	Oranges, raw, all commercial varieties	180	1 cup	0.027
11124	Carrots, raw	72	1 carrot	0.027
09241	Peaches, canned, heavy syrup pack, solids and liquids	262	1 cup	0.026
09070	Cherries, sweet, raw	68	10 cherries	0.026
09112	Grapefruit, raw, pink and red, all areas	123	1/2 grapefruit	0.026
09055	Blueberries, frozen, sweetened	230	1 cup	0.025
11632	Peppers, jalapeno, canned, solids and liquids	26	1/4 cup	0.025
09316	Strawberries, raw	166	1 cup	0.025
09292	Plums, dried (prunes), stewed, without added sugar	248	1 cup	0.025
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	248	1 cup	0.025
11445	Seaweed, kelp, raw	10	2 tbsp	0.025
11667	Seaweed, spirulina, dried	0.93	1 tbsp	0.025
09326	Watermelon, raw	152	1 cup	0.024
08157	Cereals ready-to-eat, wheat, puffed, fortified	12	1 cup	0.024
11213	Endive, raw	50	1 cup	0.024
11109	Cabbage, raw	70	1 cup	0.024
11937	Pickles, cucumber, dill or kosher dill	65	1 pickle	0.023
09302	Raspberries, raw	123	1 cup	0.023
02027	Spices, oregano, dried	1.5	1 tsp	0.023
11242	Kohlrabi, cooked, boiled, drained, without salt	165	1 cup	0.023
09004	Apples, raw, without skin	110	1 cup	0.023
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254	1 cup	0.023
11001	Alfalfa seeds, sprouted, raw	33	1 cup	0.023
14242	Cranberry juice cocktail, bottled	253	8 fl oz	0.023
09150	Lemons, raw, without peel	58	1 lemon	0.023
11590	Waterchestnuts, chinese, canned, solids and liquids	140	1 cup	0.022
09148	Kiwifruit, green, raw	76	1 medium	0.022
11251	Lettuce, cos or romaine, raw	56	1 cup	0.022
18088	Cake, angelfood, dry mix, prepared	50	1 piece	0.022
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	31	3/4 cup	0.021
14371	Tea, instant, sweetened with sugar, lemon-flavored, without added ascorbic acid, powder, prepared	259	8 fl oz	0.021
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258	1 cup	0.021
09206	Orange juice, raw	86	juice from 1 orange	0.021
09060	Carambola, (starfruit), raw	108	1 cup	0.021
09042	Blackberries, raw	144	1 cup	0.020
09273	Pineapple juice, canned, unsweetened, without added ascorbic acid	250	1 cup	0.020
09200	Oranges, raw, all commercial varieties	131	1 orange	0.020
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244	1 cup	0.020
11540	Tomato juice, canned, with salt added	243	1 cup	0.019
11819	Peppers, hot chili, red, raw	45	1 pepper	0.019
11457	Spinach, raw	30	1 cup	0.019
09152	Lemon juice, raw	47	juice of 1 lemon	0.019
09257	Pears, canned, heavy syrup pack, solids and liquids	266	1 cup	0.019
09236	Peaches, raw	98	1 peach	0.019

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
08156	Cereals ready-to-eat, rice, puffed, fortified	14	1 cup	0.018
02029	Spices, parsley, dried	1.3	1 tbsp	0.018
09320	Strawberries, frozen, sweetened, sliced	255	1 cup	0.018
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	249	1 cup	0.017
09060	Carambola, (starfruit), raw	91	1 fruit	0.017
11143	Celery, raw	40	1 stalk	0.017
11271	Mustard greens, cooked, boiled, drained, without salt	140	1 cup	0.017
09011	Apples, dried, sulfured, uncooked	32	5 rings	0.017
09116	Grapefruit, raw, white, all areas	118	1/2 grapefruit	0.017
11206	Cucumber, peeled, raw	119	1 cup	0.015
11364	Potatoes, baked, skin, without salt	58	1 skin	0.015
09403	Apricot nectar, canned, with added ascorbic acid	251	1 cup	0.015
14334	Pineapple and grapefruit juice drink, canned	250	8 fl oz	0.015
11144	Celery, cooked, boiled, drained, without salt	37.5	1 stalk	0.015
09268	Pineapple, canned, juice pack, solids and liquids	249	1 cup	0.015
14293	Lemonade, frozen concentrate, white, prepared with water	248	8 fl oz	0.015
11112	Cabbage, red, raw	70	1 cup	0.015
09340	Pears, asian, raw	122	1 pear	0.015
11081	Beets, cooked, boiled, drained	50	1 beet	0.014
09266	Pineapple, raw, all varieties	155	1 cup	0.014
19314	Pie fillings, canned, cherry	74	1/8 of 21-oz can	0.013
09087	Dates, deglet noor	41.5	5 dates	0.013
11297	Parsley, fresh	10	10 sprigs	0.013
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258	1 cup	0.013
09306	Raspberries, frozen, red, sweetened	250	1 cup	0.013
11565	Turnips, cooked, boiled, drained, without salt	156	1 cup	0.012
02046	Mustard, prepared, yellow	5	1 tsp or 1 packet	0.012
11090	Broccoli, raw	31	1 spear	0.012
18226	Crackers, rye, wafers, plain	11	1 wafer	0.012
09279	Plums, raw	66	1 plum	0.011
11253	Lettuce, green leaf, raw	56	1 cup	0.011
09252	Pears, raw	166	1 pear	0.010
09238	Peaches, canned, juice pack, solids and liquids	248	1 cup	0.010
09254	Pears, canned, juice pack, solids and liquids	248	1 cup	0.010
11252	Lettuce, iceberg (includes crisphead types), raw	55	1 cup	0.010
06494	Soup, onion, dry, mix, prepared with water	246	1 cup	0.010
09241	Peaches, canned, heavy syrup pack, solids and liquids	98	1 half	0.010
09021	Apricots, raw	35	1 apricot	0.009
11670	Peppers, hot chili, green, raw	45	1 pepper	0.009
11114	Cabbage, savoy, raw	70	1 cup	0.009
19294	Fruit butters, apple	17	1 tbsp	0.009
11955	Tomatoes, sun-dried	2	1 piece	0.009
11135	Cauliflower, raw	13	1 floweret	0.008
09298	Raisins, seedless	14	1 packet	0.008
11268	Mushrooms, shiitake, dried	3.6	1 mushroom	0.008
11945	Pickle relish, sweet	15	1 tbsp	0.008
02010	Spices, cinnamon, ground	2.3	1 tsp	0.008
09294	Prune juice, canned	256	1 cup	0.008

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19283	Frozen novelties, ice type, pop	59	1 bar (2 fl oz)	0.008
20068	Tapioca, pearl, dry	152	1 cup	0.008
09081	Cranberry sauce, canned, sweetened	57	1 slice	0.007
09024	Apricots, canned, juice pack, with skin, solids and liquids	244	1 cup	0.007
16055	Carob flour	8	1 tbsp	0.007
02020	Spices, garlic powder	2.8	1 tsp	0.007
11935	Catsup	15	1 tbsp	0.006
11457	Spinach, raw	10	1 leaf	0.006
09032	Apricots, dried, sulfured, uncooked	35	10 halves	0.006
11740	Broccoli, flower clusters, raw	11	1 floweret	0.006
11282	Onions, raw	14	1 slice	0.006
11333	Peppers, sweet, green, raw	10	1 ring	0.006
09153	Lemon juice, canned or bottled	15.2	1 tbsp	0.006
11529	Tomatoes, red, ripe, raw, year round average	20	1 slice	0.006
11943	Pimento, canned	12	1 tbsp	0.005
09257	Pears, canned, heavy syrup pack, solids and liquids	76	1 half	0.005
11084	Beets, canned, drained solids	24	1 beet	0.005
09282	Plums, canned, purple, juice pack, solids and liquids	252	1 cup	0.005
06164	Sauce, salsa, ready-to-serve	16	1 tbsp	0.005
11291	Onions, spring or scallions (includes tops and bulb), raw	15	1 whole	0.005
11529	Tomatoes, red, ripe, raw, year round average	17	1 cherry tomato	0.005
02026	Spices, onion powder	2.1	1 tsp	0.005
02055	Horseradish, prepared	5	1 tsp	0.005
09270	Pineapple, canned, heavy syrup pack, solids and liquids	49	1 slice	0.004
11156	Chives, raw	3	1 tbsp	0.004
09161	Lime juice, canned or bottled, unsweetened	15.4	1 tbsp	0.004
09238	Peaches, canned, juice pack, solids and liquids	98	1 half	0.004
11251	Lettuce, cos or romaine, raw	10	1 leaf	0.004
11284	Onions, dehydrated flakes	5	1 tbsp	0.004
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	46	1 plum	0.004
18371	Leavening agents, baking powder, low-sodium	5	1 tsp	0.004
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	60	2 fl oz	0.004
14215	Coffee, instant, regular, prepared with water	179	6 fl oz	0.004
14381	Tea, herb, other than chamomile, brewed	178	6 fl oz	0.004
14545	Tea, herb, chamomile, brewed	178	6 fl oz	0.004
14209	Coffee, brewed from grounds, prepared with tap water	178	6 fl oz	0.004
14355	Tea, black, brewed, prepared with tap water	178	6 fl oz	0.004
09160	Lime juice, raw	38	juice of 1 lime	0.003
09254	Pears, canned, juice pack, solids and liquids	76	1 half	0.003
09268	Pineapple, canned, juice pack, solids and liquids	47	1 slice	0.003
09316	Strawberries, raw	18	1 strawberry	0.003
11215	Garlic, raw	3	1 clove	0.003
11935	Catsup	6	1 packet	0.003
06168	Sauce, ready-to-serve, pepper or hot	4.7	1 tsp	0.002
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	237	1 cup	0.002
11960	Carrots, baby, raw	10	1 medium	0.002
11250	Lettuce, butterhead (includes boston and bibb types), raw	7.5	1 medium leaf	0.002
11253	Lettuce, green leaf, raw	10	1 leaf	0.002

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
19297	Jams and preserves	20	1 tbsp	0.002
09316	Strawberries, raw	12	1 strawberry	0.002
11677	Shallots, raw	10	1 tbsp	0.002
11429	Radishes, raw	4.5	1 radish	0.001
11252	Lettuce, iceberg (includes crisphead types), raw	8	1 medium	0.001
19353	Syrups, maple	20	1 tbsp	0.001
19300	Jellies	19	1 tbsp	0.001
09282	Plums, canned, purple, juice pack, solids and liquids	46	1 plum	0.001
16123	Soy sauce made from soy and wheat (shoyu)	16	1 tbsp	0.001
20027	Cornstarch	8.064	1 tbsp	0.001
02045	Dill weed, fresh	1	5 sprigs	0.001
02050	Vanilla extract	4.2	1 tsp	0.000
18370	Leavening agents, baking powder, double-acting, straight phosphate	4.6	1 tsp	0.000
18373	Leavening agents, cream of tartar	3	1 tsp	0.000
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	4.6	1 tsp	0.000
19106	Candies, gumdrops, starch jelly pieces	22	10 bears	0.000
19106	Candies, gumdrops, starch jelly pieces	74	10 worms	0.000
19350	Syrups, corn, light	20	1 tbsp	0.000
18372	Leavening agents, baking soda	4.6	1 tsp	0.000
19312	Pie fillings, apple, canned	74	1/8 of 21-oz can	0.000
19281	Frozen novelties, ice type, italian, restaurant-prepared	116	1/2 cup	0.000
19263	Frozen novelties, fruit and juice bars	77	1 bar (2.5 fl oz)	0.000
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	117	1/2 cup	0.000
19173	Gelatin desserts, dry mix, prepared with water	135	1/2 cup	0.000
19129	Syrups, table blends, pancake	20	1 tbsp	0.000
19107	Candies, hard	3	1 small piece	0.000
19128	Syrups, table blends, pancake, reduced-calorie	15	1 tbsp	0.000
19106	Candies, gumdrops, starch jelly pieces	4.2	1 medium	0.000
19334	Sugars, brown	3.2	1 tsp	0.000
19108	Candies, jellybeans	28.35	10 large	0.000
19335	Sugars, granulated	4.2	1 tsp	0.000
19107	Candies, hard	6	1 piece	0.000
19296	Honey	21	1 tbsp	0.000
19336	Sugars, powdered	8	1 tbsp	0.000
14267	Fruit punch drink, with added nutrients, canned	248	8 fl oz	0.000
14006	Alcoholic beverage, beer, light	354	12 fl oz	0.000
14136	Carbonated beverage, ginger ale	366	12 fl oz	0.000
14121	Carbonated beverage, club soda	355	12 fl oz	0.000
14106	Alcoholic beverage, wine, table, white	103	3.5 fl oz	0.000
14096	Alcoholic beverage, wine, table, red	103	3.5 fl oz	0.000
02047	Salt, table	6	1 tsp	0.000
02048	Vinegar, cider	15	1 tbsp	0.000
14277	Grape drink, canned	250	8 fl oz	0.000
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	42	1.5 fl oz	0.000
14145	Carbonated beverage, SPRITE, lemon-lime, without caffeine	368	12 fl oz	0.000
14003	Alcoholic beverage, beer, regular, all	355	12 fl oz	0.000

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NDB_No	Description	Weight (g)	Common Measure	Content per Measure
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	241	1 cup	0.000
11110	Cabbage, cooked, boiled, drained, without salt	150	1 cup	0.000
06150	Sauce, barbecue	15.75	1 tbsp	0.000
06112	Sauce, teriyaki, ready-to-serve	18	1 tbsp	0.000
11226	Jerusalem-artichokes, raw	150	1 cup	0.000
14057	Alcoholic beverage, wine, dessert, sweet	103	3.5 fl oz	0.000
14367	Tea, instant, unsweetened, powder, prepared	237	8 fl oz	0.000
14639	Rice drink, unsweetened, with added calcium, vitamins A and D	240	8 fl oz	0.000
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	42	1.5 fl oz	0.000
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	42	1.5 fl oz	0.000
14536	Alcoholic beverage, wine, dessert, dry	103	3.5 fl oz	0.000
14429	Water, tap, municipal	237	8 fl oz	0.000
14416	Carbonated beverage, low calorie, cola or pepper-type, with aspartame, contains caffeine	355	12 fl oz	0.000
14142	Carbonated beverage, grape soda	372	12 fl oz	0.000
14376	Tea, instant, sweetened with sodium saccharin, lemon-flavored, prepared	237	8 fl oz	0.000
14143	Carbonated beverage, low calorie, other than cola or pepper, without caffeine	355	12 fl oz	0.000
14341	Pineapple and orange juice drink, canned	250	8 fl oz	0.000
14297	Lemonade-flavor drink, powder, prepared with water	266	8 fl oz	0.000
14290	Lemonade, low calorie, with aspartame, powder, prepared with water	237	8 fl oz	0.000
01124	Egg, white, raw, fresh	33.4	1 large	0.000
14157	Carbonated beverage, root beer	370	12 fl oz	0.000
14150	Carbonated beverage, orange	372	12 fl oz	0.000
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	30	1 cup	0.000
14400	Carbonated beverage, cola, contains caffeine	370	12 fl oz	0.000